

CHAPTER 15

HOW TO SURRENDER YOUR EGO AND LIVE A LIFE OF PERFECTION

“What you think of me is none of my business.”

The ego is the part of our conscious mind which, unfortunately, holds us back from our higher selves and our awakening. The ego is really strong in almost everybody. For the ego to surrender to your higher self means “death” of the ego. Living from an ego-based place means that unfortunately you are living a life which is “separate” from your higher self and the universal spirit.

One strategy to surrender your ego is to witness your consciousness from a detached state. Witness yourself as a soul in a human body. Imagine your consciousness literally taking a step back from your physical body and up outside of your body. You can “watch yourself” from this viewpoint such as if you were a bit “out of body.” This way you don’t need to take ego things on, and it allows for a more distant and objective view of yourself as you go through your life.



[Image 12 – “Witness” yourself from a higher place, from your higher self]

When we look at some of the reasons why ego creeps into our lives, we see patterns. Here are some ways that ego enters into our lives, and some ways to address the ego:

- 1) **Move beyond your need to be right.** Do you want to be right, or happy? You can let other people be the expert, sometimes. Believe it or not, there are times when other people know more than you do!
- 2) **Release your feelings of being frustrated.** Frustration results from the way things “should be.” But that’s probably not the way things are. Why do you need to control it? Other people are responsible for themselves. You are not. Let it go. Let go of what you think the “ideal” world, life, family and career look like. There is no “should be.”
- 3) **Move beyond your anger.** Anger can often result from unfulfilled expectations, thwarted desires, unexpressed communication, or unmet needs. Again, much of this can be traced to our own feelings about the way things “should be.”
- 4) **Release your need to win.** Sure, there is nothing wrong with friendly competition. But a constant desire and need to win can take you off your center. The need to win can be all-consuming. You are not your achievements. You are not your accomplishments.
- 5) **Let go of your desire for endless achievements for their own sake.** Sure it is wonderful to give your life meaning with goals, milestones, and achievements. But when they become more important than the journey itself then something is not quite right. You are not your achievements. Your success, or lack of it, does not define you. You are much more than that.
- 6) **Release the compulsion to have more.** Although many people may think so, you were not born here on earth to simply accumulate the most money, houses, cars, jewelry, shoes, etc. You can choose to live simply and very happily without the trappings of life, which ultimately cause you to be responsible for them. There is nothing wrong with expressing abundance and enjoying the pleasures of life. But accumulating is not the goal. A better way to be is to first allow abundance to flow *to* you, but then *through* you. It’s important to keep the flow of energy moving from you to others. It is a form of love in action.
- 7) **Release your focus on your reputation.** Don’t try to please everyone. You simply cannot be perfect in your eyes and everyone else’s, so stop trying. Who cares what others think? Just remember, “What you think of me is none of my business!”
- 8) **Stop being offended by others.** Other people’s behaviors are theirs, not yours. Why take them on? Why make them yours? Who needs that?
- 9) **Move past your desire to be superior to everyone else.** You don’t need to be the best. We are all equal in the eyes of God. We all come from source. We are all unique expressions. You are enough already. You are perfect just the way you are.
- 10) **Release your feelings of jealousy.** Why compare yourself to others? Jealousy only serves to rob you of your own glory. You are enough!

“Comparison is the thief of joy.” – Theodore Roosevelt

EXPLORING THE EGO AND EXPRESSIONS OF IT — LEARNING FROM OTHERS

Here are some ideas and strategies on how to look at ego concepts. The first part shows us how ego tries to influence our lives. The second part offers a way to look at it from outside the ego.

Ego expressed as Judgment: At the office I have a coworker who is really tacky. He is showy, bossy, loud, and obnoxious. I cringe a bit every time I see him, the clothes he wears, the things he likes to talk about, and his mannerisms. He’s so offensive. I know I shouldn’t judge him, but it’s so hard not to!

Ego Surrender: Come to the knowing that the kaleidoscope of people in our lives creates a rich tapestry. Understand that perhaps this man did not have the cultured upbringing that you seem to have enjoyed. Know that he may be enjoying life enthusiastically, being fully in his voice. Can you accept him as he is,

and smile when you see him? Can you surrender your judgment of him, and see the energy and life he brings to the workplace? Can you withhold judgment, knowing we are all children of God, all expressing ourselves in our own unique ways? This may not happen overnight, so when the judgments come up, gently notice them and bring your attention to a thought like "I'm okay, he's okay."

Ego expressed as Anger: My spouse screws up constantly. I get so angry when she fails to support me when we parent our children. I get so angry when she undermines me, indulges our children, and makes them spoiled. It infuriates me when she fails to provide proper guidance, and lets them play video games and go on social media all day long. She tries to be their friends, rather than a proper parent.

Ego Surrender: We all have roles and responsibilities in life. And as parents we take on additional challenges and relationships with others. As parents, we are learning every day too. As parents, we have karma with our family members. As parents, we need to assume different roles at different times. Can you see that your wife is on a learning journey just as you are, and just as your children are? We all equally need grace and compassion.

When you notice yourself getting angry with your spouse, can you see another way? Can you stop and witness yourself having these thoughts? Can you try to see her parenting as loving, no matter how it expresses itself? Can you acknowledge your spouse for being so loving toward your children, even if she is choosing to do so in a way different from what you would do? Can you compliment her on things she does well, and the positive contributions she makes every day? Can you talk openly on ways you can work together in harmony?

Ego expressed as Fear: I have fears around my personal safety. I am not always comfortable in my environments. There's so much terrorism in the world these days. I could be next. How can I overcome these fears I have?

Ego Surrender: Yes it's true that there is violence and oppression in our world. Television and media programming now unfortunately includes and promotes all sorts of violence. And although we do not have control over things outside of our environment, we can control our own personal environment and what we choose to bring into our lives. Most fears are based on our anxieties for the future. These time-based fears generate mental anguish.

When you feel fear, identify it for what it is, a projection into the future. Release that view and come back to the present. Do you feel safe in your current environment right now? Are you blessed to be safe where you are? Can you go through life knowing that we are not our physical bodies, and that our soul is eternal? Can you surrender to the flow of life, knowing that your angels and spirit guides are keeping you safe? Can you truly know that life is perfect, and that we are all creating our experiences as we need them to be?

Ego expressed as Power and Control: My mother exerts power and control over me all the time. She forces her will on me constantly. It drives me crazy! She is always telling me what to do. She is always trying to control me. I think it's because she is so bored, and has nothing to do, and in some ways she is trying to live her life through me. It's just not fair.

Ego Surrender: It's good that you can easily identify these ego thoughts around power and control. You seem to see this situation very clearly. It appears that there is likely lots of karma with you and your mother.

To help release and surrender these ego thoughts, try to see your mother differently. Try to see her as one of God's children, as we all are. Try to see that her actions are well-intentioned, even if they are not

always expressed in loving ways. Can you think of all the wonderful things that your mother has brought to you, and acknowledge those? Can you try to view these issues of power and control from a higher plane, which gives you the ability to not judge them, but to release them back to the universe?

Ego expressed as Being Right: My brother always needs to be right. He's so arrogant sometimes. He's never open to another person's views. Not only that, he loves to talk politics, and won't consider any of my thinking. He makes me crazy!

Ego Surrender: Those people closest to us (often relatives) are those who are our greatest teachers. So what is your stubborn, opinionated brother teaching you? It's likely he's teaching you about letting go. Your brother is a strong mirror, and he is telling you that it's okay to let it go. To practice detachment. To surrender. To give up! To love him and others *unconditionally*.

You've rightly observed that that you cannot change his thinking, so why try? Can you love him unconditionally for who he is, and set him (and yourself) free?

Ego expressed as Being Frustrated: My adult children are lazy, unmotivated, and spoiled. They don't want to work. It makes me so frustrated. They have no work ethic.

Ego Surrender: Every parent wants to instill good values into their sons and daughters. It can be hard when our children make choices that we feel are not the best ones. But this is about you, not them. Your frustration bothers you, not them. Your frustration exists as a result of your judgment of them. Your frustrations are yours to own, and yours to release. Can you release your frustration by accepting them where they are? Can you love them unconditionally even with their imperfections? Can you love them exactly the way they are now?

Ego expressed as Jealousy: When I go on social media I see friends doing awesome things: trips to faraway places, going to special events, hanging out with lots of friends and families, and lots more. Compared to everyone else I feel ordinary, and it makes me feel depressed.

Ego Surrender: Social comparison is a growing trend, as technology makes the world much smaller. Can you be happy for your friends, and release the need to compare yourself to them? Can you reclaim your time, attention, and self and focus on who you are, and the things that are important to you?

Ego expressed as Worthiness: I don't feel worthy. I haven't accomplished much in my life. I don't have many friends. My job is not great, but I'm afraid to leave it. I've never married. I'm not sure I ever will.

Ego Surrender: We all want to feel a certain level of accomplishment and success. We all want to view our lives positively. But this judgment of ourselves is unwarranted. Don't we try our best? It's quite likely that you are enough, just the way you are, right now. Look for the good things you have done. They may not be things that you or our society values, but they could actually be far more valuable than anyone knows. You are enough!

Ego expressed as Guilt: I messed up. I got arrested. I have a record now. I feel very guilty about it. I was on a wrong path. I still feel terrible about it.

Ego Surrender: You're living in the past every time you go back there. It's time to free yourself and move on. Can you forgive yourself for mistakes you have made, knowing that none of us are perfect? Can you acknowledge that today you are a far different person from the one who made poor decisions in the past? Move on, learn from your past, and venture forth into your new future. It can be anything you want! Create it as you like!

With the ego tamed, minimized, surrendered, or put in the background, it helps you reprioritize things, and understand and value what is really important to you. Life is no longer about doing, acquiring, having, controlling, protecting, defending, influencing, comparing, and all the other things that the ego values. It's more about "being" your true self.

Your freedom to ascend and become enlightened is contingent upon your surrender of your ego. The more you can surrender, the freer you become. In contrast, if your ego is in charge and it works to exert control over you or another person or situation, it locks you into that engagement. It is limiting and counterproductive. Only by surrendering your ego and freeing yourself from it are you able to move beyond it.

THE CONCEPT OF PERFECTION DEFINED AND EXPLAINED

When we come to the knowledge that everything in our lives is perfect, even when it feels imperfect, it allows for a higher understanding of our time here in physical form. From the moment we are born, all sorts of things, events, and situations occur to shape our human experience. When we come to the knowingness that these events don't really have a value, such as good or bad, and that they are just "experience," then we can rise above judgment and understand that anything and everything that happens to us is perfect.

The real reason is that we are attracting and magnetizing these "imperfect" experiences to us in order to help us heal, learn and grow. It's how we evolve as humans. Without these imperfect (often karmic) experiences we would have a much harder time working on our soul growth and evolution.

Our universe is such that it will support various expressions of our creative efforts. Not only will it do so, but it will do so divinely, in flow, and in harmony with our own beliefs and intentional divine expression. In fact, surrendering ego is the easier path, as it supports our alignment and our higher self. When we encounter someone or something that is not of ease and grace, we know that it is an opportunity for learning how to apply divine energy to it for an improved outcome.

God is perfect and expresses this perfection as unconditional love and support. Whatever unfolds is God happening. When we see and feel other than unconditional love, we are seeing and feeling the disguises we have created with our beliefs. We create disguises to explore the experiences that make up our human journey. When we are ready to see and feel with greater clarity, we embrace whatever is before us in unconditional love, trusting that the Universe, in its constant expression of unconditional love, is sending us the perfect support to expand our joyfulness. With practice, our clarity grows, along with our gratitude for the unconditional love, support and joyfulness that is always present." (1)

EXAMPLE STORY

My friend Jared was shocked and dismayed when, after a year of being married to his second wife, she began to exhibit many of the same characteristics that his first wife did. He found himself having the same arguments again, just this time it was with a different wife!

They would fight about money, him going out with his friends, spending holidays with in-laws, what movie to see, and where to eat out.

Thankfully, he got help. His therapist helped him identify his ego thoughts and patterns, and work through them. The therapist quickly uncovered that one of the things that was being "triggered" by these arguments was the fear that Jared's wives were assuming a pattern Jared had with his mother that he resented. Jared expressed to his therapist that as a child growing up, his mother never let him make his own choices and she insisted that he do things her way every time.

When Jared fought with his wife, it was out of fear that the same thing was going to happen and he wouldn't have any control over his life. Jared and his therapist worked on reframing and letting go of that ego-based fear. He realized that he could compromise with his wife and it didn't mean that she was going to be in complete control like his mother had been.

AFFIRMATION

I NOW SURRENDER MY EGO. I CHOOSE TO SEE BEYOND THE SURFACE, DEEP INTO THE REASONS FOR THINGS AND EVENTS. I APPROACH LIFE WITH A NEW SENSE OF CURIOSITY AND WONDER.

QUESTIONS AND ANSWERS

Q. It seems that as I go through my day about 99% of my actions are materialistic and ego-based. How can I change that?

A. It is an important first step when you can identify your ego thoughts, as many people struggle to do so. Slowly try to replace your current materialistic thinking with loving thoughts and human connection. Try to see and relate deeply with others to make a human connection. Each day try to move a bit away from the materialistic and judgmental to a more holistic way of being.

Q: I think of myself as a pretty good person. I don't get what you mean by all this ego stuff. Don't we all need to have some ego to survive in the world?

A. It's hard to imagine our lives without ego. It's part of who we are. It's how we are created, by default. But if every day, we can make one more decision from an unlimited-thinking, heart-centered place, our lives will improve as our ego diminishes.

Q: I'm a really laid-back person. Everyone else seems upset about stuff, but I just go with the flow. I don't think I have an ego problem.

A: Maybe you are not ruled by your ego, or perhaps you are in denial and have learned to cope with life's hurts by withdrawing. This is not a truly enlightened approach, because there is a difference between denial, and deep acceptance (which actually experiences life for what it is).

Do you find yourself avoiding conflict? Next time you find yourself avoiding conflict, try telling the truth to get to resolution. Accept that the truth of a situation will set you and the other people involved free, trusting life to sort out the results.

Q: It's one thing to stop caring so much what happens to me, but what if I have a small child? Am I supposed to just accept it when terrible things happen to my child?

A. Pain is a teacher that helps teach us and helps us grow. Of course as a parent you feel pain when your child is in pain. Help them grow by helping them see the lessons and opportunities rather than avoiding the pain altogether.

Q. Isn't judging the ego as "bad" an expression of ego itself?

A. It is the ego-self that judges ego, fear, and anger as good or bad. Instead of judging the ego, simply notice it and gently release it.

Q. When is ego good?

A. Ego can be helpful to you when it guards you against dangerous situations. When you are challenged with a potentially unsafe situation, ask yourself how you feel. Check in with your heart. Does your heart sing? Then you are safe. Does your heart sink? Then you are in an unsafe situation and need to make a change.

CHAPTER REVIEW

- 1) The ego is the part of our conscious mind which, unfortunately, holds us back from our higher selves and our awakening.
- 2) Living from an ego-based place means that unfortunately you are living a life which is "separate" from your higher self and the universal spirit.
- 3) One way to surrender your ego is to witness your consciousness from a detached state.
- 4) Notice and identify ego-based thoughts (fear, guilt, judgment, anxiety, power and control).
- 5) With the ego tamed, minimized, surrendered, or put in the background, you can then live a life of perfection by understanding that all is for your highest good.
- 6) When living a life of perfection, you just "be." It is no longer about doing, acquiring, having, controlling, protecting, defending, influencing, comparing, and all the other things that the ego values.
- 7) Your freedom to ascend and become enlightened is contingent upon your surrender of your ego.
- 8) In a life of perfection, you come to know that all matter of experience is perfect and as it should be, for your own soul's evolution, since you attracted it to you for your highest good. You magnetize and attract these experiences to you as learning experiences.

WORKSHOP: SURRENDER YOUR EGO

List actions you take or feelings you have that you think are ego-based. These could be times when you have thoughts and emotions of fear, greed, anger, jealousy, or guilt.

Example: I feel jealous of others when I go onto social media. All my friends seems to be doing awesome and fun things. In comparison, my life feels plain and boring.

Example: I feel guilty about poor choices I've made in the past. I continue to relive those times that I made mistakes and I feel badly.

- 1) _____
- 2) _____
- 3) _____

Now, with the knowledge that the ego is causing you to have these feelings, think of other ways to look at these three items above with a fresh and healthy perspective, not ego-based.

Example: How blessed I am to have so many friends who are all enjoying life and sharing with me. I get great ideas from others about things I could choose to do. I am happy for my friends.

Example: I am so much stronger now for pulling myself through those difficult times. I'm a lot wiser now.

- 1) _____
- 2) _____
- 3) _____

REFERENCES

1. Patent, Arnold. *Universal Principles*, <http://www.arnoldpatent.com/universal-principles/>