



EGO

Enormous Giant One v/s Emotional Growth of Oneself
 (... it's YOU against YOU every day,
 make sure the right YOU win – "Unknown".)

Written by Elmarie Möller

Yesterday was a good day ... compliments flow, energy levels were high, falling felt like flying, laughter filled the air and moving forward was easy. Today is different, difficult in a way, my **Ego** is playing games, mind games, making it challenging for me to find my reality, my way.

Ego is like a 2-way-mirror that reflects life, the barriers in our life's, that has the potential to reduce us and those around us. **Ego** is also a person's sense of self-esteem and self-importance. **Ego** gives disappointment and excitement, hate and love, opportunities and threats and beginnings and endings.

Ego keeps us moving, it can minimize the reality and the truth of the doing and the progress. **Ego** switches between conscious and unconscious, internal and external or staying stuck, not crossing over. **Ego** is also responsible for learning and testing, lessons everyday and that bad and sad with the discovery of one's personal identity, is all part of life and of **Ego**.

Negative EGO: -

- External Authority
- Negative
- Get stuck on a regular basis
- Uncertain (I, myself, me)
- Too much emotions
- Force the process / progress
- Argue, need to win
- Blame / Shame
- Guilt
- Rude
- Arrogance
- Everything is personal
- Run-away dreams

Positive EGO: -

- Inner Power
- Positive
- Move forward on a regular basis
- Certain (you, us, we)
- Emotions balanced with facts
- Trust the process / progress
- Two-way communication
- Acknowledge / Elevate / Respect
- Blameless
- Civil (Adult always)
- Humble
- Nothing is personal
- Finishing strong every day

The saddest prison to live in, is a mind filled with blame, fear and shame. Constantly thinking of what other people think or do. The spreading of opinions, the revealing of stuck pain and self-proclaimed assumptions, not allowing to appreciate and enjoy all the differences with all the different **Ego's**.

Ego is our reminder that our strengths and opportunities are the same, always, whether we are on the mountain or down in the valley. Balancing your **Ego** is to know when to apply the control, alt or the delete, experiencing it all, giving it your all, yet not losing your way.

