

CHAPTER 3

The Ego as an Ally



The ego helps us move through the world. It remembers our name.

- ◆ It organizes our story.
- ◆ It understands social roles.
- ◆ It protects boundaries.
- ◆ It anticipates danger.
- ◆ It plans, compares, evaluates and chooses.



The ego gives continuity to identity.

It allows us to wake each morning and recognize the life we are living.

This structure has value.



Over time, however, the ego may become overworked.

- ◆ It may feel responsible for controlling every moment.
- ◆ It may repeat familiar explanations because familiarity feels safe.
- ◆ It may protect identities that once served us and now feel restrictive.
- ◆ It may speak so continuously that quieter forms of knowledge become difficult to hear.



The ego is not the center of everything.

It is a participant in a wider intelligence.



The Ego as an Ally

"The ego is
not the enemy.
It is the part of us
that learned to survive.
It can now learn
to serve."



An entheogenic experience can create
a temporary change in this balance.

The ego remains part of the experience,
releasing its central position.

- ◆ It listens.
- ◆ It loosens.
- ◆ It becomes curious.
- ◆ It opens space for emotion, intuition
and memory to join the conversation.

This is the opening of the ego.
Opening brings flexibility.

The ego discovers that safety can also come
through trust, relationship and presence.
It learns that control is one resource among many.

The ego
does not disappear.
It releases
the center.

The movement
is subtle.
The ego changes
from a ruler into
a participant.

It becomes
an ally capable
of giving form
to what the deeper
self reveals.

4. The Ego Steps Aside

The simplest way to describe this movement is:

- ◆ The ego steps aside.
- ◆ It remains nearby.
- ◆ It continues to observe.
- ◆ It gradually releases the need to explain every sensation and direct every moment.



The space within
becomes a place
of meeting

The usual narrator may become quieter.

The identity carried through work, family, relationships and social life may feel less solid. The familiar story of the self may pause.

Within that pause, a wider experience becomes possible.

The boundary between inner and outer experience may soften.

Thought may lose its usual importance.

The body may become the primary language.

This opening can feel peaceful, expansive and deeply familiar.

It may also create uncertainty.

The ego has spent years maintaining order.



When its familiar methods become less effective,
it may reach for questions:

What is
happening?

Where is
this going?

How long
will this last?

Will I return
to myself?

These questions can be met with reassurance.

You are
still here.

The ego can
rest from the
exhausting task of
remaining at the center
of everything.

You are
making room.

It can allow another kind of intelligence to emerge.

This intelligence
may come through
emotion.

Through
an image.

Through
the body.

Through
music.

Through
a memory.

Through
silence.

The opening of the ego creates an inner relationship.

The personality remains present.

The deeper self gains space.