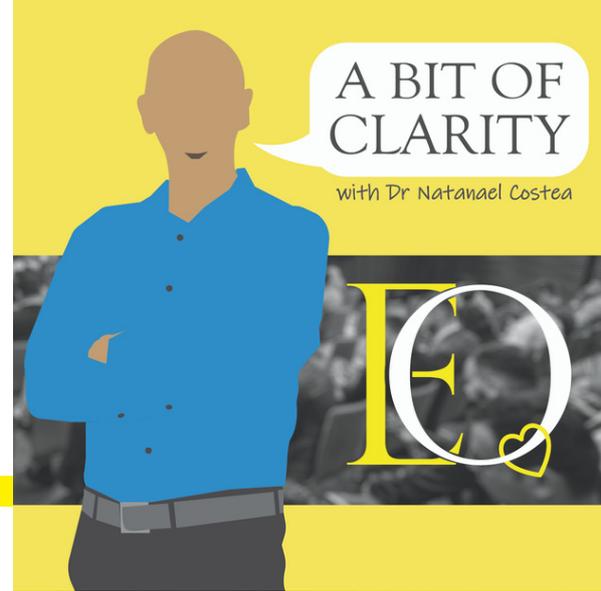


# EP 007

## EGO AWARENESS



### SHOW NOTES

#### OBJECTIVE

> Develop an understanding of the ego.

#### UNDERSTANDING EGO

> The ego refers to our **mind construct** of our instinctual desires, our selfish wishes and our flesh driven pleasures. It is an unconscious part of our mind that gears our motives to act in our self-interest. It comes from latin, "I" (me, mine).

#### YOUR EGO - YOUR ENEMY

- 1. Out of touch.** It removes you and keeps you out of touch with reality (to improve, to connect & to achieve goals).
- 2. Unrealistic.** It creates unrealistic expectations and entitlements (to make you assume you deserve more).
- 3. Dependent.** It makes you dependent on external validation (to feel satisfied).

#### OVERCOMING YOUR EGO

- 1. Choose love.** Ego acts out of fear, and the opposite of fear is love. You **cannot negotiate with your ego**, you will lose the battle. You kill the ego, and let love reign. Love is not egocentric, fear is. Love did not create your ego thought, fear did. If you kill the ego, you kill the reality of that thought. When you choose love, the ego dies.
- 2. Choose others.** Focus on making others successful. Look at their needs, desires and goals, and look for ways in helping and serving others. Develop a sense of **purpose and service** within yourself toward others. **Give your life away** and you will win it. Keep it and you will loose it. The more you give away of yourself, the more you become alive.
- 3. Choose gratitude.** Ego's job is to defend itself in being selfish. Begin focussing on the wonderful things you are experiencing, **count your blessings** and engulf yourself in gratitude. A heart full of gratitude makes your whole being full of hope. Eliminate complaining. Overlook negativity. Choose to **see the best** in every situation. Choose thankfulness.

#### APPLICATION

> Become active in our awareness of your ego by making a list of areas in you life where you will choose either love, others or gratitude.

#### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
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