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UNDERSTANDING THE EGO

By Kelly Bramblett

On a primal and physical level, the ego has ensured our human existence serving as a vital role in our survival. That nagging voice that installs fear and feeds the fight or flight instinct came in handy for our ancient ancestors when survival was a difficult task.

The ego is a detrimental part of humanity. Understanding this makes it easier to appreciate the role the ego plays. It also helps us to put things in perspective because most of the fear we face in our day-to-day lives is no longer a matter of life and death.

In the modern-day world, it is much easier to have our basic needs met which include things like shelter, food, and protection from predators. This is why the ego of today is focused more on perceived threats rather than actual life or death concerns.

Your ego is the most fearful and protective aspect of who you are.

Fearful energy combined with protective energy doesn't always make for a great combination when it comes to living a high vibe lifestyle. The ego will react to challenges and deep-rooted fears as if your physical life is in danger, and most of the time, this is simply just not true.

What do I mean by this? Think of the last time you had a heated argument with someone. Now, think about that burning desire that bubbled up from your gut that motivated you to have the last word, prove your point, and insist on being heard in your anger. That instinct is so strong in us that everything else flies out the window, and we become careless in our words because of the egos irrational

Next, think of a compelling feature for your cover story. This will be what draws your audience in. Make sure that you have accompanying visual content that immediately catches the eye. Include photos, illustrations, and other graphics to match. Appeal to your audience, choose the right fonts and images, and you'll have a magazine that people will remember for years to come.

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need to be proven right, to be heard, and to feel validated. That validation never comes, even if you feel you "won" the argument.

In thinking of your last experience in a heated discussion, ask yourself why was it so important that your opinion be heard and agreed with? Chances are, looking back now, it was over something that you can see was not that important and probably not worth all the upset. Yet, in the moment, nothing felt more important to you. That need to be right is the instinct of ego reacting as if your argument was a life or death situation.

This concept may sound too crazy to believe, and you may be thinking to yourself *"I knew I wasn't in physical danger at any time during that argument"*.

But, on a primal level, you were made to feel this way, and your behavior is the proof. Continuing to use the argument as an example, had you tuned into your inner guidance and practiced the pause, you would have approached the situation with a totally different energy.

It would have been one of love, understanding, and acceptance. You would have understood that it's okay to disagree and that your opinion is just that, an opinion. One that people have a choice to agree or to disagree with. That's the acceptance piece.

Any action that is not taken from a place of love is coming from the energy of ego. When you fully understand this, you can begin to consciously tune into the energy of love so that you can clearly hear the voice of your intuition in all that you do.

Each time we confront the voice of our ego from the space of love, we are given the opportunity to learn and grow from the lessons being presented.

You did not come here to be a perfect being and learn nothing. You came here to experience many different things, grow, learn, and expand. The ego makes this expansion possible.

You may have heard your inner guidance system described as intuition or a gut feeling. The inner guidance system is the light to the ego's dark, creating the sacred balance within each of us.

The sacred balance of light and dark is represented in every fiber and layer of the Universe.

It is where you decide to focus your intentions and thoughts that dictate which of the two will be most prevalent

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in your experiences. In each passing moment, you choose either to tune into your inner guidance system or tune into the voice of ego.

I don't want to villainize the ego.

Darkness is just as important because it provides the contrast we each need to recognize our light.

Your ego provides you with the most important lessons you came here to learn.

The ego is just as much a part of you as your inner being is while you are here on earth, so it is important to honor and love your ego as well. Think of your ego as your fearful companion who is well-meaning but shouldn't be taken seriously very often.

When you tune into your inner guidance, you are tuned into love, you are clear thinking, and your motives always support what is for the highest good of all.

When you are tuned into your ego, you are operating from a place of fear, and your motives will be self-serving.

The thing about your ego compared to your inner being is that your ego likes to throw fits and demand to be heard, so when you are faced with challenges in life, it is the voice of the ego that is often heard first.

Your inner being patiently waits for you to learn your lesson and then find your way inward for guidance.

Working with the shadow can be difficult initially because it is often uncomfortable. This discomfort is what causes so many to avoid doing shadow work altogether.

Building a healthy understanding and relationship with your ego will ease the work you do in the shadows.