

TAMING THE EGO

by
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Of all the personal growth topics that I like to explore, I find the ego is the most fascinating. The ego is common to us all and has the potential to be the most powerful ally imaginable. The ego, at its best, can forge our identity as a healthy, secure, balanced, fulfilled, vital individual in this world. It can build our confidence to take on great and noble challenges, and it can help us create an example, or a legacy, from which our children, and others, may learn and grow.

The ego also has the potential to enslave us in its complex web of intrigue, illusion and victim consciousness, imprisoning us in anger and disappointments of the past, or paralyzing us in fear and anticipation of the future. This delusionary world is the one that contains the most destructive and negative aspect of the ego. This is the world in which most of us tend to reside, most of the time.

The ego sees only separateness. It sees everything in the context of "us and them," as a challenge to be overcome or as a battle or struggle to win. As such it is unable to perceive the "oneness" or the connectedness that we have with others, with life or even with our inner selves. The ego, understanding only separateness, is unconscious. A tamed ego allows us to be conscious, to fully embrace the oneness, without its interference.

Most of us, that is to say those of us who have yet learned to master or tame the ego, live our lives in a dense state of unconsciousness. We follow wherever the ego leads, allowing greed, limiting thoughts and uncontrolled desires to dominate our behavior, actions and reactions, falsely believing that by somehow satisfying those desires it will lead to our happiness. Let's face it, ultimately, that's what we all want ... happiness! The bad news is that happiness is not something to be achieved or acquired. It is not a destination. The good news is that happiness is the journey of our natural state of being, devoid of ego!

Ego consciousness may have moments of temporary joy or satisfaction, just enough to convince us that it is our "friend." However, as these fleeting moments, these glimpses, pass, we find ourselves once more ensnared in the grip of the ego's negativity, be it limiting beliefs, falsehoods or perhaps self-sabotage.

So, how do we allow the potential for the ego as an ally to emerge from behind the veil of illusion that has been its mask for so many of us? We become present. In the truth of presence, of what IS, the ego loses its power over us, becoming submissive and benign.

Through the process of **release**, in The GROW Principle, we become more aware of being present. We shake off and break free from the shackles with which the ego has had us bound ... until now. We let go of negative investments in the past or future and we become conscious of what is, in the present moment, the one place the ego has no power, where it is compliant and obedient.

When we become conscious, present, aware and awake to all that is, we discover that our energetic investments in issues of the past or future instantly melt away, and those

negative emotions that we have associated with those issues, likewise evaporate into the NOW.

Taming the ego is a skill that requires practice, daily practice. Whether through meditation, journaling, conscious breathing or any other technique that works for you, by establishing yourself fully in the present, in the now, the negative aspects of the ego dissolve, revealing the truth of who you really are, a happy, peaceful, loving and creative being, of great value, meaning and purpose to humankind.

Can you imagine what it feels like to wake up every day feeling happy to be alive, and grateful for this amazing experience we call life? If you can imagine or have experienced it you already know what it feels like to be free of the ego's grip. If you can't imagine this feeling, or have resistance to this concept, well, I guess I may be still addressing your **ego!**

The negative effects of the ego cannot survive in the light of consciousness. You are invited, during the coming month, to practice being conscious, being present and aware as much as you can, and more than you have in the past. In so doing, you are contributing a valuable gift to your family and friends, your work, your life, humanity and especially to yourself, transforming this life from one of possible struggle and hardship, into one of ultimate ease and equanimity that it is truly meant to be.

How do we tame the ego? We learn to get present! We become present to what is, without reactions, blaming or judgment. Here are some simple steps you can take to bring yourself present, and help tame the ego.

1. Sit in a comfortable place with your eyes closed. Begin by breathing deeply, bringing your attention to your body, and scan it for any tension. If you notice tension, breathe into it, relax and let it go.
2. Now bring your attention to your thoughts and let go any thoughts of the day, of the past, or of the future. Just notice your body, your senses, and notice any aromas or sounds around you, ignoring them once noticed.
3. Next, bring your attention to your breath. Slowly follow the breath as it flows effortlessly in, and out. Notice how the in-breath is a little cooler and the out-breath a little warmer. Just notice, nothing more.
4. Count at least 20 complete breath cycles, more if you feel like it. If a thought wanders in to your consciousness, return to counting your breaths.

By the end of this exercise, you will have experienced being present. You may also find yourself feeling more relaxed, calmer and more confident, a sure sign that you have, at least for a few moments, tamed the ego.

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*For more information about this topic, The GROW Principle™, or the author, please visit [www.robertsilverstone.com](http://www.robertsilverstone.com) or contact Robert Silverstone at [robert@robertsilverstone.com](mailto:robert@robertsilverstone.com)*