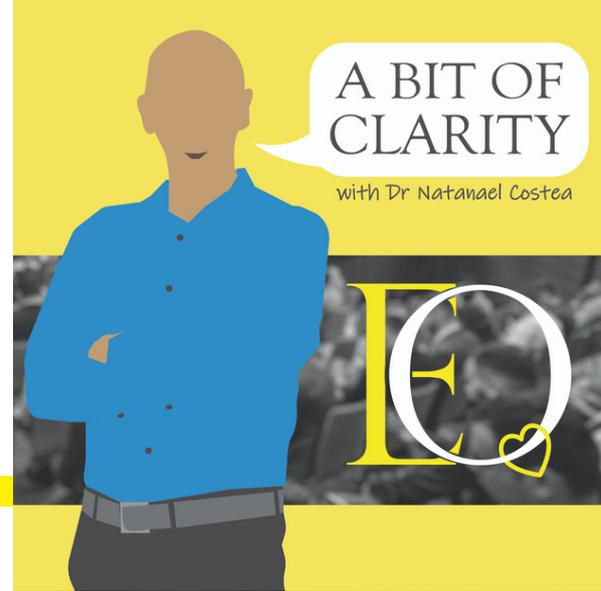


EP 015

EGO MANAGEMENT



SHOW NOTES

OBJECTIVE

> Develop an understanding of ego management.

UNDERSTANDING EGO MANAGEMENT

> Ego management refers to our ability to manage our mind construct of instinctual desires, selfish wishes and our flesh driven pleasures.

SPIRITUAL BEINGS OR EGO DRIVEN BEINGS

> At the very core of our human existence, we are made of **spirit, soul and body**.

> **Our spirit** is the part of us that self-transcends and is guided by other spiritual forces who influence us, good or bad.

> **The soul** is our very existence, the mind, will and emotions. This is where our ego is processed.

> **Our body** is our earthly house or vessel that hosts our being. Our ego will work mostly from here to protect us, mentally, emotionally and physically.

OVERCOMING EGO - SMALL STEPS

1. Choose love. Ego acts out of fear, and the opposite of fear is love. When you choose love, the ego vanishes.

2. Choose others. Focus on making others successful. Give your life away and you will win it.

3. Choose gratitude. Ego's job is to defend itself in being selfish. Choose to see the best in every situation.

OVERCOMING EGO - DAILY MASSIVE AND IMMEDIATE ACTION (D.M.A.I.A.)

1. Kill your ego daily. Your ego is a mind construct of a selfish desire. The moment you negotiate with your ego, you lose the battle. Your ego is stronger than you. Your only chance is to kill it daily.

2. Live in the Spirit daily. There are two major forces at play in your life, in your soul that is, your spirit and your ego. Your soul is driven by your spirit (which is guided by spirits outside yourself, be it God's Spirit or evil spirits), or your Ego. You choose who you give in to in every day decisions. Living in the Spirit means you live by higher values, by stronger identity and by divine standards.

APPLICATION

> Make a list of 10 choices made during any day and ask yourself whether each choice was driven by you spirit or by your ego. What can you do next time to ensure you are not ego driven?

RESOURCES

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