

# Chapter Three

## Ego – the greatest obstacle to healing

When writing the title of this chapter, I wondered why ego is gaining increasing recognition, given that many authors have already written extensively about it. The answer that came to mind was that this very awakening of collective awareness is the reason why the ego is still very much alive – it's doing all that it can to stay alive and strong.

I continue to talk about it, as I do in every one of my books and in each one of the *Listen to Your Body* workshops and conferences. For those who have read several of my books or attended workshops, I thought I would add many examples to this chapter and throughout the book. I want to help you even more to realize exactly when you are managing your own life and at what point you allow your ego to take control.

In the past 45 years, I have read thousands of books and taken part in numerous training sessions to develop my personal awareness. Moreover, I have been teaching for more than 30 years. Even with all of this experience, I am still discovering things I was previously unaware of, and each discovery leaves me agape. Every time, I am surprised that whatever I have just learned never dawned on me beforehand.

That is why I really want to help you discover, through this book, the tremendous influence, grasp and power that your ego can have on you. I am sure I am not the only one who has become gradually more aware each passing day, week and year.

## EGO – The greatest obstacle to healing the 5 wounds

After wondering quite often whether it is possible that I will no longer be influenced by my ego one day, I decided to let go and just bask in the joy that washes over me when I realize all the ways it tricks me and guides me. That's the only way I will manage to get better control over my life.

### Creating ego

I am often asked: *Where does ego come from? Why is it so important to all of our lives?* Ego began to manifest itself when humans developed their mental energy several million years ago. Remember the story of *Adam and Eve*? They lived in paradise on Earth. When Eve ate the apple from the tree of knowledge (mental dimension), they became imperfect, and problems began to emerge.

This symbolism tells us that, with the mental energy humans have developed, we have inherited the power of choice. We are the only creatures on Earth who enjoy free will. Over time, we have chosen to give a lot of space to our mental dimension and used its energy to create our ego, believing that it would be useful to us; however, we have allowed it to usurp our power. Unfortunately, we ended up forgetting that the only real power we have is the divine being in each one of us – our light, our great wisdom.

Ego can be compared to a neighbour whom we have given leeway to come over to our home to tell us how to live our lives. In this scenario, the neighbour would feel extremely important and indispensable. He would be convinced we could not live without him, and that if left to our own devices, we would be unable to make any decisions in our lives. Could we really blame the neighbour? The answer is no, because he thinks he is doing us a favour.

## Ego – the greatest obstacle to healing

The same goes for our ego. It cannot see itself or realize what is really happening. That is why we must learn to observe ourselves to become aware of its presence. It is similar to a stain on a canvas that doesn't know it is a stain. We have to take a step back and look at the canvas to see the stain.

It is very important to bear in mind that ego consists of mental energy. Our mental dimension is crucial to our ability to think, reason, plan, organize, memorize, and so on. It is subtle matter that we can neither see, nor touch – the antithesis of our physical dimension – but is nonetheless omnipresent and important. In order to be able to think and organize, our mental dimension must always rely on its memory, on everything it learned in the past. Our mental dimension is content and balanced when it is using everything it learned to help us respond to the needs of our being.

So why do I want to talk so much about ego in this book? It is of utmost importance, because it will help you become more aware of all the times when one of your wounds is provoked and you react. Every reaction is brought on by a provoked wound, and this always reflects the grasp ego has on us.

**When you realize that your ego has taken over,  
you know right away that you are wearing a  
mask associated with one of your wounds.**

### What is the ego?

Ego is entirely a human creation and feeds off our mental energy to survive. It relies solely on everything that has been learned in the past. For example, any situation it believes to be

## EGO – The greatest obstacle to healing the 5 wounds

a hazard when it was experienced in the past will continue to be considered a hazard for evermore, as long as we allow it to.

It constantly seeks to stop things in their tracks, while denying change in every possible way. Suffering is one of its specialties.

**The ego suffers due to unfulfilled desires and also out of fear of suffering if its desires materialize.**

It cannot live in reality, because it compares everything to the world it created. It is convinced its own world is the real world. How many times have I heard adults tell me about hard times they experienced in childhood, all the while convinced they were real. After checking with their family, they realized their perception was false, that no one else had lived and perceived the situation the same way. The suffering these events created stayed with them for many years, because their ego influenced them to perceive things its way rather than see reality.

I come from a family of 11, and I'm sure that if you asked each one of us one after the other to describe our parents, we would each have a different version. When I was young, a fire broke out at our house, and several years later, this came up during a conversation between my sisters and me. We talked about the fire, and none of us had the same version of events. All of us experienced a different fire. That is the kind of influence our beliefs, our fears and our ego can have on us.

Since the ego is created with mental matter, it can be considered a mental outgrowth. You are certainly familiar with the physical outgrowth of the body such as warts, cysts, tumors,

## Ego – the greatest obstacle to healing

etc. They are made of physical matter but are not natural. They parasitize the body and milk it for energy to create themselves and continue to exist. Their structure has always fascinated me. They even manage to develop small blood vessels to survive longer.

The ego, which is similar, causes much more damage, because it has its own will to live and survive. It lives in constant fear of dying, disappearing, as if it knew that, in fact, it is short-lived and not real, just as we ourselves are. At the same time, it is unaware of this, and that is why it strives to convince itself of its existence.

Its ignorance is similar to that of someone who does not admit they are afraid of running out of money. They convince themselves by spending a lot and telling anyone within earshot they really feel sure about themselves, that they are not afraid of running short and that they'll always have money to pay off their debts. They'll even go so far as to criticize or attempt to change people that appear to be financially insecure. We all know that if they weren't afraid, they would not have to convince others or even themselves. The same goes for the ego that always attempts to convince itself it exists, though, in actual fact, it is but an illusion.

The ego weakens you, because it saps your mental energy. Every time you allow it to control you, your energy wanes. I am sure you've noticed this many times. When you experience fears and emotions—which are manifestations of the ego—you've certainly realized you're tired at the end of the day. Only you can decide whether or not you are going to go on feeding your ego. Sadly, it's not that easy, because we've given it a great deal of power throughout numerous lifetimes. It has found subtle ways of tricking us and making us believe

## EGO –The greatest obstacle to healing the 5 wounds

we make the decisions in our lives, when in fact we let our ego take over.

### **The ego : the sum total of your beliefs**

You've certainly noted hundreds of these little voices talking incessantly to you, scaring you, causing you to doubt yourself or others, making you feel guilty, preventing you from taking action, making you distort reality, etc. Every little voice is linked to one of your beliefs. The more you keep them going by caving into them, the more importance they gain. In short, the ego is the sum total of these beliefs that prevent you from being yourself. When I make reference to a part of the ego, I am referring to one of the beliefs that make up your ego.

### **The difficulty of regaining control**

Why is it so difficult to regain control of our lives and not allow the ego to control us? The main reason is the lack of awareness that each of us has. We are aware of only between 5% and 10% of what is going on inside of us. That means we are barely conscious of the many times when the hundreds of beliefs we possess manage our lives.

I do hope that after reading this book, you will have an easier time realizing this quickly. To do so, it is imperative you bear in mind that the ego, the little me, only thinks of itself and that it will continue to exist throughout its continual thoughts of ME, MYSELF AND I. That is its way of proving it exists. It seems to believe it is alone in its battle with the entire world.

**The ego has an incessant need to convince itself that it exists and that it is so important that it can continue to exist eternally, just like humans.**

Let us take a look together at a typical day in the life of a married woman with two adolescents, who holds down a job. Most of the following examples can apply just as easily to a man.

Everything in italics below represents the thoughts of her little me (ego) that is afraid for her image, afraid of not being loved, not being recognized, making a mistake, etc. It's that ego again that keeps driving home that ME... I ....

She oversleeps. *Damned alarm clock! How come it didn't go off? I'M gonna be late. The boss is going to give ME a nasty look again.*

She joins her husband and two children into the kitchen. *How come you didn't wake ME up? Seems to ME I told you yesterday that I had to leave earlier this morning.*

She hurries to get ready, but can't find the outfit she wants to wear. *Dammit, it's still at the cleaners! If I didn't have to do so much in the house, I'd have had time to pick it up yesterday.*

She looks at herself in the mirror. *Another wrinkle! Boy is family life making ME age fast. I'd need to take a vacation more often. I'm getting more unsightly by the day, and I look older than my elder sister.*

She ducks into the washroom before heading out. *Here we go again. Someone left the toilet seat up. I'm sure my husband*

## EGO – The greatest obstacle to healing the 5 wounds

*did. Men don't think about WE women. When will they understand it's impolite?*

While driving into work: *Look at that bloody slowpoke holding up traffic and delaying ME. What's he doing on the road at this hour?*

She arrives late for work: *Sorry for being late. Everything was against ME this morning. To start with, MY husband... And she goes on to explain everything to justify herself.*

At a meeting: *Why do I have to waste MY time listening to the same old thing over and over? I thought it was an important meeting. Why is she always the one doing the talking? Why am I not asked for MY opinion? They mustn't respect me.*

She goes to a restaurant for lunch: *Fries again. I promised MYSELF that I'd stop eating them. I'm gonna get even fatter. I've got no willpower!*

She goes and gets her fourth coffee of the day. *That'll be MY last one for the day. I know it's too much, but everyone is getting on MY nerves today, and I need even more.*

Her boss brings her some work she was not expecting to get. *How come I'm the one that ends up with the extra work? At least if she said a little thanks to ME once in a while, it'd be encouraging. What in God's name did I ever do to be swamped like this here and at home? Everybody is taking advantage of ME.*

She arrives late to drive her son to his football practice. *Don't look at ME that way, and don't say anything. I am doing MY best. You don't know what it's like having to do everything at home and work outside as well.*