

Sananda Mystery School

Phase 1, Lesson 9 Understanding the Ego

Opening Prayer:

Father/Mother God, Source of All That Is, we thank You for Your limitless Love in our lives. Today we examine the nature of our lower selves and ask Your guidance and understanding in this endeavor. We know we are One with You and that our egos are a part of that Oneness. Teach us to keep our lower selves in proper perspective as mere servants of Your Love. In the name of the Christ within, Amen.

Opening Message from Sananda, received by Sal Rachele

Greetings, beloveds, this is Sananda, ready with the opening of Lesson 9. There are many teachings available on your world regarding the ego. In my own dissertation, known as A Course In Miracles, I went into great depth on the nature of the ego. In today's lesson we will move forward with the knowledge gained from past lessons and make use of what we have learned from A Course In Miracles and other teachings. Remember, beloveds, I am learning with you. This is not about my having arrived at some final resting place within and you continuing to struggle until one day all is resolved.

Creation is a dynamic, unfolding process. Learning goes on infinitely in deeper and more creative ways. God is not finished with you. God is not finished with me. Together we are learning to expand our awareness and come ever closer to the God Within.

The ego is your sense of an individual self within your 3D world. It is different from the soul, which is your sense of an individual spark of divinity existing throughout and beyond time and space. The ego is bound by time and relates to everything in terms of past, present and future linear time. The ego's fears, hopes, desires, dreams and emotional attachments are all based on time. "What will happen in the future?" "Will I be safe?" "What if this or that happens?" These are all fears of the future. Then there's the attachment to the past. "I remember when I was in love with this person and how wonderful I felt. Now he/she has left me and I'm all alone and unhappy." Or, there's this one: "I had a horrible experience in the past and now I'm deathly afraid that will happen again, so I won't allow it. I'll close my heart and I won't take any more risks." You all know those ones. There are countless more that we are not going into at this time.

In A Course In Miracles, I said, "Perfect love casts out fear." This is an accurate statement but one that needs clarification. We are not here to cast out our egos, banish them, punish them, destroy them or disdain them. Our egos need love as much as the rest of us does. At my level of vibration, the ego takes on a vastly different meaning than it does for you, beloveds. In your world, the ego is necessary in order to set boundaries and keep a personal private space in which you can learn and grow. You have all seen souls without healthy ego boundaries. They let others walk all over them, decide their future, and dictate commands to them. You need a healthy ego.

But what is a healthy ego? It is one in humble service to God. It is one that LISTENS to the voice of Spirit. It is one that joyfully carries out its duties in the name of selfless service. By “selfless service” I mean that when you are serving another, your sense of self disappears and all you think about is the well-being of the other person. Selfless service is NOT about sacrifice and giving up what you truly desire in the hopes that another will be happy. Happiness is not a bargaining chip or something to be auctioned in the marketplace. Happiness comes when you honor Who You Are and live from the truth of your being.

In today’s lesson, we will explore all this and more.

In your loving embrace, I AM Sananda.

Discussion #9 - Recognizing the Voice of Ego and Voice of Spirit

Let us begin by defining "ego." The ego is the mechanism by which we as souls in physical bodies define our personal space and bodily needs and desires. The common definition includes the aspect of self that controls behavior and relates to our immediate external world. When we are concerned with physical comfort, security, self-worth, or the need for approval by others or ourselves, we are experiencing the characteristics of the ego. The ego can be extremely persistent and demanding. It can also be deceptive, subtle and very cunning in its need to be in control. There are many souls who have convinced themselves they are not being controlled by ego, when in fact it is the ego doing the convincing.

How Does the Ego Influence Our Decisions?

The ego will try and convince us that it is looking after our best interests. However, its perception is limited to the physical body and related concerns and pleasures. The ego is unable to grasp the non-linearity of spirit and the all-encompassing nature of love.

Our decision-making process is influenced by two main factors:

- (1) Our ego-based desires; and
- (2) The desires of our soul.

When the ego and soul are in alignment, we make wise choices. Our ego then assists us in the unfoldment of our soul's desires.

When we are out of alignment, we either become ego-obsessed and preoccupied with the ways of the world, OR we reject our egos and become space cadets, attempting to ignore the world, or pretending we have no personal desires - we become an invitation to be a doormat for others - easily controlled and manipulated.

How Does the Ego Assist Us with Our Soul Desires?

When we have a healthy respect for the ego, we allow it to co-create and help manifest the desires that originate within God's Love.

Determining the origin of a desire is vitally important when examining the paths we take in life. Below we will discuss some ways of recognizing whether a desire is coming from ego or spirit.

There are two reasons why a particular path does not feel good. Either we are on the wrong path and our soul is attempting to point this out to us by getting our attention in the form of showing us how unhappy we are when we make the wrong choices (choices that are not for our highest and best soul growth, happiness and well-being), OR we are on our right path, but our ego is putting up resistance because it feels threatened by our allegiance to our higher self (soul).

How Can You Tell Whether it is Resistance to the Truth, or the Wrong Path?

When a desire originates within the soul, it brings a sense of great joy and fulfillment. If you later begin to feel trepidation or resistance to carrying out the desire, it is ego resistance. The ego tends to resist change. It enters a comfort zone and when something challenges that comfort zone, the ego fights the change. The key to recognizing ego resistance lies in noticing the original desire and where it comes from.

If a decision is made from a place of fear or desire for security or control, and it does not initially feel joyful and fulfilling, it is most likely a choice being made from ego. If the anxiety and uncertainty continue after the choice has been made, it is an indication that you are not on the path that is for your highest and best soul growth, happiness and well-being. Your soul may then choose to draw experiences to you designed to get you to make another choice.

When making choices in life, always ask yourself, “What is the purpose of this choice?” “What do I hope to accomplish by making this choice?” A choice that comes from both ego and spirit will not only feel satisfying and fulfilling, it will make logical sense as well. When ego and spirit are in conflict and unable to agree on an intelligent choice, they must be brought together through internal dialogue and understanding. The following exercise will help facilitate healthy communication between ego and spirit.

Exercise #9 - Communication Between Ego and Spirit

Think of a situation in your life that needs more clarity. Now imagine that you are sitting at a conference table. On your left is your ego and on your right is your higher self. Imagine that you are simply the moderator of the discussion. Now turn to your left and ask your ego what it wants from this situation. Listen carefully. Do not judge what you hear. If necessary, write it in your journal. Give your ego two minutes to fully express itself. Do not go over the time limit. Next, turn to the right and address your higher self’s perspective. What is your higher self saying? Listen closely. Record the answers in your journal. Now, look for the similarities and differences in the two perceptions. Where there are similarities, acknowledge and thank each member for its contribution. Where there are differences, ask both ego and higher self to work out a compromise or agreement. They must be brought to understanding of both the mundane Earthly issues and higher spiritual values involved. Have them formulate a plan for resolving their differences. Give each one equal time, but make it brief. Once again, acknowledge and thank each aspect for its contribution.

Remember that the goal is to have ego align with the higher self and for the higher self to enlist the help of ego in accomplishing the soul's desires. Finally, have ego and the higher self get up from the table and shake hands or embrace.

Meditation #9 – Healing the Ego

The meditations within this course are a powerful part of your self-development and higher awareness. You are encouraged to do each meditation daily during the week.

Find a comfortable position, close your eyes and take several deep breaths. Continue breathing this way throughout the meditation. Try to let any persistent thoughts in your mind just drift away. Imagine that there is nothing to think about and nothing to do but relax and breathe. Know that each time you meditate, it will be easier to breathe deeply and relax. You are safe. You are completely at peace. Nothing can disturb you during this meditation. Relax the top of your head. Notice how the back of your neck feels. If there is any tension, feel it draining away with each breath you take. Let your shoulders drop. Imagine a wave of relaxation moving down your spine. Let your spine slump a little just for this exercise. Your back is now completely relaxed. Imagine any tension just drifting away with each breath. Move down to your abdominal area. Relax your stomach muscles and feel a wave of warm, peaceful energy moving over your stomach. Feel the weight of your body on the chair. Imagine your relaxation continuing to move down into your upper legs, across your knees and down into your calves and lower legs. Continue to breathe and feel yourself entering a deep sense of peace and tranquility. All tension is draining out through the bottom of your feet. See all tension in your arms, elbows, forearms, wrists, hands, and fingers draining out. With the next breath, let everything go. Feel your entire body relax. There is nothing to worry about, nothing to fear. There is just this wonderful, peaceful, relaxed moment. Spend a few minutes now enjoying this peaceful moment. If any pain, tightness or tension arises anywhere in your body, release it with the next breath.

You are now deeply relaxed. Continue to breathe fully and deeply.

Now, imagine that your ego is standing in front of you. Allow it to become fully present. Acknowledge its strength and power in making Earthly decisions. Next, imagine a golden, radiant light coming down from the heavens and filling the ego with unconditional love from the heart of God. See the ego completely bathed in God's infinite loving light. Thank the ego for its wonderful contribution to your physical safety, comfort and well-being. Let the ego know that it is now working together with spirit in those roles and responsibilities. Continue blessing and thanking the ego for a few minutes. Now feel the integration of your ego with spirit and allow this feeling to flood your entire being.

You are now developing superior imaginative and creative abilities. The answers to life's questions are within you and you are accessing them now. You are now learning to look deeply into the totality of yourself. With every breath you take, it becomes easier and easier to contact your higher intelligence. You are now in ever-increasing communication with your all-wise, all-knowing self. You are now getting clear about your purpose and goals in life. You are open and receptive to the wisdom of Sananda and this course.

Come out of meditation in the usual manner.

Closing Message from Sananda, received by Melissa Hogan

My dear children, this is Sananda. It is a lofty task to try and explain the ego. Ego was created as a tool for you while living on 3D Earth. Ego was created to help make decisions, to give you safety, to learn boundaries. However, the density of your world has also cut you off from the free-flowing Source of God's higher love. Within that higher love is the peace, serenity and knowing that you are a magnificent, boundless soul.

As the vibrations of Earth rise daily and hourly, we are asking you as individual souls to bring your egos into alignment with your ascension process. For that is where some of the resistance to going with the flow is occurring. It is ego that is trying to orchestrate the resistance to the ascension process. For it perceives itself to be losing control, when in fact it is just the opposite. For when ego and your higher self embrace each other, that is the effortless flow, that is the peace, that is the serenity of living in God's Light and Love.

It is also your Earthly duty to teach your ego how to perform the intricate balance and dance with God's Love in your world.

So I encourage you now to make a diligent effort to examine yourself when you feel uneasy, restless and not at peace with yourself. Where are you blocking the flow of God's Love? Is it ego trying to control you once again? This is not an easy question to answer within yourself, but the more that you ask, the more that you try and remain aware, the more often you will allow God's love and peace to flow in and around you. Your ego will experience the peace, calm and serenity of God. It will surrender.

So my children, know that I am here for you always, lending my peace and serenity as a portion of God's Love. When in doubt or conflict within yourself, offer up a simple prayer. "Dear God, show me your peace. Share it within my heart. For it is within Your Love that I find strength."

Now go forth and shine your light. Embrace your ego and teach it well. I am lovingly yours, Sananda.

Closing Prayer:

Loving Father/Mother God, thank You once again for the opportunity to spend this time together. We will let this lesson rest gently within our hearts. We will be still and let Your peace descend upon us. Thank you, God. Amen.

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