

Conscious Being

Exercise Ten: The Role of Ego

Jim Carrey said, "I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it's not the answer." Although it was difficult and heartbreaking at the time, I am now able to look back and see the gift in those challenging events in my life. I can see how making material manifestation my sole aim caused me to lose touch with my soul's aim. But paradoxically, when I pursued outer wealth, it eventually led me, in a roundabout way, to aligning with my true purpose. My losses caused me to turn back within. I had to dig deeper inside myself for the feeling of abundance I was seeking. It ultimately led me to the discovery that my life was already inherently abundant. I did not need to add anything to it. And that I was already perfect, just as I was.

Releasing Statement

I let go of the need to be right.

Affirming Statement

I trust the natural flow of life.

Simple Meditation Practice

This module's meditation is a questioning practice. Set a timer for 5 minutes (or, as always, feel free to adjust the timer to what feels right for you in this moment). Now face a mirror. Simply ask yourself the following question: "Who am I?" Ask it to yourself out loud for the allotted time and answer with short, one-word, or one-sentence answers.

1. Letting Go Exercise: *“There’s more power in letting go, in yielding, and in redirecting energy than there is in resisting and controlling and pushing back.”* Now, answer these questions and share with someone if you’re in a group.

- In what ways have you been resisting and controlling your life?

- In what ways have you been resisting and controlling your relationships?

- What have you been trying to create with that?

- In what ways is it working?

- In what ways is it not working?

- What would happen if instead you were to let go, yield, and redirect your energy?

2. The U-Turn Activity: *"We respond to emotion as conscious beings rather than reacting to it as victims or martyrs."* Please answer these questions and share if you're in a group.

- What does this statement mean to you?

- How might you U-turn from victim consciousness and become a conscious being?

- How would that impact your life and your relationships?

We define a U-turn in consciousness as *“a dramatic shift in the way we relate to our innermost self.”* Please answer these questions and (reread to yourself if you’re alone or share with someone (if you’re in a group)).

- Have you ever known it was time for a radical change, a U-turn? Please elaborate.

- How did you know?

- What choice did you have to make?

- In what ways might it be time for another one of those U-turns?

- What does that bring up for you?

- What courage do you already possess to make the change?

- What is standing in the way?

- How would you overcome that?

- What is one step you can take today?

3. Embracing Love Method: In the section we will be exploring the difference between being loving and being love. Please answer these questions and (reread to yourself if you're alone or) share with someone (if you're in a group).

- What's blocking you from embracing love?

- What, to you, is the difference between being loved and being love?

- What is the energy, or frequency at which you are vibrating?

- What is that attracting into your world?

- When you were in your lowest time, what vibration were you *being* and what did that attract?

- What would changing your vibration create?

- What new possibilities could it draw to you?

- How would you go about changing your vibration?

Write out your answers and spend some time in the silence reading and reflecting on them. Notice how you feel and what you think as you read them.

- What additional insights did you receive from this exercise?



