

## Egoic or Connected Self – Which One is Driving?

### Introduction

If I asked you which “I” was driving you right now, would you tell me that there’s only one you or that there were more? Do you find yourself continually in reaction, replay, spin or drama, be it of your making or someone else’s? Whilst there are certainly models that suggest one “I”/“me” per human body, there are also those which suggest otherwise. The type of model you embrace can significantly affect your perceived options in any situation; the degree to which you seem limited or stuck at any time; the people and situations you attract or “have to put up with”; and (!) the type of energetic experience you have if you’re energetically sensitive.

This article seeks to examine the energetic realm of mind and ego from the above platform and to crystallise the structure of the world of energy for those who experience the invisible and egoic layers at high volume.

### The Definition of “Mind”, “Ego” and “Divine”

Acknowledging that this article is written from an energetic perspective (not a psychological or religious one), it would probably be useful to define what is meant here by the terms “mind”, “ego” and “Divine”.

“Mind” throughout this article refers to the mental/logical whirrings that belong to each person individually. It doesn’t refer to what’s often called universal mind which is included in the term “Divine” or “universal”; nor does it include collective mind which tend to be the energies of thought, feelings, models and telepathy that we live amongst. “Mind” has been grouped together with “ego” because they are interdependent - unless they’re both operating at the same time, neither can prevail as predominantly or take us on as many roller coaster rides!

To understand the definitions of “Divine” and “ego” as used in this article, we need to consider the structure of the world of energy a little more.....

### The Structure of the World of Energy

For want of a better explanation, understanding that the writer has not consciously been all the way to the lowest or highest levels of creation this life, and quite simplistically....

The world of energy is made up of row after row of atoms, from the very bottom to the very top of creation, with each row representing a different level of resonance, being and energetic frequency. Those rows that exist at the very bottom tend to be quite mind- and ego-less, as do those at the top of reality. In the middle segment however, exist the realms of mind and ego and all the responses that come with them. At all levels of creation, except the Divine and universal layers, there are energetic/invisible creations (e.g. ghosts, thought waves) as well as physical ones (e.g. earth, humankind). The table below helps to portray the structure of the world of energy as compared with the physical realm.

*Please note: the contents of Table 1 come out of 24 years’ work with the world of the invisible on a practical level. It is neither the result of scientific research or statistical study, and is merely an attempt to depict for the reader what has been learned over that time. Its portrayal of the world of*

energy is very simple, with each level containing an innumerate number of “rows of atoms” and states of being (i.e. not just one).

Table 1: A Portrayal of the Layers of Mind and Ego in both the Physical and Energetic Worlds

Ability to Interfere with One’s Connection to Source	Proportion of Mind, Ego and Connection to Source	Energetic/Invisible Manifestations in this Segment	Physical Manifestations in this Segment
Can Interfere with One’s Connection to Essential Self & Source	Mind-less, Ego-less & in Full Connection with Source (Group A)	<b>Energetic &amp; Manmade</b> <i>(e.g. electromagnetic frequencies, nuclear energy, etc)</i>	<b>Inanimate &amp; Manmade</b> <i>(e.g. machinery, built environment, manmade objects, drugs alcohol)</i>
		<b>Energetic and Naturally Occurring</b> <i>(e.g. negative ley lines &amp; land vortices, parasitic energies)</i>	<b>Inanimate &amp; Naturally Occurring with No Healing Properties</b> <i>(e.g. diseased and parasitic nature)</i>
	Mind-full & Egoic with a Partial Connection to Source to sustain life and provide basic nous and guidance (Group B)	<b>Energetic &amp; Able to Interact with Humans, Think, Act for Self &amp; Contemplate Relativities</b> - Amoebic energies (B1) - Entities (B2) - Ghosts, Spirit & Other Beings (B3)	<b>Animate &amp; Able to Interact with Humans, Think, Act for Self &amp; Contemplate Relativities</b> - Amoebic life forms (B1) - Viruses & disease (B2) - Human Beings (B3)
	Less Mind-full & Egoic with an Inherent / Unconscious Connection to Source (Group C)	<i>Intelligent Animals in Spirit</i>	<i>Intelligent Animals in the Physical</i>
Can Enhance One’s Connection to Essential Self & Source	Mind-less, Ego-less & in Full Connection with Source (Group D)	<b>Energetic &amp; Natural with Healing Properties (D1)</b> <i>(e.g. weather, wind/breeze, positive ley lines and land vortices)</i>	<b>Inanimate &amp; Natural with Healing Properties (D1)</b> <i>(e.g. stone/rock, plants, water, sea, crystals, minerals)</i>
		<b>Energetic &amp; Not Overtly Interacting with Humankind (D2)</b> <i>(e.g. divine energies, the connection itself, meditative stillness)</i>	-

In defining the terms “Divine” and “ego”, Table 1 depicts some of the key characteristics of the world of energy as it surrounds and interacts with the human being. At all levels of energetic frequency other than the highest, there are manifestations in both energetic/invisible and physical form. Whilst it may be difficult for those who don’t experience energy to verify this, those who experience energy would find few surprises.

The main points to be gleaned from the table, as they relate to the definition of our two terms, are as follows:

Regarding the Lower Frequencies/Rows of Atoms (Group A)

These are the lowest levels of creation – invisible and physical – which just exist and don’t tend to think or weigh up relativities or do the “I”/“me” thing at all. These layers of creation can be beneficial to humankind and one’s connection with the Divine/universal frequencies (e.g. common uses of electricity, leeches in medicine); they can also run great interference. Examples of the latter include a lack of health/balance in creation itself (e.g. blocked ley lines in the land, unhealthy manufactured foods); natural characteristics (e.g. negative energy spots in the land); or their consumption in excess of imbalance (e.g. hallucinogens, alcohol, overexposure to electromagnetic or radioactive energy). For all this however, in themselves, they’re just doing what they are here to do and, in that sense, can be said to be in full connection with Source for the row of atoms (i.e. level of energetic frequency) they reside on.

Regarding the Mind & Egoic Realms (Group B)

A level higher than Group A phenomena, the mind and egoic realms contain all of those things, physical or not, which are able to interact with humans quite easily, exist at the same level energetically, and think and act for themselves. All aspects of creation in this segment are concerned with survival/health of “I”/“me”, continually weighing up situations in order to secure the best outcomes for themselves, often at the expense of another.

Those energies which are closest to the very lowest rung of the mind/ego realm (B1) tend to be quite dense and myopic, not really tending to think much at all. A little like amoebae (not that I have studied the psychology of amoebic creatures in detail!), the focus at this level is survival. Energies and physical beings at this frequency don’t think about options, don’t contemplate right or wrong; their sole task is to find something to latch on to and feed from lifelong. In this part of the energetic realm, there isn’t a lot of tension or chaos – everything knows its purpose, understands its job and just gets on with it. This segment, therefore, could be said to be a little robotic and unthinking; it could also be defined as totally accepting and a place of great harmony. That doesn’t mean that everything that occurs at this level is pleasant, but everything knows its purpose and just gets on with it. In the table and in this sense, this group is similar to Group A.

The second rung in this segment (B2) includes entities on the invisible layer (i.e. amorphous blobs of energy) and, on the physical level, the realm of viruses and disease. This layer has a little more intelligence than B1 and can work to negotiate its parameters in order to sustain its longevity (e.g. the ability of viruses to mutate into drug-resistant strains).

The third rung in this layer of creation (B3) consists of ghosts and other beings in non-physical form which work pretty much the same way humans do (including some who call themselves “guides”). Their physical equivalent is, of course, the human being and both groups are well-vested with mind, opinion, self-ness and fear. This segment is quite egoic, with a definite “I”/“me” that influences what occurs in the physical world and stops them from being fully connected to Divine or universal frequencies.

The invisible layer of segment B3 is often called the level of lost souls although not everyone/thing here is actually “lost”. Some are here quite by choice, knowing there’s more but choosing to reside where “I”/“me” is most comfortable. At this level, there’s less than full sharing or equal value with anything else unless it suits one’s purpose. In this sense, energies that exist at this level help self-ness to prevail in the human world by adding to the amount of “I”/“me” floating about in the atmosphere. Many people pick up/sense such vibrations, even if they don’t know they’re doing it. When the world of energy decides to interact with or affect a human being, the person can move into even greater levels of mind, ego and reactivity, be it in thought or behaviour. For the energetically sensitive, this can be a very loud and obvious development, even alarming. Humans, in return, encourage the volume of activity in the invisible mind and ego layers by choosing to honour the imbalanced “I”/“me” in thought, feeling and action. Energies at this level (ghosts, etc) are not necessarily “bad”, just as mind and ego are not, but they can get up to some pretty amazing things. This results from their mind/ego stance which, as with humans, can be challenged and released at any time. It’s mind and ego that holds them where they’re at, through their thoughts and self-dialogue. They can (and do) move to higher levels of being (i.e. energetic frequencies/rows of atoms) when they become aware of the benefits (to themselves!) in doing so. In themselves, as with other forms of energy, they can help or hinder one’s connection with the Divine/Source depending on the state of both parties and their intentions.

This rung of creation (B3), invisible and physical, also generates additional mind/ego vibrations by way of its thought patterns, feelings and emotions. This includes all the silent agendas that are never enunciated but which play out through word, thought and deed. They can be picked up telepathically by anyone who is sensitive enough and, for all that we humans emit, the invisible layer puts out just as much (if not more).

The energetic activity/noise levels in the mind and ego realm (Group B) can also be magnified by the presence of Group A frequencies in imbalance. This can be experienced by an energetically sensitive person on the physical, emotional, mental or intuitive level, and is reinforced/magnified by addictive behaviours. If not well-interpreted, one’s model’s (societal, medical, religious, etc) can complicate things further.

What’s being said here is that the mind and ego realm is so much more than that which humans often perceive it to be. There’s the mind and ego belonging to every human being; then there’s the mind and ego that belongs to everyone else (sometimes called collective mind), which circulate as thoughts and feelings for everyone to get caught up in, whether they seek to or not. Add computers, TVs and mobile phones in there and the amount of “extras” that can bombard a person on a daily basis is building up considerably. When a person interacts with this realm without respite - amongst humans, technology or invisible “things” - s/he can experience a greater egoic load. Put together with the ways in which many people relax and socialise nowadays, the potential for energetic and physical overload continues to grow.

It’s no surprise then that it’s this part of the world of energy, Group B, that faces the biggest energetic/spiritual challenge – to remember its connection with Divine/universal energy and choose to dial into it more consciously so as to get clear. Since the year 2000, the amount of noise on the mind and egoic levels has been increasing as has humankind’s inability to remain unaffected by it. Manifesting in the physical as illness, stress and discontent, many humans are literally stuck in the wrong energetic frequencies and don’t know how to get clear. There’s a continual need for people to disconnect consciously from the mind and ego realms and all the “I”/“me” that exists out there. A person’s reluctance and/or inability to do this can see them become more egoic and electromagnetic in frequency, in a way that manifests as imbalance.

### Regarding the Realm of Intelligent Animal Life (Group C)

Less mind-full and egoic than Group B but still slightly “that way inclined” comes the realm of intelligent animal life. Similar to humankind in the mind and ego sense, these creatures have been placed higher in the table because they inherently know their role in creation and don’t try to radically avoid/change it (as we humans can). This layer of the mind and ego realm conducts itself largely along the lines of survival, learning new behaviours as its environment and/or humankind encourage it to do so. These animals definitely have minds and the ability to weigh up consequences, not necessarily in the same way as humans but along the same lines. This is why one can dialogue with them to heal, resolve issues and train them.

### Regarding Nature as Most Humans Experience It (Group D1)

As one rises up the rows of atoms, the energies get lighter – to the point where they give off very healing (i.e. Divine) frequencies. This is the realm of nature as we witness it overtly (trees, land, sea, water, wind, etc). It’s not a part of the world of energy that gets concerned with relativities although tension can occur when connection to life energies is challenged (e.g. when taller trees and/or ivies grow above/over smaller plants). As such, there’s a frequency of calm in this segment which is why it’s so beneficial/balancing to humankind.

### The Divine/Universal Realm (Group D2)

Residing above all the other energetic layers is the realm of Divine/universal frequencies. This is the layer at which mind, opinion, “I”/“me” and fear start to clear, very much like cloud cover as one ascends on a plane journey. The higher one goes, the lighter it is and the clearer in terms of energetic pressure and busyness. This layer is accessible to all levels of creation, once a person/being becomes aware of it. Access to these frequencies is facilitated by meditation, exercise and spiritual intention as well as getting out into fresh air and letting go of duties. Conversely, access to these layers can be limited by mind and ego via what the human being knows, thinks, does and fears. This is where the world of nature – trees, birdies, water, etc – is such a helper, acting as a facilitating/bridging mechanism to Divine healing and guidance irrespective of what the human gets up to when s/he interacts with it.

### So, the definitions of “Ego” and “the Divine”?

In energetic terms, one of the key ways to differentiate between ego and the Divine is the type of energetic activity that emanates out of each frequency. Energetically, ego is noise, tension, pressure; the Divine is no pressure, stillness, peace. The analogy of garage music versus classical or gentle trance is useful here – at the loudest points, the mind and egoic realm is quite wired and noisy, to the point of physically-felt thumping. Ego is an energy/frequency band where peace does not exist, where there’s always some tension or dissonance.

At the other end there is the Divine. Throughout all layers of creation, the energies of the Divine are ever-present and -accessible. The degree to which they are consciously experienced however, is determined by the degree to which they are allowed in. Animals, plants, humans, ghosts all have continual access to Divine energies but, if they’re too entrenched in mind or ego, they can become less aware of this and this affects the state of their connection. The more a person gravitates toward man-/mind-/ego-generated, the less prominent or obvious his/her connection can become and the less able s/he is to consciously engage with intuition, healing energies or guidance. It’s only at the point of releasing mind, ego and self-ness (“I”/“me”) that these universal gifts can enter at higher volume.

### **Ego vs the Divine – Why They Can't (Truly) Co-exist**

Whilst it can be tempting to say that ego and the Divine cannot co-exist, when we look a little closer, we see this isn't true. The fact that humanity exists amongst other, less egoic layers of creation (for all of its self-focus) is very strong evidence that ego is supported by the Divine continually. The very fact that we, G-d willing, wake up every morning also suggests that we're continually supported by the non-egoic levels irrespective of our spiritual connection and/or lifestyle. In this sense then, it's not the Divine that's incapable of sharing or allowing the existence of another – it's the mind and ego that has the problem.

In energetic terms, the layers of creation that are driven by ego are not very good at sharing space for too long without condition. Ego can be encouraged to share space with essential/connected self and, when it does, it actually enjoys it (before starting its tactics on the new level!). If ego were to relax completely though, it would lose its sense of self and merge back in with the rest of us. In doing so, it would lose its "I"/"me", its perceived uniqueness, and merely become part of the crowd – i.e. it would cease to exist in its current form.

A useful analogy for the above is photo time at gatherings: irrespective of whose it is and what it knows, ego is the ham of the group, always needing the spotlight, key role, microphone....

Energetically, ego can't cope with not being noticed or somehow driving. Ego is the performance queen and, even when it's asked to be silent, it finds yet another way of creeping back in. It's allergic to the quietness of the Divine frequencies because everything there is so quiet, so equal in value, and it just can't stand it! This is why ego energies clear so fast when we let white light in. There is no middle ground with ego – it's all or nothing in any scenario and its eternal preference is "all".

From another angle, ego is the stance of child pretending to be adult. It plays the roles it thinks it's supposed to play, rather than stepping into them as a fully committed or conscious human. As challenges arise, it pulls out scripts, replays past videos and mimics that which it has witnessed in others. Ego also provides great forecasts. Life models and prior experience act as great predictive mechanisms – "I know this", "I've been here before", etc. Whenever Familiar Event A surfaces, ego unconsciously begins to predict what's going to happen next. The result being that today is never experienced for what it is and opportunities are passed over regularly.

Energetically and in release work, the above helps to explain one of the keys to balanced living. The eternal challenge is to relax and let go of ego, mind, self-talk and projection in a way that enables essential self out of confinement and into circulation. Ego's first reaction to this tends to be defensiveness and, if allowed to prevail, it won't permit this to occur. Through its various tactics and presentations, ego retains its leading role in a way that overshadows essential self as well as everyone else. The real "I"/"me" is held as silent witness, in confinement, and may never get the chance to come out. It's a human being's lack of awareness of these dynamics that enables so much self-ness and reactivity in the physical world. The good news however, is that once one starts to understand them, one can renegotiate and balance can re-enter as a paradigm.

### **The Main Presentations of Ego – How It Gets to Rule**

There is much talk above about "I"/"me" and ego, so it's worth defining them a little further.

There are many presentations of ego, some positive, some not-so-positive. What's not being said in this article is that ego is "bad" or that it needs to be eliminated. We couldn't achieve this any way and ego is here for very good (i.e. beneficial) reasons. It helps people draw on relativities, learn and develop amazing things. This article is not concerned with ego in balance however – it's concerned with those moments when it's driving too much and needs a little quietening.

Out of balance and broadly speaking, here are some of the ways in which ego can manifest in us all:

- **Fear**, the state of “I can’t” or “it won’t” for all sorts of reasons, often formed in childhood/youth. With time, the fear can take up permanent and unchallenged residency, ruling the human completely. The result of this can be a life of limitation and the deceptions and discontent that can follow.
- **“I want”** – the self-serving, tunnel-visioned variety that one sees in people who are still earning about “no”, sharing and boundaries. This presentation of ego explains many of today’s material and environmental challenges and underpin win-lose scenarios (e.g. undermining, greed, withholding, etc).
- **Self-worship**, where “I”/“me” honours what “I” am, think, want, know, have, believe, fear more than anything else. This presentation often occurs in those who are yet to really realise that there’s more to creation than the physical world. Source may exist as some far-away being but they’re not so sure It’s here on earth. In this model, there’s only the physical and the mind – what I know, who I know, what I have and what I want.
- **“I think”, “I know” and the overly strong opinion** - not uncommon in Westernised societies where there is so much emphasis on knowing anything. “I know” and “I think” in imbalance also tend to be encouraged by a lack of awareness of the invisible realm. Strong opinion, especially in moments of fear or challenge, often prevent the Divine frequencies from coming in to provide assistance – the windows are closed, the blinds are drawn and a sign on the door reads “No Deliveries”.
- **The desire to be free**, so often framed as a positive. It can however lead to over-expression, excessive “I”/“me” that’s so insensitive of others which, in turn, fosters more egoic as those affected try to rebalance.
- **Role-playing, “I must” and “I have to”**. Touched on above, one of ego’s favourite stances is that of role playing and living out scripts. The role(s) a person accepts, consciously or not, is/are accompanied by a full set of functions and responses as learned from family, peers, places of learning, the media. Male/female, adult/parent/child, manager/subordinate, friend/enemy, etc – there are models and scripts for all situations and new ones are continually emerging. Role playing, “responsibilities” and resulting deadlines can stop us from starting afresh each day, let alone staying in balance.
- **“I remember” and trophy collecting**. Ego loves an acquisition and a great big trophy cabinet – anything that helps it appear more substantial. Memories are great trophies, as are wounds and losses, and are great ways to build the library up. By never releasing that which has happened, pleasant or not, the collection can grows gradually start to take over the space that could receive newness and “tomorrow”.
- **Reactivity and passion**. Ego loves busyness and drama. It thrives on adrenalin, passion, uppers and downers – reactivity that’s endlessly wired, hyperactive or plain old busy. Drama, love, hate and addictions all help lengthen the script and sustain ego’s performance.
- **Addictions and dependencies**, be they substance-, activity- (eg sex, food, television) or relationship-based help a person stay in child, away from full spiritual adult. Acknowledging that most of us are addicted to something, ego loves something to feed it, especially if it enables “I”/“me” to do half and/or avoid the pain that comes with living.

As can be seen, ego manifests in many ways and is so street-smart that, every time you think you understand it, it turns up with a new routine. Yet this is the beauty of the mind and ego realm, from where stretching and personal development occur (irrespective of whose ego is presenting). The goal

should not be to eradicate ego or to label it as a negative but, by understanding these energies better, we can move to a more adult (and empowered) platform. This, in itself, will change the frequencies we live amongst, enhance connectedness at all levels and allow the Divine to manifest more overtly in the physical world.

### **Lastly? Ego's Rulership and Your Reactivity are Affected by the Model You Embrace**

Coming right back to the first paragraph of this article, it's important to acknowledge that the model(s) of "I"/"me" one embraces determines the choices one believes oneself to have, in anything.

If your "I"/"me" is a singularly-faceted being – i.e. one "I"/"me" per body - ego and mind are likely to be the very whole of you and you're likely to have one set of responses to choose from in any moment – i.e. egoic ones. At this level of being, it's unlikely that you even know that you have a choice in reaction – you're just one "I"/"me" doing the best you can from that platform. Interestingly and practically speaking, the invisible mind/ego energies have far more influence over a person when s/he only knows him/herself to be one "I"/"me". As like attracts like in the world of energy, the more one identifies (or accepts) mind and ego, the more it can manifest in one's reality.

If your "I"/"me" is a doubly/multi-faceted being, it's likely that mind and ego are only a part of your entire being. If you also know to stay with the adult/essential you, then you're more likely to be able to see mind and ego in action as they start driving. The dual/multi "I"/"me" stance can create room for you to contemplate/enhance your spiritual connection whilst life goes on around you. The possibility of Divine assistance becomes more tangible and the person is able to allow help in from the invisible layers whilst s/he is in the thick of it. This is especially important for the energetically sensitive, who need to learn that the energies which balance and clear things are always present, no matter what is happening.

From this writer's perspective and from an energetic viewpoint, humans are definitely more than one "I"/"me". It's also important to acknowledge that we swing between states and models continually. When we're in extreme fear or doubt, we tend to honour the one "I"/"me" model in our initial response (whilst looking for a cupboard to hide in). If you know about the other models though, you only stay there long enough to collect your thoughts, remember your connection and regroup with your spiritual adult.

All this said, it's not the purpose of this article to tell you what model to embrace. It is aiming, however, to get you to challenge the stances that you may have adopted unconsciously, for whatever reason, especially if you find yourself in the middle of overload or hyperactivity. Go to bookstores, search out forums, see practitioners – research the life options that are at your disposal and test them to see what that fits. You will know the right model the moment you bump into it. It's in your bones and ever-present; you've known it since birth, it's never left your side.

### **Some Great Ego Balancing Tips**

So, which one is driving you right now – mind, ego or your connection? If you're experiencing any level of tension or chaos, physical or energetic, you can bet that it's the first two!

To the degree that you feel you could release a little, here are some great exercises to help you:

- **Relax and Let Go** – imagine yourself just releasing your grip on everything. Let every cell of your being put down what it's carrying; let it go for a moment; just let it slip. If you really need it, you can get it back later but, for now, relax and let it slip.



- **Put It Down for a Moment** – again and again, visualise yourself putting everything you know, fear, own and want down to one side for a moment. This is a “layer of onion” exercise - the more rounds of it you do, the more you will let go of and the more space you will create for new bits.
- **Use Your Breath!** Use your out-breath as the mechanism via which everything you don’t need or want leaves your space. It doesn’t have to be a laboured breath and you don’t have to reserve it for special occasions. Wherever you are and for whatever reason, use your out breath to blow dust and tensions free.
- **Allow the Divine to be Real** – whatever you believe of the world of energy or humans, this is what you will attract. Know this and test your definition of the Divine. How real do you allow It to be? Is It right here on earth, ready to assist you or have you defined It to be aeons away with a list of qualifying jumps? Can It hear your requests for help and do you allow It the ability to assist you with things? The Divine is a real energy, eternally benevolent, if and as you allow It to be.
- **Get Out of Your Way** – as you release whatever you need to, make sure that you get to one side of the flow. Don't play bouncer, inspector or auditor – stand out of the doorway; allow things to flow.
- **Come back to nothing, which is everything** – always aim for nothingness in your release work and relaxing and don’t stop until you get there. Aim for the stillness that’s so loud you can hear it. It manifests when mind and ego let go.
- **Challenge Your Models, Thoughts and Opinions** – at any time, you can challenge your self-talk. Ego can have issue with this because it may lose some trophies. Know you only lose what you need to when you energetically spring-clean, and these are usually things you’re already aware of.
- **Release Yourself from Confinement.** As you’re doing the above, allow your egoic self to release the real you from its cage. In your mind’s eye, allow it out for a moment to experience life. The more you do this, the more it can merge with the conscious you and this is often when life really starts.
- **Get Out into Life Energies** - cut yourself a break and get out into the open air (a park, the mountains, the sea, etc). You don’t have to trek or go for a marathon – just sitting by a tree can really help you.

## Conclusion

So, with all that, you perhaps understand ego now as a pattern, a confinement and an energetic frequency. It’s an amazing phenomenon that continually innovates, stretching us further and helping us blossom. It exists as a realm, as a frequency and a resonance; it also exists in thought, speech and deed. In itself, it is powerful, intelligent and productive, coupling with mind to create incredible things. When in imbalance or allowed too much freedom, it can start doing damage and complicating things. At these times, it needs a little quieting.

So examine your models of “you” and your “I”/“me” as well as the states that you currently live with. Be it stress, To Do lists, role pressures or energetic busyness, by understanding ego we can resolve many things. With your intention you can challenge your reality, your models and the states that you find yourself in. The universe is real, the Divine will help you, but only as far as you allow It in. If you know that there’s more but you’re not sure how to “get” it, look at the ways you rebalance and clear. Don’t limit yourself to the physical or to “me”-ness – to do so is to shut out the miracles you seek. If this means some searching, there’s no need to worry - in this era, there’s plenty to assist. It’s ready when you are, your connection is waiting and, most importantly, you can never lose it.

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

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