

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 written extensively about it to help us realize the tremendous influence it has on our lives. The answer that came to mind was that this very awakening of collective awareness is the reason why that it is still very much alive – it just won't disappear.

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 previ-

ously 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.

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 actual 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 much leeway to who would 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.

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 realize when it is present. 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 injuries is provoked and you react. Every reaction is brought on by a provoked injury, and this always reflects the grasp ego has on us.