



What is the Ego?

Your ego defined in the context of this work:

What is the Ego?

Ego is generally understood as one's sense of self-identity or how we view ourselves. It is influenced by many factors, including your parental and societal narratives, current internal and external way of being.

The Unhealthy Ego

The unhealthy ego over-identifies with the mind, and or the body, and or the soul and sees the individual Spirit as divided. More often than not the soul and the individual Spirit is entirely ignored. For example, we feel the need to all look the same, through fashion and reconstructive surgery, and have the same knowledge, through education, news, media, or feel the same due to peer pressure from family and societal narratives etc. In this unhealthy state of being we desire to give up our uniqueness in mind (individual brilliance), body (individual beauty) and soul (individual feelings, reflections and fantasies), and be more like others to "fit in". When we are disconnected from our Spirit our soul nature is hidden and or denied. In this unhealthy state our external and internal ways of being are out of balance.

The Healthy Ego

The healthy ego identifies with the individual Spirit and is fully integrated with our individual mind, body and soul. The healthy ego seeks connection with Universal Spirit. Here we desire to unite with all other human Spirits, as we celebrate and honor all individual mind brilliance, admire and honor all individual body beauty and allow space for all individual soul expression. Here we know we are all the same in the eyes of God / Love / Universe / Source. In this healthy state our external and internal ways of being are in balance.

