

trigger happy

TRANSCEND YOUR TRIGGERS,
TRANSFORM YOUR LIFE

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Kindred Light

Trigger Happy

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To all the truth-seekers who bring light and love to this planet as they heal their own wounds, and to those who don't yet know their immeasurable worth. I honor each of you who have played your role in the Script of Creation with passion and conviction and who've created holy relationships and immortal treasures - and let go of the rest which was never more than nothingness.

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INTRODUCTION

It has always been a mystery to me why we don't teach our children, starting at a very young age, that we each of us have a built-in guide who can lead us to our highest life – an internal, personal giver of answers.

I wish that we could all learn from the start about the custom-designed journey that awaits us, and that will help us fulfill our wildest dreams, explore our passions, and make sense of the difficulties.

I wish we had known from the beginning about the wise interior guide who accompanies us – and whose presence is displayed in sharp contrast to the lower part of ourself that struggles with emotional pain and is blind to the steps required to create and sustain a fulfilling life.

If we had known all along that we could choose between these opposite realities, surely we would have chosen the higher path, for our higher self was formed in the image of our Creator.

Our higher self is wise, compassionate, loving, noble and immortal. It experiences ecstasy, love, and peace beyond our ordinary understanding. It has an uncanny ability to attract everything that it needs, when it needs it: material goods, financial resources, collaborators, wise coaches, guides, angels, teachers, benefactors, and mentors. It manifests healthy relationships, creativity, passion projects, newfound talents, and solutions to every problem.

Alas, we also have a lower self that is tightly bound to an ego and a body that have their natural function in the material world – to keep us safe, fed, housed, clothed, and constructively occupied. The lower self is our hands, our feet, our words, our labors, and our familial functions.

Obviously, we need both the higher and lower parts of ourselves to function effectively in the material realm – and, in fact, most of the time the two work together seamlessly and harmoniously without our conscious awareness.

You may ask, “If this is true – why aren't we living perfect lives?”

The reason is simple: the higher self can only be accessed through the portal of an open heart, and our lower self has an unfortunate tendency, consciously or unconsciously, to close the heart hoping to avoid pain.

Imagine, for a moment, what the world would be like if we had in our hands the godlike power of our higher self when our heart was closed – if our destructive dark desires were charged with the superpower of the divine part of us. We would blink and the guy who cut us on the freeway would crash. Our unrequited lovers would suffer painfully and our rivals at work would, at the very least, be fired from their jobs.

The point is that a wise universe knows that we cannot be trusted with our true power until our hearts and our deepest motivations are pure.

This book is about purifying the dark parts of ourselves, opening our hearts, and living in harmonious alignment with our wise higher Self.

Most people cannot imagine such a life because the portal to their higher is blocked by emotions of fear, anger, hatred, resentment, distrust, and all their dark variations. As long as the world still has the power to trigger us into negative emotions, we will continue to find the inner gates closed to our wise higher Self and all the riches it could offer.

In order to align our lives to the miraculous healing power of the higher Self, we must learn to conquer the inner yearnings that continually tempt us to reach for the enticing false solutions offered by the lower self.

In time, with deep willingness and receptivity, we will find that are able to open inner portals a light that will show us the happiness-giving direction in every moment. That you are reading this book suggests that you are ready for the quest.

In your search for the highest path for your life, you may have explored many avenues. Along the way, you may have realized that one part of you was evolving, while another part was intent on sabotaging your efforts. Two steps forward, one step back! You knew better, yet you couldn't quite

manage to *do* better. You knew the answers, but there was a lack of clarity that prevented you from redirecting your steps in a wise direction.

The purpose of this book is to help you identify the inner conflicts that are preventing you from finding inner happiness and freedom and keeping you from making the right effort that will yield permanent gains. You will find all your healing modalities and practices supercharged when you consciously bring the higher Self into the mix. He knows why they have had mixed or impermanent results and he can ensure consistent and permanent healing results.

Our lower self seeks Prince Charming, a winning lottery ticket, or a little white pill – a quick and easy miracle that will free us from suffering and give us a happy life.

Living in the lower self, we are assailed by many fears as we seek fulfillment from one bright, shimmering object after another, little realizing that the happiness that will satisfy all of our yearnings can only be found when we live from the Wise One in our own true purpose.

The path to that higher happiness cannot be traversed with a sudden leap. It takes time – but the rewards at each small step along the way are immense.

It requires that we gradually become increasingly aware of the inner emotional triggers that are binding us to the seemingly inescapable wheel of suffering. We must learn, gradually, step by step, to control our reactive impulses and forsake the false gratification of negative emotional reactions long enough to choose the wise thoughts, words, feelings, and actions that bring true happiness and freedom, and toward which the soft whispers of our higher Self are always eagerly trying to guide us.

Part of us wants to grow and enjoy a higher, more fulfilling life, while another part of us wants to remain exactly where we are.

On the small scale of daily life, our objectives may appear to be exclusive – I might not be able to please both my child and my boss, if my work schedule conflicts with my son's soccer game.

These cross-currents of ego-involvement can only ever be wisely and happily resolved by consulting a higher wisdom that has our best interests always at heart, and that can guide us to the choices that will truly fulfill us, and that will be unburdened by guilt or shame.

We deserve deep compassion, because we are beings who are plagued by a great un-heavenly host of maladies at the level of our lower self – fear, guilt, shame, depression, anxiety, grief, resentment, anger, and self-loathing. Yet these sufferings are entirely absent in the eternally divine, higher Self that is now and has always been present but seemingly hiding within us.

Believe me, I've suffered from all of these maladies of the lower self. Yet I was able to release their hold permanently with the help of practices that enabled the higher Self to pry loose my ego's death grip on them.

The essential conflict is between our higher and lower instincts. It is an eternal struggle between the higher Self in us through which our divine power and wisdom flow, and the lower ego-self that holds our desires, fears, and weaknesses.

Instead of wasting time imagining that the ego can free itself, let us talk instead about the power of the higher Self to transform us, including our heart, our mind, our body – and yes, even our ego.

The higher Self will help us learn our life's lessons and understand our life's highest, passionate purpose. If we can bring that divine healing power to our efforts to change, we will find ourselves supercharged with a wisdom and a grace that will harmonize our being – our mind, body, heart, and spirit – and lead us into the joy and freedom that we are seeking.

The divine essence in us alone holds the power that can untangle the cross-currents of the ego's endless unfulfilled yearnings and fruitless

strivings. If we invite that power, it will supercharge our spiritual efforts – our prayer, meditation, worship, study – and cast its light into every challenge of our daily lives.

In this book I will reveal how my higher Self, soaring high above the ego's dark spaces, introduced me to unconditional love, forgiveness, generosity, compassion, joy, peace, calmness, wisdom, and integration of my heart, mind, and spirit – changing me in ways that have brought heavenly healing to my inner life, my relationships, and my outward circumstances.

The higher Self can resolve our challenges permanently with its penetrating love and wisdom, as we ascend the spiral staircase to a heaven on Earth. Meanwhile, the lower self can only wrestle endlessly with the same issues as it plunges us downward through descending spirals of dissatisfaction and suffering.

Once we understand the breathtaking reality of the choice before us, and the practical steps we can take to retrain our way of being, it quickly begins to seem no longer such a difficult decision!

This book is unique in that it reveals the explicit differences in how the higher Self and the lower self manifest in us. It will help you understand how to resolve those separate forces and leverage their energies to maximize the depth, breadth, and persistence of your healing and your personal spiritual growth.

To take just one example – the power to forgive after we've suffered a deep, traumatic injury.

A large and growing body of research tells us that forgiveness has immense power to heal our hearts, our minds, and our bodies – and that forgiveness is a divine quality that, when exercised, puts us in inner communion with our soul.

Yet forgiveness can seem nearly impossible to attain with ordinary mental and emotional tools – unless we can ascend into a higher, eternal view of the events surrounding the perceived injury.

Forgiveness becomes possible when we become aware of the power of a great transcending love that our higher Self is able to tap into, and that will irradiate our hearts not only with the *power* to forgive, but with a willingness to forgive as we see the healing results. When we can access that great cosmic source of love, it becomes possible for forgiveness to flow naturally through us, bathing and healing victim and transgressor alike with the same universal power of cosmic love.

The permanent release of true forgiveness requires two things. We must change our story from the victim perspective to the divine lesson perspective and we must release the emotionally laden triggers that have persisted long after the original injury.

In my life, I've often found that I had to go back and forth again and again between my disturbed, painful energy and my chaotic victim thoughts before I could finally transcend the feeling of being trapped in the dark and painful consciousness of the injury. I like to think of the process as healing at the deepest inner “quantum” level of my being where the past facts have not changed but my intellectual and energetic and emotional experience of the event has changed.

In this book, I will discuss spiritual truths that are accepted in both Eastern and Western mystical traditions. I hasten to add, however, that although this book is based on sacred teachings, it is not an esoteric, theoretical, or theological work. The practices I present are available to all – they are battle-ready, tried and true, and very practical. They are also scientific – we can verify them, step by step, by our own experience, in the laboratory of our own being. They prove their worth with repeated, consistent results and miraculous transformations that often defy rational explanation. The practical results in my own life are testimony to this miraculous power.

These practices are intended to find and deepen our relationship with ourselves, our divinity and they neither affirm nor deny any particular religious tradition. These practices can be used by anyone regardless of religious affiliation or lack thereof. All religious traditions are different paths to the same destination, and each is specifically aligned with certain people. Limitations in any religious tradition can only be attributed to the egos that codified and preach them rather than their intrinsic truth.

By combining the energy-based practices of the yogic tradition with the psychological reprogramming of *A Course in Miracles*, I discovered an exponential increase in my healing. This book is the result of my own conscious research, study, and practice. Its claims are backed by the plain facts of my personal transformation and healing. It is my deepest hope that it will provide a roadmap for your own path, to a life of increasing freedom, happiness, joy, and love.

A healing can only be called successful when there has been a *breakthrough*. To create breakthroughs, we need to know precisely what will be breaking through what. My experience has shown me that the higher Self must break through the lower self's false understandings to heal our psychic scars by altering our perceptions and releasing our painful, stuck emotions.

This book will show you how to bring about breakthroughs, insights, and release fresh possibilities, consciously, persistently, and consistently, to resolve the small difficulties of your daily life and overcome your life's major challenges.

While our problems appear to take an infinite variety of wildly different forms, the truth is that we really have just one problem, and that it requires just one solution. Indeed, problems exist only on the lower levels of our consciousness, where they are sent for our growth and enlightenment. But the solution is always to enter an expanded perspective – to rise into a higher consciousness and achieve a broader vision of reality. Once we have learned the lesson, the problematic circumstances will have served their purpose and will fade away.

In my spiritual memoir, *Exalted Quest*, I shared my journey through a number of extremely challenging difficulties:

- The untimely death of my beloved mother
- A toxic marriage, and an extremely traumatic, messy divorce
- Dire financial difficulties
- Alcohol addiction, jail time, serving a sentence in a rehabilitation center, followed by long-term (complete) recovery
- An explosive, multi-year legal custody battle
- A teenage child's repeated suicide attempts and transgender journey

My higher Self evidently felt that it would be helpful to challenge me with multiple, industrial-strength assignments. Yet as I look back at the difficulties, what I now see is a beautiful picture puzzle that was designed for my improvement and greater happiness.

I see how each piece was designed to bring me greater strength and understanding, and how it gave me what I needed for the next step, at the right time. It's abundantly clear to me that the tests were part of a divine miracle healing not only for myself but also my family.

Looking back on my life, I see crystal-clear evidence that there is a divine purpose for your life and mine. Given the trials my family endured, I wonder how many people would have emerged as blessed as we were, without the help of the higher Self. All around me, I see casualties of addiction, abuse, divorce, custody battles, gender-identity issues, and alcoholism, and victims scarred by deep emotional wounds.

I hope that you'll find this journey of discovery as life-changing as I have. As we learn to bring the higher Self into the moments of our lives as a present and reliable, loving guide, our lower self and our thoughts, words, and actions begin to align with our highest possibilities and fulfillments.

In this book, I will talk about two conscious states of heart and mind that I like to think of as "The Wise One" and "Sir Ego." I'll suggest:

- How to identify the guide – Wise One or Sir Ego – that you’re presently following
- How to choose the guide that will help you most effectively in the present moment
- How to overcome the inner and outer resistances and obstacles that may be preventing you from accessing and following the Wise One’s loving, ever-present guidance
- Practices you can adopt at every moment to move your awareness into a higher state of perception
- How to find true healing and transform a pain-filled, fearful life into a peaceful, loving life, permanently
- How even in the most stubbornly problematic circumstances in our lives improve dramatically when we follow the Wise One
- How these practices will open your heart, improve your relationships, and make you a strong, steady agent for healing, instead of a victim
- How your inner work will yield unprecedented benefits for you, your family, your work and career, your community, and all humanity

Be the hero of your own life. Let’s go!

1. SIR EGO AND THE WISE ONE

I can still bring vividly to mind the moment I first looked deeply into my newborn child's eyes. Actually, I had double the pleasure since I'd given birth to twins. I remember how awestruck and exalted I was by the miracle of life. A zillion times since that moment, I've been stirred by the depth and strength of the bonds between us, and the extremes to which I would go for them. In my heart, I know that my love and devotion have no boundaries.

I remember the first blushing eye-lock with my husband, when my heart swelled, and all I could see was the depth of his soul reflected in his strikingly blue eyes.

I remember bursting with pride and deep feelings of worthiness at the graduation ceremony where I received my master's degree with honors.

I remember the giddy joys and the tears of profound love I shared with my mother in the bridal room before my wedding.

I remember the high sense of honor and respect I felt when I received an extraordinary service award at work. And I remember the intoxicated, love-at-first-sight rush of endorphins when I met my first post-divorce beau at Club Med.

There are moments in our lives when we feel most fully ourselves, when our heart is bursting wide open, and our love flows freely. We feel powerful, significant, validated, infinite, undefeatable, and special. We know that we have a purpose, and that we can attain our goals and dreams. We know that THIS is who we truly are and what we were meant for and how our life should unfold. This is the top of the mountain. We are so close to our Creator that we feel His embrace.

Alas, I also remember the valleys – and, far below, the abyss. I remember the stark, cold moment when I was told that my Mom had terminal cancer and my heart crashed to the floor. I remember the moment of her passing as if my heart died with her and every molecule of my being screamed in agony, into a great void. I remember the terror that my

malignant narcissist husband carefully cultivated in his efforts to control me, and my suicidal despair at believing I would never be free.

I remember my marriage crashing and burning despite all my sacrifices to sustain it, and my dread of becoming a single parent. I remember the horrors of a divorce and custody battle that mercilessly tore apart the family I had sacrificed my well-being to build.

I remember the ten-ton weight on my chest where my heart used to be, when I woke up in a jail cell after my third DUI, knowing that I could lose everything, including my children, to an active-alcoholic, abusive ex-husband. I remember endless hours in the emergency room with my teenage child who kept trying to take his own life, and the terror of not knowing if he would survive.

I remember the slow, painful acid burn of anxiety, depression and despair that consumed my existence between the crises.

How can the heart soar so high, only to plummet in despair? How can we go on when our heart is shredded, and our life lies in tatters? How can we survive the loss and grief of our broken dreams, broken families, and broken promises? How can we reconcile our divine nature with the cruelty and pain of betrayal, abandonment, and rejection? How can we heal from neglect, abuse, and malicious injury? Why must we beg for the barest table scraps of love and happiness?

In the depths of addiction, self-destruction, guilt, shame, and fear, I remember sitting in my jail cell, knowing two things for a certainty: first, that this was not how my story would end – I would not go down in flames of self-loathing. Second, that the spiritual teachings I had found in the midst of my alcohol addiction told me that I was a powerful, beloved, eternal Being of Light. I knew that I must learn to access a divine power and wisdom to repair my life and heal my broken heart and my fractured family. These were the only things I knew with certainty, since everything else I believed about myself and my world had been utterly shattered beyond possibility of repair.

I learned that the exalted highs and excruciating lows are related. We cannot know unbearable grief without having known glorious love. We long for compassion even as we endure the cruelty of abusive relationships. Having been betrayed, we no longer take loyalty for granted. We resolve to be steadfast, after we ourselves have been abandoned. Having been rejected, we grow in empathy for those who are similarly marginalized.

If we can summon the courage and inner strength to look deeply at our scars, we will find diamonds of insights, and we will become stronger in the places that were broken. The most inspiring stories of humanity, without exception, tell the same tale of the triumph of light over darkness, of love over fear, of joy over pain. When we suffer, somewhere deep in us our divine nature is calling to us. It's up to us to decide if we will answer the call.

It happened for me in the jail cell sixteen years ago, and now the powerful divine prophecy is being fulfilled in the most exquisite ways. Peace and acceptance have become my primary state of heart and mind. Fears and anxieties rarely plague me. Unconditional love, joy, and acceptance flow freely in the eternal bond with my children, despite my past troubles that overflowed into their lives. My visceral memories of the grim times are gone. The memories are there, but the acid emotional sting has vanished, replaced by gratitude for the wisdom and compassion that were left in its place. Miraculously, I have seen forgiveness transform even our bitter custody battles into a serene familial rapport.

Most important, I am expanding and evolving in my relationship with my Creator, as I am witnessing His power and wisdom in my life. I have spontaneously experienced moments of pure bliss and divine love, mountain-top spiritual experiences that assured me that they are my birthright and the purpose of my life.

I am discovering who I am, beyond the ups and downs of my daily circumstances, thoughts, and emotions, beyond my titles, roles, and activities. I am discovering the whole and healed, loving and beloved, joyful and passionate essence of my being that is ever-true despite my worldly dramas. I continue to have challenges – naturally – but I am able

Sir Ego and The Wise One 3

to handle them effectively now, with ease and grace and without fear or turmoil.

At the very innermost core of who we are, we envision ourselves living in a world in which we are loved, happy, and secure. We wish for deep relationships in which we will feel understood, validated, accepted, celebrated in our victories and supported in our trials. We yearn to fulfill our passion by offering our own, uniquely flavored, deeply meaningful contributions to humanity.

We are filled with a profound desire to be seen, to be special, and to be fulfilled. Yet it seems we are blocked at nearly every turn of our journey. In my life, there seemed to be all manner of obstacles that were stealing my happiness and love. The holiest of all grails – love, happiness, and security – remained elusive and unattainable. In fleeting moments, I grasped a shadow of the grail, and it seemed I might have finally attained it, only to see it fade away or turn sour or be revealed as insufficient. Divorce, death, disease, bankruptcy, addiction, conflict, and catastrophe robbed me of my true destiny. Then my despair and devastation trapped me in anxieties, depression, regrets, resentment, addiction, and hatred. Paradise was lost.

This need not be. Whatever the crosses you bear, know that you do not have to bear them alone. The plain truth is that your divine guide is ever present with you and ever eager to give you the strength and wisdom to overcome any and every obstacle.

These profound inner yearnings are the call of our soul, urging us to realize our true Self in relationship with our Creator and with our fellow souls in the Universal Consciousness. Deep within, we yearn for our birthright of unconditional love and acceptance, blissful ecstasy, and eternal security. This is how we were created; it is an expression of our true eternal Self.

All true spiritual teachings direct us to the idea that we were born in the image of a loving Creator, as eternal souls and beings of light. Yet we live in a material world of duality where we are bound to experience both

beauty and pleasure and atrocity and pain. How can we reconcile these vastly different poles of our existence?

In this book, I will share the practices that led me from the darkest despair of my traumatic circumstances to the greatest joy of discovering my higher Self and living from a fearless place of divine peace, power, and love.

Let me assure you – I am like you. Each of us, without exception, has a wise, inner, higher Self that can guide us through any challenge. The essence of the higher Self is love, bliss, and truth. It is revealed in our noblest human qualities: compassion, generosity, forgiveness, acceptance, service, kindness, and unconditional love. Our soul is an aspect of the universal, collective consciousness which all beings share, and the place where we know ourselves as one with our Creator.

The higher Self knows our life's purpose and our life's lessons. It is eager to guide us successfully through every trial and draw us ever closer to our true Self, our true grail, our eternal destiny.

The Wise One savors both the sweetness and bitterness of this life. From its high perspective, both are seen as parts of the beautiful orchestra of the human heart, with all its repertoire of ballads: light, spirited melodies, somber bass lines, stormy crescendos, an ominous dirge, a playful flute, a dreamy harp. We were created in light, love, and bliss, and to these we shall return.

We also each have a lower self, the ego, which is in fact our soul that has become identified with the body. The ego interfaces with the material world. It can attend to its worldly duties very effectively. It operates our hands and feet and all our outward instruments in order to sustain our material existence. It is designed to execute practical, left-brain types of activities: following the well-planned project, assembling the IKEA dresser, mowing the lawn, and feeding, clothing, and housing ourselves. Its role includes protecting our physical self from violence, even though its fight-or-flight instincts may not serve very well to defend us against psychological, emotional, and energetic attacks.

In our ordinary daily lives, we go back and forth between these two levels of consciousness without thinking much about it – this is how the system was designed to operate.

When we are inspired, creative, generous, and serving others with compassion and love, the Wise One is leading. When the ego is driving to work, working at the keyboard, folding the laundry, or cooking dinner, our hearts and minds can be on heavenly or earthly things. Our hearts can be open and flowing with loving, expansive feelings, or they can be closed in fear, anger, and pain.

Our minds can be engaged in a creative flow of inspiration, or in circular arguments of blame and victimhood. When we become mindful of the inner state of our hearts and minds, we see that they may not be as peaceful, loving, and happy as we would like. Or, as my own heart and mind once were, they may be flooded with chaos and suffering. By being mindful of my inner state and working hard to heal and enlighten it, I am now able to live in an entirely different inner world: at peace, without fear, filled with love, in any circumstance.

Our culture has many definitions and judgmental ideas about the ego, and in this book I would like to clarify how we will define the ego. First, I would like to dispel any notion that the ego is inherently negative. We couldn't function in this world without the ego!

The ego has a few challenges that the Wise One can overcome, if we only could understand the true nature of our dilemmas. The ego, identified with the body, believes that it is separate from other people, the natural world, and its Creator. Quantum physics tells us that this separation is not true. We all exist in a soup of energy and intelligence that is governed by consciousness, of which we are a part. Every thought, word, and deed affects the whole, even though the ego is often unaware of the consequences it activates.

Another misunderstanding born of the idea of separation is that the ego feels there is a lack of resources in the material world. What I give you, whether my money or my car, I have lost. Sir Ego lives in a world where

the objects of his relentless, ever-expanding desires are forever just beyond his grasp. Thus, he lives in a consciousness of lack, which makes him compete with other egos to satisfy his endless cravings for a seemingly limited number of resources. He battles with his fellow knights for the limited gold of ego acknowledgment, worldly power, and love. In Sir Ego's world view, he is justified in taking from others whatever he wants without regard for their welfare. Meanwhile, the Wise One knows that we get what we give, and that generosity creates abundance. More on this later!

Again, due to its identification with the physical world, Sir Ego believes that only its physical actions affect itself and others. It denies that words and thoughts and feelings have ramifications and consequences, too.

The ego believes it can think attack-thoughts without hurting anyone or being hurt. But the Wise One knows that consciousness and energy are the most powerful forces in the universe, and that thoughts, feelings, and words can injure both their source and their object equally. Yes, I am hurt by the negative thoughts and emotions I harbor. Again, more on that later!

Sir Ego exists in a world of endless lessons to be learned, often painfully, a university of life, a PhD program in spiritual growth. The ego can only learn, like a stubborn child, by facing hard lessons and difficult tests in life's challenging curriculum. But this is the last thing the ego wants. The ego is determined to deny the painful facts of its existence and sees every obstacle as something to be avoided at all cost. The ego responds to each perceived threat to its continued comfort with powerful negative emotions. *I shouldn't have to do this. This shouldn't be happening to me. I don't like what you did.* It stores up these negative thoughts and emotions and tries to suppress or express them according to the whim of the present moment, pretending that they don't matter. But, in truth, each lesson not learned, and each obstacle avoided is a cancer that destroys us from the inside.

The Wise One knows that our lessons are meant to heal us. The Wise One knows how to face them, overcome them, and heal the malignant energy of the ego's fearful and angry reactions. More on this later!

We envision a wounded inner child. A very apt image! For we do, indeed, harbor many painful, unhealed memories and emotions in the energy field of our body and mind. Like an immature child that throws a tantrum when its desires are denied, the ego fails to understand the wise purpose of our life's lessons and tests, so he tries desperately to banish, deflect, or flee from them and becomes wounded rather than enlightened in the attempt.

Meanwhile, the Wise One can heal the wounded child and free him from his past and present pain. More on this later, too!

I hope that you are eager to learn more about the tools and processes for accessing the power and wisdom of the Wise One – the wonderful alchemist and savior who soars in pristine skies over the ego's fleshy world. The Wise One is our true Self in its divine glory. It holds answers for every problem, real or imagined, that traps the ego in fear and rage.

My first interest in this book is to examine how our ego's fears have such an uncanny, powerful ability to hijack our awareness, and what we can do about it. It has been my experience that we can learn to access a higher awareness whose light will help us resolve even our most traumatic challenges that stubbornly resist the ego's paltry mental and emotional tools.

When you've gained some experience with these practices, your habitual response to your internal stress triggers will begin to shift. You will learn how to pause the hair-trigger responses of the ego's raw emotions long enough to allow the Wise One to show you the way past the difficulty. The subjective feeling that accompanies the intercession of the Wise One is of peace, love, and wholeness – as if the two halves of our being – the emotionally reactive and the calm and wise, have been brought back into a wonderfully fulfilling harmony.

This is the goal of all of the world's meditation practices: to silence and detach ourselves from the mind's endless chatter, so that the light of Spirit can flood our consciousness. In time, we can form a habit of listening for the whispers of higher guidance even in smallest things, before we act.

When Sir Ego and the Wise One have ceased to harmonize, it's nearly always because our energy and attention have been hijacked and distracted by a powerful surge of raw emotional reactions – a trigger.

Whether the immediate trigger is an argument with a spouse, an overreaction by a superior at work, a sudden financial emergency – the emotional trigger overwhelms our awareness, leaving us no room to listen for the whispered higher solutions that bring harmony, love, and joy. Suddenly, fear, anger, depression, and anxiety are occupying all of our space in our heart and mind.

Another helpful way to think about the conflicting demands of the ego and the higher awareness is to envision them as separate dimensions of our being.

Sir Ego exists in the material world – the 3D dimension of space and time. Sir Ego is concerned with issues in the physical realm of matter – some examples: the imaginary satisfactions of money and the things it can buy, relationships that promise to fill the hole in our heart, sensory pleasures that mimic the bliss of the Wise One.

The 4D fourth dimension is the realm of energy. Energy is the inner bridge between the material world in which our ego-consciousness is at home, and the higher spiritual dimensions where the Wise One lives.

Specifically, the energy of our heart – its expansive vibrations of love, kindness, compassion, gratitude, and joy – or its disharmonious vibrations of anger, fear, resentment, hatred, and so on, determine where our awareness will go, and which level of consciousness it will be attuned to: the higher 5D realm of Spirit or the 3D world of worldly concerns where Sir Ego dream endlessly of material fulfillments.

Our heart's low and fearful or high and loving vibrations determine, to a much greater extent than we usually realize, what happens in our lives, and how effectively we are able to deal with our life's challenges.

The 5D dimension is the exalted home of the Wise One – the individual expression of Spirit inside us that is inseparable from the cosmic consciousness of the Creator.

When we operate from spiritual 5D consciousness, we know ourselves as a spark of divinity – an individual expression of the universal or collective consciousness (also called the Christ consciousness).

We must realize how holy we truly are, how blessed, how powerful, how loved and glorious. In *A Course in Miracles*, Jesus describes our true peer relationship with Him.

“You are a perfect creation, and should experience awe only in the Presence of the Creator of perfection. Equals should not be in awe of one another because awe implies inequality. It is therefore an inappropriate reaction to me. An elder brother is entitled to respect for his greater experience, and obedience for his greater wisdom. He is also entitled to love because he is a brother, and to devotion if he is devoted. It is only my devotion that entitles me to yours. There is nothing about me that cannot attain. I have nothing that does not come from God. The difference between us now is that I have nothing else. This leaves me in a state which is only potential in you. ACIM T-1.II.3

Put another way, you and I are exactly like Jesus, aspects of the body of Christ, except that you and I have not yet overcome the triggers that prevent us from accessing our divine power and wisdom, and that limit our ability to perform miracles. Jesus and all of our other liberated elder brothers, who have merged themselves with the universal consciousness are eager to help us return to the state where we, too, will be able to perform miracles.

Viewing ourselves from a cosmic perspective sheds light on where are, where we are going, and the spiritual concepts and tools that will help us get there, such as surrender and obedience. These Sir Ego must surrender to the Wise One, to his true Self, before he can truly recognize and materialize his best interests.

The Wise One is always obedient to the sages because they are one with the Source of all wisdom and thus are extremely reliable guides for our

journey. Yet the essence of the Wise One is sovereign, since he is one with the Source also and therefore not subservient to the guides.

The Wise One and Sir Ego view the world from opposite perspectives. My experiences have helped me understand that this simple division of our awareness accounts for all of the divisiveness, unrest, and violence that we see in the world today, and whose ultimate source is the consciousness of people trapped in the 3D materialistic consciousness. For people who live wholly in the 3D world, expansive attitudes of love and compassion and the like are seen as foolishly impractical. On the other hand, for people who are vibrating on the 5D level of divinity, these expansive attitudes are seen as the true reality.

People lost in 3D consciousness are prevented by the low vibrations of their own hearts' feelings of fear and hatred from perceiving the subtler vibrations of kindness and compassion of 5D consciousness. They are blinded to the higher reality because they haven't rightly tuned the 4D energy-radio of their own hearts.

The divisions between us are intensifying as growing numbers of people are aspiring to attune their lives to a special dispensation of divine love that is now flooding the world. We are living in a time of great transition and spiritual awakening, as our planet "shifts gears" from an age of 3D materiality and enters an energy-aware realm of 5D consciousness. Ancient texts tell us that the world will pass through a phase when people generally will understand the underlying reality behind matter and energy is consciousness.

At this time, the seemingly global sense of tension and discontent is a symptom of the widening gap between the older matter-awareness and the dawning age of energy. It is a struggle of consciousness between those who've linked their lives to a consciousness that wants to ascend and expand with higher vibrations of kindness, compassion, and love, and those who are resisting the high call and fighting to defend the status quo.

The truth is that love is more powerful than fear, and that we need not worry that the lower consciousness will prevail. Of course, it will take time for matters to sort themselves out, but it's my firm conviction that the overall direction of the world's consciousness is upward, and that the Spirit is calling us to expand into a higher reality. I believe that every problem is

created so that a solution may be found and a new awareness realized. There are no insoluble problems, even if the lower self believes it is so.

Souls caught in the darkness of older materialistic 3D consciousness are not open to reason, since the source of their resistance is in their hearts. We can love them, but we cannot convince them with our finely reasoned words. We must remember that the greatest power for change is love. Thus, our role is to live in the highest energetic expression of consciousness of which we are capable and let them rise in their own time.

“When they go low, we go high.” – Michelle Obama

As we seek our own path, we may explore many resources: self-help books, yoga retreats, reiki energy healing, church-hopping, psychotherapy, medication, meditation. We may follow a variety of teachers and study many teachings. All of them can be helpful, but in this book my emphasis will be less on theoretical study and more on practical tools we can use in real-time, in the heat of battle, at each moment of our day.

The Wise One is always lovingly prepared to help us. It can, and will, lead us to the tools and activities that will be most useful to us in our search. However, if we allow Sir Ego to try to make our path easy and comfortable, we will find that its methods are rarely helpful in the long term. At best, they may help us get through the day, but if they are not guided by high inspiration, they will not give us the permanent happiness our souls are longing for.

Trust me, I’ve been there. I know how relentless Sir Ego can be in his efforts to commandeer our lives by infiltrating our emotions and our rational thought processes, over and over.

2. THE QUEST

In my spiritual memoir, *Exalted Quest*, I told the story of my journey through the ordeals of a toxic marriage, alcohol addiction, a traumatic divorce, an explosive custody battle, and the hair-raising uncertainties of parenting through a teenage son's multiple suicide attempts and his transgender journey.

My experiences brought me a profound personal transformation that ended in love, faith, and peace. My story unfolds as a saga of miraculous healing for myself and my family, as I learned to live from the Wise One and transform the weaknesses of Sir Ego.

My story is all the more remarkable because I was able to transcend many of the garden-variety problems that most people experience in their lives or those the lives of those they love, but that few are able to overcome. Too often, we find ourselves sliding back, against all our better instincts, into the ego's dysfunctional un-merry-go-round.

Although the overnight solution I wished for did not materialize, I learned step by step how to pause my ineffective, egoic habits long enough to seek and find the Wise One and allow his wisdom and strength to guide me. The practices I'll be sharing catapulted me from my life's deepest trough of despair to a higher realm of light far above the ego's wrangling, a place of boundless insight, compassion, and love.

Today I am free of the army of demons that once tormented me. I live fearlessly, offering unconditional love and selfless service to my family and my community and world. In the interior laboratory of soul research, I have tested the timeless truths espoused by sacred texts and enlightened mentors, our 5D elder brothers, and I believe I have come to embody their teachings.

I believe – no, I know – that we can, and in fact, we are predestined to attain the highest states of love, peace, and joy. This book is a journal of the path that I have traveled. I hope that it will shed light on your quest and help you find your own Wise One and your unique spiritual path.

In *Exalted Quest*, I offered an analogy that I believe will be useful here. This helped me to truly understand the perfection and beauty of my life, even in the darkest moments of despair.

We were born for the purpose of undertaking a magnificent quest to learn our life's unique lessons and achieve our highest purpose. While the form of the quest will differ from one person to the next, the goal is the same – to attain the Holy Grail of becoming our true divine Self, and to know ourselves once again as the perfect love and joy in which we were created.

Each of us is bound to encounter obstacles of past karma and old tendencies that will try to block our ability to know what we truly are. Those blocks are like a crust around our heart, and ruts that have been deeply engraved on our mind. Our unique lessons are meant to teach us to clear away those barriers so that we can rise to the next, more fulfilling step in our ascent.

Think of a video game where the players are striving to reach the next level and interacting with the other players and learning and achieving intermediary goals as they go.

Now think of yourself as the 5D Wise One that is playing the game and holding the console that directs the ego, the 3D “avatar” or lower self within the game.

We must devise strategies and make decisions that will take us toward our goal. Like Sir Ego, the avatar in the game always responds in the same way. He doesn't create anything new, but can only respond according to his programming, just as the ego responds in accordance with its unique past experiences and conditioning.

We may interact with the other players cooperatively or competitively. But unlike a video game, where the goal is pointless, in this real life, our lessons are intended to take us step by step to the perfect satisfaction of our every shining dream.

As we rise, we realize more and more of our true Self and acquire noble qualities that enable us to rise and manifest even more of our divine nature. Along the way, we receive lessons that teach us to overcome fear with faith, judgment with compassion, hatred with love, greed with gratitude, doubts with a sure inner knowing, and separation with unity. These are the Wise One's goals for us.

Our quest will include a critically important lesson – we get what we give. We will never find our own perfect happiness unless and until we learn the great inner joy that comes from contributing to the elevation of others and offering our love and help.

Our life's quest may touch one person, or many, whether on personal, intimate, or objective and distanced levels. We don't need to solve the world's problems – by finding the answers to world hunger and human trafficking. Our immediate purpose may be to simply learn to give love, and to help lift those in our immediate family, community, or workplace.

A defining feature of our quest is that it will have an subtle yet *eternal* impact that is far greater than any marks we may leave in the material world. When our hearts are transformed and filled with divine love and compassion, we will touch suffering souls who long for those divine gifts, which we ourselves have received from the divine source of light, love, and true joy.

I've referred to our higher Self interchangeably as the Wise One. The Wise One is the inner divine wisdom that wants to guide us safely through our life lessons and reveal to us our life's true purpose.

The Wise One is in tune with the divine plan for our lives, and our unique role in the upliftment of humanity. I will refer to the divine plan also as the Script of Creation.

As an expression of the universal divine consciousness, the Wise One who dwells within us is attuned to the same universal wisdom that our true spiritual mentors are also able to draw on.

We may not always be able to hear the Wise One's subtle counsel, and this is why a true teacher and set of teachings will serve as a precious resource – because they can help us rise from Sir Ego's grasp and re-align ourselves with the Wise One's precious wisdom.

Whether our teachers are Nature spirits or fully enlightened divine manifestations (avatars) such as Jesus Christ, Buddha, or Paramhansa Yogananda, we will recognize them by the one, true, universal language of wisdom they speak – which, too, is the wisdom that our Wise One speaks, if only we can hear it unfailingly.

The Wise One sings the universal song of Love and Truth, but its melody is adapted to us individually based on our preferences, tendencies, past experiences, learning style, and our life purpose. This is why no two are the same, still both are True. When we recognize this, we will stop fighting in the name of religion.

The Wise One is the true Parent who can heal the wounded inner child that has been the captive of Sir Ego for who knows how long. The Wise One can heal over every scar and leave wisdom and compassion in its place. Meanwhile, he patiently supports Sir Ego to surrender the beloved home improvement project by which Sir Ego attempts to fix his wounds with a new job, a new car, a new spouse, a slimmer body, dyed hair, a face lift, another college degree, and from every possibly imagined source of happiness outside himself in a material world where true happiness doesn't exist and never did exist.

Sir Ego is the noble knight in our spiritual quest, with a slightly comic flavor, like Don Quixote, the lovable, well-meaning adventurer who only has a foggy idea of what he really wants, but is tireless in his pursuit of "it."

Sir Ego wants to do well and be successful, but he is both blind to the higher realms and doesn't understand the lessons or purpose of this earthly life. Because Sir Ego's domain is the material world, he quickly becomes enthralled with outward things and fails to understand the spiritual truths

that could save him from endless fears and disappointments and guide him safely to the solid shore of real satisfaction and fulfillment.

Lacking the guiding polestar of Spirit, Sir Ego sets out on his own quest, in his own way, to try to satisfy the universal longing of us all – for love, happiness, and security.

Even after Sir Ego's first fleeting encounters with the Wise One, he is prone to stray again and again from the Wise One's direction and protection, at his great peril, since his own power and control over the material cosmos is impossibly weak and petty within the mighty Script of Infinite Creation.

In my quest, I developed certain practices that I found very helpful to get Sir Ego's attention and entice him to align himself willingly to the Wise One's guidance and give up his endless misguided quests for so many false grails.

And, well, wow! This changed everything. It healed the inner wounds of my heart, it healed the destructive thought patterns in my head, it healed my relationships, and it healed my circumstances.

The Wise One can harness all of the divine power, wisdom, and love that's required to blast away Sir Ego's false illusions with the light of Truth.

Each time the Wise One can break through and shine its light into Sir Ego's world, Sir Ego is changed forever, freed from his delusions and emotional scars. Each time we choose the Wise One, we loosen Sir Ego's hold, and in time, our daily, habitual state of consciousness shifts to the higher plane of the Wise One. The Wise One is who we truly are in our eternal Selves, while Sir Ego wears different costumes and identities, trying to figure out the purpose of his life and how to be happy, loved, and secure.

The Wise One is fearless and I needed to become fearless because I was filled with fear, and anger, fear's bodyguard. The Wise One sees the Divine in everything, including in all people. The Wise One lives in the firm inner

knowing that in his attunement with 5D consciousness, his victory over all difficulties is assured. The Wise One knows the bliss of channeling divine blessings to all who are open to receive his liberating vibrations.

If Sir Ego is the problem, and the Wise One is the solution – what’s the catch? Why can’t we see the obvious choice? If it’s obvious that only the Wise One can clear away our confusion and give us lasting happiness, what is it that prevents us from opening our hearts to his healing rays? Where is the Wise One hiding? Why are we unable to discern the players in our inner game clearly and make wise choices? My goal is to help you answer these important questions.

Essentially, there are two reasons why we find it so difficult to choose the Wise One every time.

First, the Wise One whispers softly to us through our intuition – the calm inner feelings of the heart. Meanwhile, Sir Ego fills our hearts and minds with his loud, blustering proclamations and demands.

We must dedicate ourselves to mastering the art of listening for the Wise One’s counsel in the deepest, most subtle part of our being. It is a journey of inner exploration that few, hearing only Sir Ego’s loud, all-knowing fulminations, are ready to undertake.

Second, Sir Ego is wrapped in a thick blanket of unhealed wounds, emotional triggers, and other residue of past traumas. When something triggers these old pains, they hijack Sir Ego’s attention, relight his fears and memories of suffering, and prompt him to fight or flee – to don thick armor and attack or go on the defensive. Thus, Sir Ego falls back into his habitual negative coping mechanisms, overwhelmed by his all-too-familiar pains and weaknesses.

This is the high drama of the heart’s energy, in the 4D realm that we must master before we can ascend fully into our higher consciousness.

Sir Ego, with all his weaknesses, is not our true Self. Sir Ego tries to take on the Wise One’s task of healing our wounds and leading us to

freedom. But he is eternally out of his depth, lost, confused, thrashing about reflexively, and paralyzed by fear and anger. Controlling and demanding, he can only react, compelled by powerful emotions, without considering the consequences.

I'm sure we can all recognize these symptoms in the moments when we've blown it – when we lashed out in anger, reverted to our old addictions, issuing loud ultimatums, and resorting to nefarious schemes to manipulate others through guilt, fear, and shame.

In a misguided effort to soothe ourselves and salve our wounds, we engage in blaming, excusing, rationalizing, and projecting. But we do not need to defend ourselves. The Wise One is ever untouched even when Sir Ego plays the role of malignant narcissist, addict, alcoholic, abuser, criminal, racist, misogynist, codependent, egomaniac, mercenary, fraud, liar, hypocrite, murderer, snob, and many other dysfunctional identities. Sir Ego can sink very low into these dark energetic patterns thinking they will save him, but the truth is he has a savior waiting patiently for him to put his attention on the divine rather than the earthly realm.

But as we begin to move toward the Wise One, these ineffective ego-protecting ploys begin to fade as our noble and loving qualities emerge. We forgive Sir Ego for he knows not what he does.

We do not need to teach Sir Ego to become good. We need to remove the obstacles to our inherent goodness. In my journey, I was amazed to discover how compassion arose naturally in my heart through contact with the Wise One, even though I had failed at *trying* to be compassionate using Sir Ego's limited tools.

When Sir Ego is triggered, he is hopelessly in trouble and sorely needs the Wise One's sage counsel. Yet – irony of ironies! – this is exactly when Sir Ego is least likely to want to consult the Wise One.

When Sir Ego's fight-or-flight instincts kick in, he seeks quick relief and drops the reins of self-restraint and impulse-control. Sir Ego desperately wants to be right and make others wrong. He feels that the end

justifies the means, and he's willing in his desperation to do things that the Wise One would never counsel him to do.

At this point Sir Ego is utterly incapable of correcting himself, because his perceptions are clouded by a flood of ghosts from his past. To those around him he will seem irrational and over-reactive, which of course will exacerbate the situation and incite them to respond in kind.

My goal is to help you understand how you can remedy this error, and how you can help Sir Ego accept the Wise One's help and guidance to learn the permanent lesson that the Creator has placed in his path and be free.

This is the important moment of choice. This is a moment of free will. Will we choose to follow the panicky reactive tendencies of the ego, or the calm, sure counsel of the Wise One. Will we choose fear or love, temporary material victory or permanent spiritual victory, the impermanent or the eternal, delusion or Truth? Our choice in this moment will determine the future and heal the past.

We have arrived at a fork in the road, where we must make a final choice between love and fear, faith and fear, peace and fear, and grace and fear.

Will we take the first step on the ladder that leads toward the light? Or will we allow ourselves to fall back into the quicksand of Sir Ego's bewilderment and confusion: *How can I finally stop this, fix this, undo this, avenge this?*

It's our moment of awakening, when the only rational choice is to move forward deliberately, wisely, receptively, inviting the Wise One's guidance into our lives and humbly following, one small step after another.

This is the moment when we can decide to start to heal our wounds, deepen our relationships, and steer our life toward its highest possibilities. We cannot change the past, but our choice in this moment will determine our future.

It is a moment of great urgency, when we will need to find an access point to the Wise One that will allow us to receive his gifts of wisdom, love, comfort, benevolence, creativity, and inspiration. We want to harmonize our inner world so that the Wise One can begin to lead and Sir Ego can humbly follow – even as he feels his old, raw emotions and fight-or-flight reactions threaten to overwhelm him.

We know that our happiness depends on living from a higher perspective, guided by the Wise One's open-hearted feelings and calm, wise mind. Everything that Sir Ego sees as problems, the Wise One sees as an opportunity to heal and a life lesson to be learned.

At this point, we desperately want to fulfill our life's true purpose and no longer be distracted by the shiny objects that Sir Ego continues to want to chase after, even though the chase has always ended in disappointment and frustration.

An open heart means compassion, forgiveness, and unconditional love, as much as we can muster. As my story will show, it is often very difficult to be willing to have compassion, unforgiveness, and *unconditional* love. Learning to distinguish between the Wise One and Sir Ego in ourselves and others will make this much easier and only a tiny bit of willingness is necessary to open the door of your heart.

We will come to see that only Sir Ego hurts others, while the Wise One remains pure and divine. Sir Ego makes mistakes out of ignorance, his own triggers, and a belief that he is unharmed when he harms others. Yet, the Wise One looks upon all egos with unconditional love, compassion and forgiveness.

I had to transcend the most detrimental myth about compassion and forgiveness is that we do these acts of grace to benefit another person while we do not benefit. Nothing could be further from the truth. It is extremely important to debunk this myth. Our willingness to open our hearts in compassion, forgiveness and unconditional love are, first and foremost, for ourselves!

We will go through the portal of our open hearts to the Wise One who leads us to a life of permanent love, joy, and peace. The forgiven person may or may not even accept this gift of grace and it may not provide much benefit to them. Do this for yourself, you deserve to be free. Do you really think you can have a happy life when you always feel like a victim. Look around, do you see anyone who is stuck in victimhood and is happy? Or do they seem to attract more persecution?

I had all of the fulfillments that Sir Ego could desire. Yet despite being a highly successful MBA/CPA I fell into an abusive marriage that I endured for years and that ultimately led me into a pit of self-destruction, addiction, and self-loathing.

Sir Ego, feeling strangled in this broken place, lashed out in desperation with actions that harmed my family, particularly my twin children, while ravaging my inner well-being and devastating my outer world. My life at this juncture was a perfect demonstration of the timeless truth that “Hurt people hurt people.”

It was extremely difficult to forgive my ex-husband. Yet, the miracle is that I benefited from forgiving him and seeing his divine, higher Self beyond his toxic ego. As I forgave him these most heinous crimes, how could I stand in judgement of my own lesser mistakes? In fact, how could I stand in judgment of anyone’s mistakes – none hurt me as much as his.

This is the liberation and salvation that we are seeking, and we hold the jailer’s keys in our own hands. I implore you to use these keys to open your heart in compassion, forgiveness, and unconditional love (no exceptions apply). Do not drink the poison hoping the perpetrator will die, they will not. But if you drink it long enough, you will.

Remember, being compassionate and forgiving does not need mean you need to have these people in your life forever – once you get the lesson this relationship my fade away. Your life will change profoundly – your inner life, your outer life, your relationships, and our world.

After learning these practices, not only did my inner world, my family, and my relationships and circumstances heal, but every step exposed brilliant pearls of spiritual wisdom and diamonds of unconditional love. I've learned priceless lessons and experienced profound love and compassion in the healing of my relationship with my remarkably successful young adult children.

Mother's Day fell two weeks after my son's first suicide attempt. His transgender journey fortunately didn't end with his self-destruction, and today he is a blossoming young adult, successful by every possible measure.

His twin sister endured a deeply depressive life event. Both of them struggled for close to a year, unable to attend school or enjoy social activities. Meanwhile, I found the Wise One laboring overtime to transform Sir Ego's fears and channel only love and healing energy into our family.

On Mother's Day, my daughter gave me a list of "Fifty-One Reasons You're the Greatest Mom." I'll share the list with you here, as a testimony to how it feels to be loved by the Wise One, and to assure you that this is how each one of us is loved by our Creator. The divine love is profoundly personal. It is the most intimate love that knows every dream we've had, every tear we've shed, and all of the good intentions behind our failures. It is a love to which the practices I'll share will lead the courageous spiritual warrior who is willing to enter the exalted quest.

Fifty-One Reasons You're the Greatest Mom

1. You make the best mashed potatoes.
2. You put up with my fits about school.
3. You are my biggest supporter.
4. You see the best in me.
5. You do everything I ask, no matter how inconvenient.
6. You know my order from every restaurant.
7. You trust me implicitly.
8. You guide my decisions but ultimately let me decide.
9. You are determined to help me even when I won't help myself.
10. You know and accept all my idiosyncrasies.
11. You are totally hilarious.
12. You expose me to new places and things.
13. You are a phenomenal cook.
14. You make sure I always have the snack I want.
15. You give me everything I want and need.
16. You treat me with complete respect.
17. You like all of the shows I watch.
18. You rarely get mad at me, even when I really deserve it.
19. You attend my games, school events, and so forth.
26. You fight for me.
27. You are my number-one fan.
28. You always put me before yourself.
29. You help me achieve my goals.
30. You encourage me constantly.
31. You never criticize me.
32. You laugh at all my jokes, even if they aren't funny.
33. You have shown me that everything will be all right in the end.
34. You always assist me, even when I act stubborn.
35. You give the best gifts.
36. You are the strongest person I know.
37. You let me work things out for myself.
38. You have intellectual conversations with me
39. You inspire me.
40. You understand me.
41. You are always there for me.
42. You remind me to just relax sometimes.
43. You never give up on me.
44. You always know exactly what to do.

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| 20. You are impressed by everything I do. | 45. You tolerate my terrible attitude when I am sick. |
| 21. You give me the praise I need. | 46. You have stuck with me through all my issues. |
| 22. You treat Chris and me equally. | 47. You and I have countless inside jokes. |
| 23. You are always fair. | 48. You have given me an amazing life. |
| 24. You taught me how to be a good person. | 49. You always make things work. |
| 25. You don't put pressure on me. | 50. You have complete faith in me. |
| 51. You love me unconditionally. | |

3. FIVE STEPS FROM MINDFULNESS TO MIRACLES

Here is the dilemma. The Wise One is a silent witness, softly whispering good tidings into the calm, intuitive heart and patiently waiting for us to recognize the gift and turn and call on him.

He never forces himself on us. The problem lies within us. We love our imagined independence and freedom, mentally envisioning ourselves as bold knights, firmly and independently in control of our lives.

The Wise One and the Knight live in our consciousness. One speaks loudly, with desperate self-confidence. The other whispers quietly, presenting us with a choice at every moment. To which voice will we listen?

It requires a deliberate act of will to set the Knight firmly aside and listen intently to the Wise One. Until we make that choice, we will continue to allow ourselves to be intoxicated by the Knight's loud cries and the rush of his heedless energy. The Knight, AKA Sir Ego, is the eternal Spirit that has become attached to the psychological mind and the fleshly body, this pathetically vulnerable suit of armor which we wear.

Sir Ego loves the play of the 3D material world that he perceives with his physical senses. Sir Ego wants to be the righteous warrior but is plagued by weaknesses. Enchanted by the bright thrill of the game, he finds himself embroiled in a war of bloody battles and fleeting victories on a never-ending roller coaster ride.

By turning away from the relentless monotony of Sir Ego's fleeting petty triumphs and bitter defeats, and by listening carefully to the Wise One's whispered counsel, we find him able to remove the roots of our attachment to the world's fruitless game and reveal the diamond Self whose light of perfect love and joy has always shone within us.

Sir Ego plays an important role in the material side of our lives. His special skill is to attend to our material need for food, water, shelter, rest, healing, and companionship. Sir Ego has his place in the cosmic scheme of life. Alas, without the true polestar of his divine life guide and purpose,

he embarks on a quest of his own making, fallaciously designed to provide love, happiness, and security.

Sir Ego cannot even imagine the Wise One's inspired solutions, because Sir Ego's vision is limited to his own past and his own strength. He fights all the powers of the universe to try to bring his desires to fruition, failing more often than succeeding. These failures accumulate over time and cause Sir Ego to become cynical, frustrated, desperate, and hopeless.

The Wise One exists in a realm of infinite creative solutions – solutions that the ego cannot access by his own power. And the Wise One is connected to the source of all power to magnetize and manifest in the material world these solutions which were created for the highest good of all.

My purpose is to share ways to avoid Sir Ego's mistakes and align ourselves with the Wise One's perfect wisdom which leads unflinching to our own highest good. When we follow the Wise One, we find that we are empowered to consign Sir Ego to his proper role of executing the details.

The Five Steps from Mindfulness to Miracles outlined below are practices that we can make use of in moments when we are feeling triggered, and Sir Ego's emotional reactions are obscuring the Wise One's inner light.

Of course, it's easier to understand them than to implement them! But I can promise that they will take you on a journey to fulfillments that Sir Ego cannot even dream of.

- **Recognize – Seek the Higher Reality.** Learn to be mindful of the state of your heart and mind, so that you will immediately recognize the critical moment of choice and catch the emotional triggers and choose the right guide.
- **Relax – Arrest the Fight-or-Flight Response.** Learn to immediately calm and reverse the fight-or-flight response and

move into a calm state where you can hear and follow the Wise One's whispered guidance.

- **Release – Forgive and Let Go.** Learn to allow difficult emotional energies to pass through you, so that the Wise One's forgiveness and acceptance can dispel Sir Ego's devious machinations.
- **Receive Wisdom, Love, and Grace.** When your heart is open, the Wise One can reveal its sage insights and usher you into its world of creative solutions, love, compassion, and power.
- **Respond – You get what you give.** The Wise One responds with the right attitude, the right words, the right actions, and the right body language, at the right time, to heal your wounds, enrich your relationships, and transform your circumstances.

Five Steps from Mindfulness to Miracles

**5D Soul/
Universal
Consciousness**



RESPOND
in the
highest way



RECEIVE
Soul Wisdom

**4D Heart/
Emotional
Energy**



RELEASE
Blocked
Emotions



RELAX
Fight or Flight
Response

**3d Ego/
Physical
World**



RECOGNIZE
triggers and
"fix-it"

The first three steps are essential for teaching Sir Ego to stand down and admit that he isn't the right one for the job. As long as Sir Ego is lost in the energy of his triggers, he resists the counsel of the Wise One.

The Wise One never comes unbidden. Your job – your only job – is to open a door for the Wise One to enter – and this is the purpose of the first three steps.

Your only job is to form the habit of welcoming the Wise One in every circumstance, without resisting his wisdom. The first three steps define the painful work of overcoming past fears and suffering. The last two steps arise naturally in their divinely appointed hour.

The fourth step of receiving is where permanent healing happens. At this point, you've released your energetic blockages, and you've engrained your own unique lessons deeply in your heart and mind.

Much ignorance has been dispelled. You are no longer struggling blindly. You have received gifts of peace, acceptance, love, honor, insight, and far more. You are feeling harmoniously aligned in body, mind, and spirit.

The fifth step, the Response, is where we change our relationships and circumstances, and where our problems fade and our future is elevated with true hope and aspiration.

When we speak and act from this higher place, we are co-creating with the divine, and serving as channels for divine love and wisdom to shine light to others – even those who may not be consciously aware of the gift.

Following a higher wisdom, we find ourselves increasingly aligned in body, mind, and spirit, and able to manifest our creativity and fulfill our life's purpose. Our effort to align ourselves with Truth is a holy act that reverberates through eternity and harmonizes us with Spirit, enabling it to reveal itself to us and fulfill us.

In this state, we attract everything we need to satisfy our higher desires – to explore our passions, create our best reality, expand our awareness, and fulfill our high destiny. Living with wisdom, we move ever closer to our true state of ecstasy, divine love, and eternal security.

In my life, not only was my inner world permanently healed – I found that I could channel unconditional divine love and offer selfless service to my family in their times of need.

When I discovered the ability to give unconditional forgiveness, it began to have a profoundly healing effect on my relations with my ex - it even seemed to inoculate our children against his toxic behaviors.

During my teenage children's depression and multiple suicide attempts, I fortunately found the power to allow Sir Ego to surrender fully to the Wise One's wise guidance, wisdom, and strength.

At the time, I learned that I could gather Sir Ego's fears and offer them to the Wise One, and that in that surrender I found the power to offer the Wise One's love to my children.

I marveled as I watched love overcome fear, hurt, and anger in my life and in my children's lives. Truly, the Wise One's divine love conquers all obstacles, which are but Sir Ego's illusions.

This is the power of love that emerges in us when we learn to persuade Sir Ego to put down his armor and let himself be overwhelmed with divine love. We realize that we are being called to surrender to the inner Wise One – not to some outward scary “other” who doesn't understand us or care for our pain, and who may even want to punish us for our shortcomings.

The Wise One is an eternal, irremovable part of each of us. He is a personal inner guide to divine truth and light. A lovely thing about the Wise One is that he will speak to us using the concepts and paradigms that resonate with our own unique understanding.

I'm sure that some of the paradigms I offer will not resonate perfectly with you, and that others may be difficult to understand. But I am equally certain that they will reveal themselves in ways that are personally and exquisitely tailored just for you. The truth is that every living person has a

Wise One that wants to guide them and that speaks a language that they will understand.

My purpose is to help you find *your* Wise One who knows your path. As you open your heart and become receptive to the divine support, you'll find elder brothers, mentors, and angels who'll be sent to help you. They have been patiently waiting for this moment.

As these helpers unite their power and wisdom with yours, you will be lifted to a place you couldn't reach by yourself, because of the cords that bind you to your past delusions.

The Wise One in you will be eager to receive their coaching, cheerleading, comfort, friendship, and love. The Wise One intuitively knows that they have no purpose but to serve your highest good, because they are complete in themselves and need nothing from you.

As you work with them, they will earn your devotion, obedience, and love. They will lead you to abundance, joys beyond your imagination and expanded consciousness.

4. OUR LIFE'S SCRIPT

I discovered that there are two different scripts for my life: the Wise One had a script of compassion, forgiveness, unconditional love, wisdom, and power. Sir Ego also had a script – of how the world *should* work. This is the source of all his grievances – people and things don't work how they *should*.

Until Sir Ego becomes aware of the Wise One, and of the divine plan for his life, he can only try with the best intentions to make his own plan, follow his own quest, and seek his own grail. As he experiences countless pleasures and pains, he very slowly and gradually devises and revises his plan to find fulfillment by being loved, happy, and secure.

As you begin to watch Sir Ego at work in your life, you will find that he has lots of opinions about how his world should be arranged so that he can feel loved, happy, and secure. He will also have scripts for his family and friends about how *they* should treat him and how he will treat them.

He has a script for his job and what his role should be, and how it should be appreciated and rewarded.

He has a script for how his body should look and function, and how it should be perfectly beautiful and in perfect health; yet his script tells him that he can eat and drink whatever he likes.

He has a script for his financial and career success, and for his success as a parent. And when these script conflict, as they often do, he feels guilt in both arenas!

We've developed these scripts – in their totality I like to think of them as Sir Ego's script – over a very long time, based on evaluating our experiences.

If we like something, our script says that we should have it. If we didn't like something, or if we feared it, we write it out of our script. It may seem obvious to us that we would want to do everything to avoid negative and

painful experiences, but it may not be as obvious that it's also problematic to create scripts for things we like and desire.

For example, let's imagine that we've experienced exalted moments during a romantic candlelit dinner, a sentimental Christmas celebration, a promotion, a new car, a sensual tryst, or a seaside sunset.

Sir Ego believes that these exalted moments were the result of certain persons, actions, or circumstances – and that if we can simply recreate the romantic moment, the holiday event, the sexy seduction, and the career success, we will feel the same exhilaration again.

But over time, we find less and less happiness in recreating these desired state – and so we want more. Or perhaps we're unable to get the sunset, the Christmas party, the job success, or the romantic partner and the candlelight dinner exactly right. Or perhaps others aren't cooperating. Now, the rain, the economy, and the restaurant's menu change are ruining our lives and stealing our happiness.

The problem is that we've got it backwards. Those outward accoutrements of happiness gave us a fleeting reprieve from the gray monotony of our lives and we were able to catch a glimpse our divine being as love, joy, power, or creativity. Our true selves shone through for a moment – and this is, indeed, who we truly are, which accounts for the powerful appeal of those external bright shiny satisfactions.

The problem is that we know in our souls that the joy we are truly seeking is unchanging, and that the romantic, sentimental, ritualistic satisfactions of this world can never give us the bliss that we're after.

And so we get stuck trying to get it right so that we can once again feel kissed by the Creator, as we once were.

We seek, endlessly, to arrange exactly the right romantic restaurant, sexy lingerie, Christmas party, and career triumph that will bring us lasting joy. But instead our frustration and disappointment grow as the external

fulfillments magically pirouette into their painful opposites, leaving us feeling dry, hung over, and unfulfilled.

Now we are angry at the people and circumstances that appear to be standing in our way – and so we blow up our marriage, quit our job, go into debt, and fight with our kids because they are no longer giving us the joy we thought they once did.

In truth, it is our seeking, our manipulating, and our judging that are blocking us off from all of the ecstasy, love, and wisdom that is ours. How ironic! You can catch a glimpse of Sir Ego’s script at work whenever you use the word “*should*.” This is how my life *should* be. This is how I *should* be. This is how they *should* be. This is how the world *should* be. This is how my job *should* be. This is the kind of car I *should* be driving. This is how my children *should* be.

Alas, our fellow knights at the round table all have their own scripts for their own vision of the quest, and our scripts will never be perfectly aligned. We can never know our place in their scripts for us, and it gets messy when we’re pursuing different goals.

Yikes! – it would seem that communication doesn’t have a chance! And yet there is a level of consciousness from which no relationship and no misunderstanding cannot be harmoniously resolved.

Although Truth has been famously said to be one, each ego lives its own seemingly separate private world, which it has fashioned from its past experiences that others cannot share.

The simple truth behind all of the problems in our relationships – and with ourselves – is that the ego lives in a narrow, self-enclosed world of its own creation. This is the source of our emotional “hot-spot” triggers, and the source of all our frustrations, desperation, and failures, whether real or perceived.

Sir Ego can only see other people as characters in its script. Yet the Wise One in us has something that author John Greene called “sonder” which he defines in his *Dictionary of Obscure Sorrows*:

“The realization that each random passerby is living a life as vivid and complex as your own – populated with their own ambitions, friends, routines, worries and inherited craziness – an epic story that continues invisibly around you like an anthill sprawling deep underground, with elaborate passageways to thousands of other lives that you’ll never know existed, in which you might appear once, as an extra sipping coffee in the background, as a blur of traffic passing on the highway, as a lighted window at dusk.”

Think about this the next time you’re feeling unkind. Does the ego ever see other people as equal to itself? Or does it see others as stiff characters who appear for a time on the stage of its inner sight, playing their roles and quickly exiting.

Does the ego see them as equally worthy with us, and their lives equally valuable? Or does Sir Ego see them as competitors for limited material resources in a universe where we lose what we give away?

The image of the “sonder” was helpful at the time when I began to study Sir Ego. My ego felt itself as existing somewhere along a line from heaven to hell. In its desire to be special, happy, secure, and loved, it was continuously jockeying for a better position closer to heaven and farther from hell.

I noticed this in a compulsive desire always to be the best at everything – to bring my unique talents, solutions, and results to a problem and receive recognition for my special contributions. I laugh now when I recall how the problem with my “specialness” was that it meant everyone else had to be not-special. Sir Ego envisions a line from the gates of heaven to the gates of hell and he is ever jockeying for a better position.

At work, I imagined my special skills and experience made me the only one who could fix the problem before the team. No one else's solution was as good as mine. This was my moment to shine, to advance toward heaven, and to prove my worth to all. Resisting the contributions of others and pushing them behind me (where their inferior ideas belonged) advanced my position.

Alternately, my ego wanted to push people behind me and shove them toward hell, because their faults and weaknesses were worse than mine. In my anger after separating from my ex, I was willing to storm the gates of hell, filled with vengeful ideation, so long as I could kick my ex firmly in the behind and ensure that he would fly through the gates of hell ahead of me.

The Creator never ranks people according to their place on the ladder from hell to heaven. He loves us equally. His sole concern is that we become stronger and that we embrace attitudes of unity rather than separation, division, conflict, and competition.

The Creator gives us the experiences that will develop our talents and strengths so that we can serve our fellow travelers on the path of Creation. The Creator wants us to use our gifts to serve others, not to control and conquer them. Because this is what will fulfill us truly and lead us to our life's highest fulfillment.

Consider the talents and victories that have made you most successful and proud. How many can you truly take credit for? How many were given to you by the circumstances of your birth, as in-born talents, beauty, intelligence, good health, and special abilities? How many of your benefactors, lucky breaks, and Ivy League degrees were benefits of your being born in privileged circumstances?

Our gifts are given to us as part of our karma-riculum, our own life's unique lesson plan. Our blessings were, in fact, hard-earned through difficult experiences and given by the divine hand. To him whom much is given, much is expected. Our specialness doesn't reflect our inherent superiority, despite what Sir Ego may believe.

These are the reasons why Sir Ego is so prone to imposter syndrome – where it feels secretly unworthy of its successes. Well, it's true that Sir Ego isn't worthy to claim the credit of any of its success, because it has never achieved them on its own! It was the Wise One, worthy and divine, who achieved every success. While the ego fears that it may not be able to build upon its successes and achieve even more, this is certainly also true. The Wise One, however, can manifest the next creative miracle – and Sir Ego will once again be appropriately amazed and surprised!

Even when the Wise One encounters truly immoral, criminal, abusive, insane, or absolutely destructive behaviors, he does not judge their authors, knowing that his own ego has been capable of similar negative behaviors and mistakes. The Wise One understands that they, too, are divine souls, learning hard lessons on the path between heaven and hell – and that the divine karma-riculum will give them their lessons at the perfectly appointed time.

How does Sir Ego react when he encounters these dark souls? Lacking divine vision, he is unprepared to view them as part of the shadow-play of the divine light. He can only react with thoughts of judgment and condemnation. Yet the scriptures warn us that it isn't Sir Ego's job to judge or punish, and that only the Creator's love can permanently transform those who misbehave and teach them their lessons.

*"I am the one to take revenge
and pay them back." (CEV Bible, Romans 12:19)*

We can heal our own mistakes – not those of others. Our job is to sweep our side of the street and simply walk away from negative influences. The Wise One can show us the highest way to deal with all kinds of situations. He may sometimes inspire us to set firm but loving boundaries, or he will show us other appropriate and effective remedies.

I believe I've earned the right to say with great confidence that not one of us is unfamiliar with the pain of growth, the pain of hard-earned maturity, and the pain of forsaking our wrong perceptions.

The Wise One lives forever above the turmoil. It's why he is able to transform our lives. The Wise One in us is attuned to the Script of Creation: this divine creation, where biology, physiology, psychology, cosmology, theology, astrology, and more – all conspire to expand our awareness until we achieve complete Self-realization in perfect truth, divine love, and bliss.

The Wise One within us is empowered by the universal intelligence to help us achieve the expansion and fulfillment we've always longed for. The divine script has the power to transform us completely, forever, while Sir Ego's unstable script has very little power.

The Wise One's script is concerned with the highest good of all, while the ego's script is forever plotting for petty personal advantage, seeking to gain at the expense of others.

The Wise One follows a script in which love transcends fear, our wounds are healed, we learn our lessons thoroughly and become freed from them forever, and the glory of the inner Kingdom is finally realized and revealed.

Sir Ego's script can hardly be compared, designed as it is to apply quickly fraying temporary bandages to our life in the wan hope of avoiding fear, lack, and any and all unpleasant experiences.

When the Wise One leads, aligned with the Script of Creation, we find our needs being met, our dreams fulfilled, and our true Self being revealed to us. Living in tune with the divine script, we align ourselves with a power of love and joy that has the greatest impact to heal ourselves, our family, and our society.

We will almost always suffer many painful trigger events before we are ready to turn away from Sir Ego's reactive script and begin to call on the Script of Creation within us. When the trigger events become absolutely unbearable, it's a signal that Sir Ego's script and the Script of Creation are violently colliding, and that the universe is prompting us to choose a higher path.

The Script of Creation and Sir Ego's Script are wholly incompatible. Sir Ego wants to be in charge of everything; thus, he ignores any suggestion that he may actually be able to affect a tiny portion of the Script of Creation. Long accustomed to going his own way, he finds it terribly difficult to pause and acknowledge that he is ineffective, and in trouble. Sir Ego is very adept at rationalizing and deflecting – thus, when challenged to change, his fear of being exposed as ineffectual compels him to try to distract us from the need to pursue a higher path and persuade us follow him in his small-minded machinations.

Meanwhile, the Wise One in us intuitively recognizes that there is no escape from Truth, and that the painful trigger events that finally expose Sir Ego's machinations are inevitable and undeniable.

Having stripped us of Sir Ego's false and futile defenses and seeing that we understand that we have no other options, the Script of Creation now gives us the tools to move into a consciousness that is illuminated by the light of true hope and salvation.

It is not an easy prospect. We find ourselves at a crossroads with unfamiliar vistas before us, uncertain of the right path. And then we find that when we call desperately on the Wise One we are presented with true hope for lasting happiness, accompanied by an ability to make wise choices, find inner freedom in empathy and compassion for others, forgive our own mistakes and others' offences against us, and become empowered to share the tremendous blessings we will receive and that all are seeking.

Even though the triggering events may seem impossibly difficult to endure while we're in the thick of them, our understanding will expand to perceive them as surgical wounds that were needed to remove old ills, and that we are being ushered into a world of consciousness in which we will be healed, learn profound lessons, and know a happiness beyond compare.

The most effective and successful way to deal with the trigger events is to allow them to take their natural course and flow through us and release us. Our role is to let the energy of the trigger events flow cleanse us and bring new understanding, without doing anything to constrain it –

despite Sir Ego's fearful protestations. As the energy releases, we find that we are able to call on the Wise One to comfort us.

Meanwhile, the powerful upward flow of energy from the opening of the emotional bundle may cause our mind to become hyperactive like a teakettle that's whistling at a boil.

Sir Ego asks, "Why is this happening to me and how can I make it stop?!" And the Wise One asks, "*Why is Sir Ego upset – what is he afraid of?*"

Sometimes our answers will come in words heard intuitively, or as a silent thought-form of unconditional love. Often they will come as metaphors or stories.

Again, the process will be uniquely your own. Everyone can access the Wise One, with practice in overcoming Sir Ego's diversions. Each time you practice, you are able to tune in to the Wise One's messages more clearly, until what was initially no more than a whisper becomes a blaze of pristine insights.

I had a dream during my own challenging time of transition. In the dream, I was walking through a paradise with the Creator. The scene was magnificent, a delight to my senses – the astral fragrance of flowers, the exquisite songs of birds, the eternal spring greenery, the perfect soft breeze and the bubbling stream.

I was taking it in, very enjoyably, when I suddenly heard a host of screeching monkeys who were fighting each other nearby. Their squawking threatened to spoil the peace of the lovely place where I found myself, but as soon as I expressed a wish that they should stop, they did so instantly.

Then I was suddenly able to see the interlocking chain of consequences of my wish. The screeching was revealed as a vital part of their mating ritual, without which the monkeys would become extinct. Yikes! – that was hardly my intention!

As we walked on, we passed a lion that was eating a gazelle. Repulsed by the grisly site, I wished that it would stop, whereupon it did. And once again I saw the chain of events that unfolded because of my actions. All lions everywhere stopped eating gazelles and starved to death and became extinct. The gazelles, now reproducing without fear, overpopulated the land and ate every shred of vegetation and also became extinct. Now the beautiful paradise was barren.

The Creator said not a word, yet when I awoke I knew very clearly what the dream meant. We don't have the big picture, or a vantage point to see how the pieces have been created to fit together perfectly, and how everything is happening according to a divine plan.

When we tamper with aspects of the plan that offend us, we're often unaware of the consequences. The dream showed me that the Creator of this paradise was omniscient, and that in my ignorance I had made the monkeys extinct.

I realized that whenever we act, we trigger a chain of events. If we act with fear, the fear reverberates with possibly dire results.

I realized that even the slightest negativity that I projected toward my children would reverberate through their fragile beings, perhaps for the rest of their lives. Many times since the dream, I've felt the Wise One caution me: "Remember, you made the monkeys extinct." The silent reminder was often all I needed to put Sir Ego on pause.

The converse is also true, that each time we act with love, even though it be the least significant action, it will reverberate throughout eternity.

I could see this truth unfolding for my children, as they began to heal and our relationship began to flourish. I was channeling rivers of love and healing into our home, and they were visibly benefiting – and I continue to see it long after those first days of healing, in the exceptionally loving bedside manner they bring to their medical careers.

I hope that this account will help you understand the cosmic viewpoint of the Wise One, in those moments when your triggers are suddenly activated, and Sir Ego prepares for battle – and how the Wise One lovingly cautions you: “Remember – you made the monkeys extinct. Stand down!”

When you inwardly align yourself with the Wise One, you realize that you are able to see the person in front of you as a divine, eternal, perfect soul, even when their ego is making your ego uncomfortable – just like the squawking monkeys!

Perhaps they’re failing an exam in their life’s trigger lesson curriculum, but they’ll get it eventually. And they’ll learn most quickly when we offer love, not judgment, criticism, or punishment.

I earned that the most important thing was to honor the person I’m speaking with and open my heart and offer them love. Even the most difficult, firmly ego-embedded folks can be helpful to me. Shocking, right? Where I formerly thought I was the only one who didn’t like to be treated with condemnation, condescension, and judgment, and that I had a perfect right to defend myself, whatever it took, I now find the Wise One challenging me to fight on a much higher plane.

The Wise One sees every fear, anger, and hurt as either a call for love or an offer of love. When a fellow knight cries out for love by attacking, judging, or criticizing, it can be difficult to remember that he just wants acceptance and validation.

It is the Wise One giving us our assignment to wake up and realize that the person standing before us is being triggered, and that the trigger is speaking to us.

We will then have the choice to respond by lashing out with our own call for love – “You can’t talk to me that way! I didn’t do it. You can’t make me! You are wrong!” Or we can choose to rein-in Sir Ego’s reactions and respond by offering nothing but love. In time, we see that giving love invariably brings about inconceivably more rewarding results in the long term.

Sometimes, of course our love offering won't be accepted. Yet we should understand that we are always performing a service in eternity when we offer love, and that it will be accepted sooner or later.

My ex-husband isn't consciously aware of all the love and forgiveness I've offered to him as part of my own healing process. He hasn't received it yet, but it will be waiting for him through all eternity, and it will still be there for him at time he can accept it.

What is most powerfully apparent to me is that he no longer triggers me, and that I now somehow have much greater power in the relationship. The relationship has been lifted to a more cooperative plane, without his conscious consent or intention. Wow, that's a win.

The Wise One operates from a position of Eternity, from which he views Sir Ego's overreactions with seamless compassion, and ever-loving, perfectly patient eagerness to help him through his trigger-storms.

In the Wise One's sight, we are mere specks of the divine Light, spinning on a tiny rock in a gigantic universe – yet we are worried about a bad-hair day.

Sir Ego is trapped in his own trigger-reactions, not because they are important in the eternal scheme of things, but because they are painfully magnified in *his own* sight. Thus, he is much more upset by a coworker's slightly offensive remark than by truly serious problems that don't affect him personally, such as climate change or world hunger.

When our hair-trigger emotions are triggered, the Wise One whispers to us that the best defense is to step aside and let the offending event or person pass.

If someone kicks me, and I step away so that they fall off balance, I am free. But if I kick back, we are locked in a battle from which no good can come. If I step away, I can revisit the situation calmly and decide on a wise course of action.

In later chapters, we will consider how we can let the Wise One guide us to the right response, with peace and love, at the right time, in the right way to address the present situation perfectly. Of course, we don't rise into perfect wisdom in a moment. We must practice with patience and faith, knowing that each lesson will bring us closer to perfect peace, love, and joy.

Yet another lesson from the dream where my ego-born wish made the monkeys extinct. Our inner resistance is subtle. We don't always react with a big explosion – I wasn't wanting the monkeys to die; I simply wanted some quiet time. In other words, small wishes can have big consequences. A tiny speck of inner resistance can cloud our view of the cosmic plan.

I think of it as “unacknowledged resistance.” And, like so many other weaknesses, it's easier to see it in others than in ourselves.

A very common example is the person who refuses to do what you've requested. They subtly push it away, without actually declining your request – passive aggressiveness at its bothersome best!

If you pursue the matter, they'll dance around their refusal, making excuses and offering assurances. Yet, clearly, something deeper is going on. There's a reason for their unwillingness to comply with your request, but they are unwilling or unable to give their reasons, which unfortunately robs you of a negotiating position.

This happens to be an extremely important aspect of triggers: that they have many, many layers, just like an onion. The core issue is often deeply hidden, and the outer layers are those subtle, annoying, unacknowledged resistances.

While it isn't our role to peel the onion for them, we should recognize that their resistance is a call for love.

The Wise One will know how they are feeling about your request. The Wise One knows all of the insecurities that are causing them to resist. The

Wise One immediately understands their need for acceptance, not condemnation.

Still, even if we understand them, it isn't our role to interfere with their understanding. Wherever they happen to be standing on the spectrum between Sir Ego and the Wise One, we really have no choice but to accept them where they are.

When we notice the weeds in our neighbor's garden, it isn't within our authority to demand that they remove them. But it is our responsibility to act with kindness when we're faced with their weakness and to search for the weeds in our garden and uproot them.

I had another dream that offered me an insightful allegory. In the dream, I found that I could simultaneously feel the perspectives of Sir Ego who was wholly in the dream, and the Wise One who was watching Sir Ego from high above the dream.

In the first dream-scene, Sir Ego was in a terrible place – it was a dark, threatening, cold, and barren rocky cave. Sir Ego was terrified by the absence of everything he craved: food, warmth, companionship, security, comfort.

Suddenly, for no apparent reason, Sir Ego found himself in a better place – not actually pleasant, but more tolerable. It was barren and gloomy, but it had a table, a hard chair, and some scraps of food. And then Sir Ego was suddenly thrown back into the terrible cold, dark cave. And now he was being transported rapidly back and forth between the two places, without apparent rhyme or reason.

Meanwhile, the Wise One, from his position as a detached observer, could see that Sir Ego had no control over the state he found himself in or freedom to choose between them.

Just before I awoke, I witnessed a moment when Sir Ego made two fatal mistakes. First, he resigned himself to the better place, which was an

improvement over the terrible cold cave, but he failed to think of looking for an even better place.

Second, feeling that he should figure out how he could avoid going back to the dark cave, he began to strategize how he could hold onto this place. Yet his desperate strategies made no sense, since he had no idea what was determining which place he was in.

I had to think about the dream for a while before I understood how perfectly it represented Sir Ego's dilemma. First, I thought it represented my abusive marriage, and how hard I had worked to try to stay in favor with my ex's more reasonable Dr. Jekyll persona, and out of his Mr. Hyde lair.

But then I realized that the dream was revealing a more universal truth: that the Script of Creation, and its karma-riculum, are the forces that determine the place where the ego finds itself. We sometimes feel that we've attained a "good-enough" life, but there are times when we despair at our circumstances, which seem to change randomly and beyond our control.

The ego tries to hold onto the okay place by exercising its concentration and will power in a futile attempt to remain there and avoid the nightmare places of this earthly realm.

Instead of using all of our energy, focus, and will power to get out of the game by transcending it and discovering our divine birthright of Self-realization and heaven on earth, we turn our backs and reach in Sir Ego's bag of tricks for the same old, fruitless tools that can never help us find the exit.

The sad truth is that none of Sir Ego's tools of mental cleverness, devious actions, or sheer will power will ever help us stay permanently in the place we desire while avoiding the places we fear.

The transcendent truth is that we are out of sync with the Script of Creation, and specifically the divinely appointed karma-riculum that

would bring us safely to a far better place that exists entirely beyond those two options that can never completely satisfy us.

Our life lessons will sometimes require us to go into dark and scary places to grow in compassion and understanding. If we feel that our lives are lacking but tolerable, we may resign ourselves to the idea that nothing higher exists. We turn our backs to the exalted quest, and to the path that could lift us out of Sir Ego's ping-pong game and give us true wisdom, understanding, clarity, and freedom.

The divine promise of the Script of Creation is that there is a path that leads to true, lasting joy, unconditional love, and a return to our divine nature.

I am not your teacher. Your teachers are chosen for you by the higher power that is manifesting your existence.

Your path will be unique. The higher power will use the Wise One who has always dwelt within you to direct you to the right elders and coaches who can help you.

The destination is the same for all, even though the paths are many. Thus, you may be better served by some aspects of this book more than others – and that's expected.

This book won't offer you the ultimate experience that all of us are seeking. But it will suggest practices and exercises that will help you find your own Wise One, your inner guide, and your own unique path.

We will start by reviewing the Five Steps from Mindfulness to Miracles – steps that can free us from the ego's interference. Along the way, we will also look at what it feels like when you are identified with the lower self, compared to what it is like when you are living from the Wise One.

At the conclusion of each step, I will suggest journaling prompts, affirmations, and prayers to support your journey of self-discovery. I am deeply honored to be a part of your quest.

3. RECOGNIZE: SIR EGO PERCEIVES A THREAT

EFFECTIVE DESIGN AND PURPOSE

The ego, defined as the soul that has become attached to the psychological or lower mind, familiar emotional energy patterns, and the physical body, has its own special work to do.

The ego's role is to provide for the body's physical needs and well-being. Beyond its role of caring for the body and ensuring the reproduction of the species, the body is vulnerable – thus the ego must protect itself from countless threats from its outer environment and from other people.

Sir Ego is “on the job” during all our waking hours, and sometimes even during sleep – as when it protects us through our dreams. This is good news! Sir Ego makes sure that we are warm, well fed, engaged in productive activities, and are able to enjoy the companionship of others.

The ego executes the plans, recipes, and driving directions of our lives (and the IKEA instructions!).

Our fight-flight-freeze instincts are well-designed to ensure our survival. They will instantly focus all of the body's energy and systems to overcome any and all threats. The fight-flight-freeze mechanism serves us well under the right circumstances, which include real threats to our survival from accidents, violence, or saber-tooth tigers.

However, the unfortunate fact is that when Sir Ego oversteps its authority by appointing itself manager of all the things it feels will quickly make us feel happy, secure, and loved – trouble is sure to follow.

Proud of his self-appointed, self-important role, Sir Ego sees anything that threatens our pride and our desires as a life-threatening mortal enemy. It responds to the perceived threat by sounding the alarm and reacting with a knee-jerk fight-flight-freeze response of the sympathetic nervous system.

It's why we find ourselves reacting emotionally to the actions of our spouses or bosses as if they were threatening our very survival, rather than merely our pride.

All of the subconscious memories of countless past humiliations are suddenly aroused and overwhelm our bodies, hearts, and minds. How many times have we overreacted to a perceived threat with a red tide of raw emotion that clouded our understanding and prevented us from bringing calm, clear-headed effectiveness to the situation before us?

A PERSONAL EXAMPLE

I've frequently mentioned my custody battle with my ex. Well, it was brutal! My alcohol abuse, which began as a response to the unbearable events in my life, in time became severe – I received three DUI convictions in two years, I spent several months in jail, and then spent more months in an addiction rehabilitation center.

Of course, these evidences of my disablement gave my ex all the ammunition he needed to gain full custody of our ten-year-old twins.

For the first two years of my sobriety, I had just a few hours of supervised visits each week. It didn't matter that my ex was an active alcoholic and emotionally abusive – he didn't have a rap sheet like mine.

Once I succeeded in regaining shared custody, we were forced to co-parent. For the next two years of supervised visits, I made the most of the time when I wasn't with my kids to release the red-hot molten lava of volcanic rage that brewed within me.

In the steps that follow, I'll reveal the practices that empowered me to relax, release, and achieve forgiveness and peace.

For obvious reasons, my ex and I corresponded mostly by email at this time. My ex would send two very different types of emails. In the first, he would discuss legitimate co-parenting issues, logistics, and coordination – and these emails I answered cordially and collaboratively.

My ex's darker missives were attack emails – I thought of them as “big blocks of black.” The moment I opened the email I could tell which type it was. The “big blocks of black” were single paragraphs that covered the screen, a run-on spew of accusations, denigration, criticism, and contempt.

My ex could still push my buttons. Too often, Sir Ego would take the bait and respond by writing caustic, inflammatory, defensive emails. Though I would eventually be free of these triggers, at this point in time Sir Ego was often still overwhelmed by the memories of endless courtroom hearings where my ex lied blatantly about me and attacked my motherhood.

But when I had penned the tirades to my satisfaction, instead of smugly pressing Send, I would click Delete. I had reached the extremely important point where I was able to *recognize, acknowledge, and admit* that my ex's latest venomous tirade had triggered Sir Ego – and that there was *no need* to respond in kind.

By becoming aware of what was happening, I was able to deny him the attention and satisfaction that his unprovoked psychic assaults were designed to achieve. And then you would have been surprised to see how quickly they stopped coming!

I realized it was all I needed to do: recognize when I was being triggered, and refuse to indulge Sir Ego's angry knee-jerk reaction when I wasn't being treated as I pleased – and then simply wait for the Wise One to show up and guide me.

We must recognize that we are being hijacked – and we must be able to catch ourselves in time to stop the reaction.

“Anger is fear's bodyguard!” *We must be aware of our fears* before we permit ourselves to lash out in anger. We must know that we are angry and about to explode before we allow harsh words to roll from our lips. We must clearly see and acknowledge that we are truly hurt, tired, or hungry *before* we reach for the wine bottle to drown the unhappy feelings.

We must acknowledge and admit that we are feeling fear before we allow our fears to take control and compel us to lash out – “back at ya!” – and accuse our spouse of some adequately devastating trumped-up charge.

The moment you recognize that you’re being triggered, remember this crucially important aphorism:

“Pause Now or Pay Later!”

If you don’t immediately step in and stop the knee-jerk fight-flight-or-freeze response, your ego will have total control over you, and you’ll find yourself helplessly operating from its weakest place of fear and old wounds.

Even though you will almost certainly feel an urgent, powerful need to react immediately, as if your very life was in danger from a raging forest fire or a violent tornado – you must understand and know clearly that those reactive knee-jerk impulses are nothing more than a futile, utterly doomed, attempt to stop the discomfort, very temporarily, instead of a means to deal effectively with the situation.

Even – and especially – in a life-threatening situation, the Wise One’s response will be far more effective than Sir Ego’s panicky flailings!

Impulse control is very difficult to cultivate in the presence of our powerful inner urges. It takes long practice and a deep commitment to learn how to master them, along with a clear expectation that it is going to take hard work, perhaps over considerable time.

When you are finally thoroughly fed-up and tired of “paying later,” and as you witness the extremely gratifying positive results of these practices, it will become much easier, and it will feel more natural to press pause and then proceed to the next step. Eventually, it will be your habit to pause, step aside, and welcome wisdom whenever you recognize your triggers.

DELUSIONS OF THE EGO

Before we can bring our emotional overreactions under our control, it is imperative to begin to understand what's going wrong and to recognize it whenever it happens.

Think of a deeply troubling situation that has plagued you, perhaps for years. Take a moment to think of all the ways it has hurt you, and all the ways you've tried unsuccessfully to fix it.

Take a moment to notice your inner energy of fear, anger, or hurt. Notice how your heart instinctively closes and wants to run away from feeling the full force of the hurt – how your breathing gets shallow, and your muscles get tense. There may also be a surge of energy as the fight-or-flight reaction/response takes hold. Sir Ego is suddenly on high alert, tensed and ready to grab his default coping weapons – which are generally the sword, the lance, and the shield! Your mind is instantly busy, frantically seeking exactly the right coping strategies and attack tactics, or desperately trying to suppress the event and shove it away.

These inner trigger reactions are very real, and very powerful – they can instantly set in motion an inner tornado of energy far too powerful to be simply set aside with the mind's feeble weapons of words and logic.

What can we do with the great tide of energy that is suddenly surging through us and demanding to be released?

We've all encountered these powerful moments that exceed Sir Ego's control – present moments or memories of excruciating pain, humiliating defeat, stinging rejection, the agony of abandonment, or terrifying trauma.

Energy is passing through us all the time. In normal circumstances our body employs energy to operate our eyes, ears, and perform many thousands of additional functions simultaneously.

We are surrounded by energy currents that we can't see, hear, or feel – radio waves, electromagnetism, dog whistles, and much more. Driving down a city street, we are assaulted by a ceaseless barrage of audible

noises and imperceptible silent vibrations, of cars, wind, and the invisible magnetism of power lines and wi-fi signals. And because we feel no threat from, or attachment to these vibrations, we allow them to pass through us unimpeded and mostly unheeded.

And then something happens that triggers an intense emotional reaction. A car slams into ours and we're suddenly flooding with so many emotions that we're utterly unable to process them all.

Our minds are racing. Where did the car come from? Are we hurt? What about the people in the other car? How badly is our car damaged? We'll be late for work! Whose fault is this? Whom can we blame? Who will pay? Ouch, my legs and back are screaming. I'm too scared to speak. It's simply too much to process the massive sudden assault of experiences, which are accompanied by myriad chemical and neural reactions in our bodies, heart, and brain.

So, gradually, as we begin to feel calmer and take the measure of the situation, we store the event in the subconscious regions of our awareness to be processed later.

Now, for hours, days, weeks, or months we are hyper-vigilant whenever we drive, fearing a recurrence. We instantly blame the other driver, never mind the true cause. This was not part of our script! And yet here we are. But we resist. We try to wish it away. We want to undo the damage and return to normal as quickly as possible. What we don't want to or cannot do is face all of the fears and pain that happened in that brief, panicky moment.

Whenever we clamp down on our trigger experiences, they cannot pass through us, and so they remain stored in our energy body, like tiny tornados swirling with all of the fear, anger, loss, abandonment, rejection, and humiliation of the original event.

What we don't realize is that all of the sensory memories of this and many other events are stored as energy bundles deep inside us – all of our thoughts, emotions, and our memories of the look on someone's face, the

color of their shirt, the sound of metal crashing into metal, the colors of autumn leaves, the whistle of a train that carried away a departing lover. And now, any event that summons these details can cause the original emotional trigger to open and come to life.

The events of our lives lie dormant in us, hidden until something happens to trigger them, when something or someone reminds us of the original event. When triggered, they release an energy that can easily overwhelm us with raw emotions, even though the original event may long dead to our conscious memory.

The thoughts, emotions, sights, and sounds suddenly return with a thunderous, terrifying explosion of feelings, or as a subtle or subconscious but undeniable tide of emotion. Countless trigger events are hidden in us, waiting to explode, perhaps violently, when some event in our present life pulls the trigger.

Hence the fight-or-flight response – the sudden flooding of powerful neurochemicals such as adrenaline and cortisol, accompanied by fiery jolts of energy flashing wildly across the vast network of our nervous system.

As the energy rises to our conscious brain, it commandeers our thought processes, replacing them with sheer raw emotional energy that sends Sir Ego scurrying to slam shut the portals to the Wise One.

Scientific studies by Greg Braden and by the Institute of HeartMath confirm that the heart has more neural networks than the brain – it has 40,000 specialized cells that create a neural network that can operate and react independently of the brain.

As we know from our own experience, the heart has a “mind” of its own. What this implies is that we can never solve the problems of our heart with the mind.

The brain has no capacity even to understand what is troubling the heart. Before we can even begin to try to control our emotions using appropriate tools and methods, we must willingly allow the heart’s energy to open and

flow. We must be willing to experience the whole orchestra of emotions; and only then will we be able to discover, with the heart's own wisdom, our ability to heal and grow and achieve our life's highest goals.

Until we can learn to recognize our trigger moments and respond to them with calm control, Sir Ego will continue to be free to force his script upon our world. And because the Wise One never imposes his wisdom on us, we must slowly, painstakingly, develop a habit of calling on him, even when our nervous system is screaming forth its demand for a reaction – any reaction!

Until we can begin to recognize our need for the Wise One's wisdom in each trigger moment, even the most violent, we will never enjoy the freedom of our true, divine self. Our power to invite the healing light of wisdom into each trigger affray will grow as we live more and more from a new perspective where there is sufficient clear light and wisdom to motivate us to take control of our rebellious emotions. For this is the only sure path to be free from our self-harming emotional reactions.

Every time we are able to recognize that we are being triggered, and that we had better do something about it, or else risk the painful consequences, it becomes a little bit easier to anticipate the trigger and take preemptive action to steer its energy into healthy channels.

When that next trigger signals its approach, with a dark, disturbed, restless feeling, like a cold wind in advance of a black storm cloud on the horizon, will will catch ourselves sooner...and sooner...and sooner, even if we still unable to resist the powerful temptation to let Sir Ego react.

The good news is that, even in the beginning, a tiny effort will produce gratifying results. As we become more and more mindful of our state of being, we will be more and more free to choose how we will respond.

Even long before we have perfected the art of impulse control, we will enjoy the satisfaction of being more inwardly free than when we were blindly reacting, swept along in every crisis by our hijacked ego.

There are two principal ways to recognize when you're being triggered. The first is "fix-it thinking," where we're desperately trying to fix the uncomfortable energy that has been triggered. We feel a desperate need to fix the situation so that it will stop triggering uncomfortable emotions and we can get back into alignment with our life's usual script. Our mind is buzzing, desperately seeking a solution among a host of mutually conflicting ideas, self-justifying excuses, and blaming and revenge thoughts – none of which will truly resolve the situation.

Here are some warning signs that you're being triggered. You'll learn your own warning signs in time.

Here we go again.

This is how I need you to be.

I can't believe this is happening again.

This shouldn't be happening.

I need to teach them a lesson.

I need to make sure they don't do this again.

Another sign that you're triggered is physical. You feel your heart is closing, your breathing becoming shallow, and your neck and shoulders tightening. These are signals that your body is clamping down in hopes that it can shut-down the energy of the triggered emotions that are causing the discomfort.

These are physical signals that the body is preparing to fight or flee. Adrenaline is pumping and we feel powerfully compelled to ACT NOW!

But let's press pause for a moment and ask a simple question. What, exactly, are we reacting to? Are we looking objectively at the present situation and responding calmly and appropriately with real solutions? Or are our body, mind, and emotions just jittering about like popcorn on a hot pan?

Are we relating to the original "car crash," or to our own out-of-control emotional reaction to the crash?

The answer could be revealing – and very helpful.

Whenever the ego's jittery script for immediate action conflicts with the calm, objective wisdom of the Script of Creation, the Script of Creation will win every time.

When you were being triggered, emotions doing their jitterbug dance you may have suspected in the midst of the emotional mayhem that there was a higher level from which you would be able to handle things gracefully, effectively, with perfect poise and *savoir faire*.

You may have had the same feeling many times – there was a quiet voice somewhere in the back of your awareness that was looking on and saying, “Oh dear, I’m running wild with my emotions, even though I know I’m going to end up in the same old place, Out of emotional gas and still without a real solution.”

We hear the still, small voice of the Wise One time after time, and we either decide, in the rush of extremely persuasive – and unstable – emotion that the wise inner voice can’t possibly be true.

But it is. If you hear the Wise One knocking, bearing gifts of insights that will help you learn a valuable lesson and be victorious in the present situation, it will pay immense dividends to remember that you are free to stop, step aside, turn on your will power, and insist on *waiting* to respond until you’ve opened the door and invited the Wise One to come in.

A simple principle of physics tells us that *energy persists*. The energy of our disturbed emotions isn’t going to go anywhere – we *must* deal with it. If we try to suppress it over here, it will pop up over there. Our trigger events make us aware of an energy that is suddenly flowing through our life and that wants to be released. It can never be permanently suppressed – nor is it ever wise to carelessly express it.

The wise strategy is to learn to allow the energy to pass through us, even though the experience may be extremely unpleasant. It’s not easy to allow feelings of rage, revenge, great sadness, hopelessness, and despair

pass through us – and then step back and, for the moment, do nothing about them.

Over time, Sir Ego learns that his wild, reactive responses are *always* ineffectual, and that the Wise One's counsel is far *always* effective.

It takes practice, and knowing our options is a big step forward. With the help of our life coach – the Wise One – who always wants our highest happiness, we will become increasingly aware of our triggers, and able to transmute the energy of those knee-jerk emotional reactions into calm, patient, healing wisdom that will be a blessing for ourselves, for those in our immediate surroundings, and for the world.

4. RECOGNIZE: THE WISE ONE SEES THE MOMENT OF CHOICE

EFFECTIVE DESIGN AND PURPOSE

The Wise One's awareness encompasses enormous vistas – from the highest heavenly realms to the minutest details of our everyday material-worldly reality. It's why the Wise One is able to offer us both spiritual and material solutions in response to our call.

The Wise One has our highest spiritual welfare and our highest happiness forever at heart. The Wise One sees that earthly pleasures will never completely fulfill us, which is why he, like a wise surgeon, accepts that our expansion and ascension may require bouts of pain.

The Wise One knows that pain is nature's way of breaking the hard shell with which we shield our hearts. He is, above all, intent on exploding the protective barriers with which we try to close our hearts against that world – but only so that he can teach us compassion and saturate our open hearts with his unspeakable love.

I see us proceeding on our very personal spiritual journey across a series of steppingstones, one trigger after another. When we are ready for the next lesson, something will happen in our lives to trigger us – it is the Wise One, calling us to learn our present lesson and advance to the next stone.

If we fail to learn a lesson, we will circle back, perhaps many times, until we complete it. We have eternity, after all – no hurry. This is why we appear to keep repeating the same difficult lessons in slightly varied forms with escalating magnitude until they become powerful enough to make us receptive to our need to change and finally willing to learn the lesson.

Know this: you have everything you need, and you are entirely capable of passing the test before you and proceeding to the next steppingstone, or else it would not have been presented to you at this time. Our progress is

like mounting a spiral staircase that leads gradually but steadily upward. We must ascend one step at a time, and we can never skip a step.

Before we were born, our Wise One signed off on our lesson plan, which I like to think of as our life's "karma-riculum." At birth, we pass through a veil of forgetfulness, so that in our newborn ego we are unaware of having agreed to the lesson plan for this life. Once we are born, and as we grow, we find that we will magnetize the circumstances that we need to learn our lessons, and that once we've learned each lesson and it no longer serves us, the circumstances simply fade away.

In this present life, I have found that even the most intractable problems have followed this natural pattern: lesson given, lesson learned, change of circumstances. I would now like to share three experiences that helped me gain a tremendous, tangible faith in the Wise One through very real tribulations.

A PERSONAL EXAMPLE

Here are two examples when I recognized that my ego had no answers for the problems confronting me. My only hope was a divine solution. Sir Ego had no idea who to solve these problems and I knew that his fear would paralyze him, rendering him hopelessly ineffective. With courage, determination, and faith, I just kept taking one step after another and was amazed at the results. The Wise One took over when Sir Ego conceded he didn't even have any more ideas, not even bad ones!

My DUI drunk-driving sentence included four months of substance-abuse rehabilitation after I'd served my jail time. After three months of substance-abuse rehab, I was released for a week on a technicality, but then had to return to serve the remaining time.

The week of freedom from rehab was a whirlwind of miracles. When I was released, I had less than ten dollars and had serious debts that I had been unable to resolve as I waited for the divorce settlement.

My credit score hovered around an abysmal 420, and my house had sold while I was in jail. I had expected a six-figure settlement, but I had

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lost all of my leverage and would never see more than a tiny fraction of that amount.

My car had been impounded when I was arrested on the DUI, and it had been sold at auction to pay the impound fees.

I had nothing, and nowhere to go. Yet, during the week of freedom I was miraculously able to reassemble my entire life.

I had made a friend at church who invited me to stay at her home. Twenty-four hours later, I was in court with my ex and received a \$5,000 advance on my settlement – not a lot, but it was exactly what I needed.

Within forty-eight hours after my temporary release from rehab, I found someone on Craigslist who was moving out of state and needed to sell her car ASAP. She didn't care that my driver's license was suspended. She gave me the car for \$1,500, with an agreement that I would take on the payments. After a week, the company that had financed the car told me they couldn't accept my payments without proper signatures and paperwork, and because neither of us could find the seller, I had to return the car – but during the week that I had the car, I had gotten a job and a house!

At the point when I moved into my church friend's home, I had sent three or four resumes and had received an immediate summons for an interview. While I had the car, I went to two interviews and was offered a lucrative job as a financial analyst with a major non-profit company, to start in two weeks. This meant that I was working full-time and had received my first paycheck, even before I left rehab!

During the week, I also found a wonderful three-bedroom house close to my children's school, with vaulted ceilings, a fireplace, and a dog door for my beloved Lab. Everything I had in the world to offset the demerits of my lousy credit score was a \$3,000 check for the deposit on the house, an offer letter from my future employer, and a vague promise of an expected divorce settlement. Yet the kindly landlord took a liking to me

and accepted my pathetic sub-par application. I moved in on a weekend pass from rehab.

Before I went to jail, I had tried for two years to get a job for and had spent months looking for a rental home. Yet in one short week of leave time, all of the pieces had fallen together.

I have a powerful feeling that these miracles were possible because there was an imperceptible connection between me and the car owner, the new boss, and the landlord. Something inside each of them told them to take a chance on me.

What we think of as extraordinary good luck or synchronicity may, in fact, be the Wise One working behind the scenes on our behalf. Although I had tried to change my material circumstances by creating a workable post-divorce life that included getting a job and finding a rental home while I was still dealing with my toxic addiction to alcohol and negativity, the job and the home stubbornly refused to materialize.

I also found that I was somehow magnetizing everything that I feared to come into my life. But when I was in jail, and my consciousness began to change, and I realized that I needed to take responsibility for my life, including turning with my attitude around 180 degrees and align my consciousness with the Script of Creation, everything changed.

Everything I needed started coming to me. As I learned pivotal lessons and cleared a number of energetic blockages, my Wise One was able to attract what I needed through an amazing synchronicity of events and a sudden appearance of benefactors who were magnetized by my loving energy.

If there is a single important lesson that I believe we should all take from my experiences, it is that we should be on the lookout for the synchronicities in our lives, because they are the working of the Wise One. Since these experiences, I have never doubted the power of the Wise One to give me what I need, when I need it – though usually not a moment too soon!

Until we develop our own inner strong connection to the Wise One, we will not generally hear his voice speaking to us clearly, although we can feel his response with our intuition. We “just know” that we should apply for this job, or apply to rent this house, or call an old friend to see if she will take us into her home for a week.

We have all probably had the experience of praying for help, guidance, or comfort, and feeling that we’ve received an answer to our prayers. I will never forget the first time I clearly knew that I had heard from the Wise One. It was when I received the answer to a question I’d been asking for quite a long time. The answer to my prayers was unmistakable – it was an abrupt, crystal-clear leap from the mud puddle where my ego had been wallowing, to a higher realm of eternal truth. I knew that I was being boosted into a higher octave of my life, and onto a new plane of existence. I have since noticed that it is very consistently true of my connection with the Wise One, that it is always a crystal-clear “Aha!” moment, a profound insight, or a deep new realization that seems to come from left field, or from out of the blue.

My teenage children were both in the throes of major depressive events. One had attempted suicide, and both were having trouble attending school. When they began home schooling, they were incapable of doing even a few hours of work per week. They spent almost all their time in their rooms with blinds drawn, where I would bring them their food.

My bright honor-roll JV sports kids were in the abyss, a place I was thoroughly familiar with. Having been there myself years earlier, I had an exceptional grasp of the nature of my kids’ situation, including the pain and the healing.

There is an idea that served as my constant guide through these difficult circumstances:

Fear is the absence of love.

Sir Ego realized he had no idea, not even bad ones, for how to live in this way. He was grateful to retire from the field because he was so

overwhelmed. The Wise One arose with strength, wisdom, and patience to uncover unconditional love, the perfection and beauty in the chaos and pain.

This was hard for me to hear, but its truth and potency eventually overcame my doubts and concerns. Learning this lesson healed my codependency. In our lives, there really is no perfectly mixed platter of “some love” and “a little fear.” Sir Ego thinks that this combo platter of a little bit of love and a little bit of fear is what is meant by “caring”.

“I worry about you because I care for you.” But this is fear disguised as love. I like to think that the Creator has no grandchildren – and that’s why I knew my children were always safe in His arms, and that my job was to have faith in this bedrock fact. It was for me to see and care for their divine well-being, even while they could not.

What we are most truly longing for is Atonement: to realize our true destiny of perfect love, unity, and eternity, beyond the material world.

Let’s summarize our steps so far.

- 1. First know that what we’re feeling is fear.*
- 2. Realize that fear can only exist where there is a lack of love.*
- 3. Know that the only remedy for lack of love is perfect love.*
- 4. Perfect love is the Atonement.*

*(I’ve borrowed these steps from A Course in Miracles
2.VI.2.)*

What is “atonement”? The ego thinks it means “punishment.”

No matter how Sir Ego suppresses or denies his mistakes, at some level he believes he deserves punishment for them. Unaware of his perfect divine nature, he identifies with his mistakes and feels guilty and ashamed. Unaware of the Script of Creation and its karma-riculum for his life, he believes that punishment is the only way he can atone for his crimes – of course, he doesn't really want punishment, so he projects his guilt and shame onto others and tries to punish *them*. He tells himself that he's right and they are wrong – their crimes are worse than his.

Thus, our collective ego believes that mistakes are sins to be punished rather than mistakes to be corrected. But if we could see our karma-riculum as the Script of Creation sees it, we would realize that atonement is at the core of its lesson plan for us. We do have to deal with our past mistakes – not by being damned to hell for all eternity, but to open our eyes and learn to see the sinless Divine in ourselves and our brothers. With divine sight, we are lifted into the holy place of the Truth which is our true home.

In truth, our karma-riculum is never punishing or condemning. Mistakes are a natural, expected – in fact, a welcomed – part of the divine script for our lives. We learn by making mistakes – seldom by being preached to, or scolded, or punished or damned.

The Wise One attaches no sense of shame or “sin” to our mistakes – they are simply lessons that must be learned and then discarded – no equal punishment expected or required.

The ego is accustomed to thinking of itself as isolated, independent, alone and separated from a Creator who is watching us with a fierce expression, and eager to mete out punishment. But that's just the ego talking. The real atonement is learning – atonement is enlightenment, liberation, freedom, and perfect joy. Atonement simply means reconciliation with our own Divine Wise One.

In my ego-self, I experienced an almost overwhelming fear for my children. I knew that what they actually needed was more love – all of the love I could possibly give them. But I faced a quandary: on one side, Sir

Ego was screaming that I needed to be the good parent who would arrange a perfect, elaborate system of overarching protections. I should implement rewards and punishments, enact safeguards (especially against suicide), enlist physicians and psychiatrists to prescribe pills and procedures, and force the experts to tell me what was wrong so that I could fix it.

Damn it! – I couldn't deny that my thinking was being driven by fear – fear! – fear! And that my fears were making my heart close tightly.

After endless trial and error, I realized that my own painful emotions were making me so tightly controlling that my kids were interpreting my inner resistance to my emotions as resistance to *them*. It was the worst possible outcome, when I was really just ineptly trying to maximize love!

For several months, my biggest question to the Divine was: “How can I parent them responsibly while giving them only love without fear?”

As I awoke one morning a new thought appeared in my mind: “Take the eternal perspective. Take the God's-eye view. All three of you are eternal souls, safe in the arms of the Creator. There is no doubt about the end of the story – we will all return to the heart of the Creator when we have learned our lessons. You are not the safe-keeper of your children's souls – the Creator is perfectly adequate to fill that role.

“Fear not! Although you know that everyone must pass the final exam and return to the Creator, we will get failing grades as a natural and expected part of the curriculum. That is not a problem. We can retake our failed midterm exams as many times as we need to. When you were in jail you imagined that you'd failed your lessons, but those experiences were the turning point in your understanding and your willingness to learn.

“You do not know how well your children are learning their lessons, but you do know that something important is happening deep inside them, although you can't see it. It is not for you to know. Their path is their own. Your highest contribution to their welfare and success is to picture their perfect, divine selves emerging from this trial. Don't see them as broken or helpless. Bring your fears to Me, your Creator, and approach your

children with only love in your eyes. If you must implement boundaries or set consequences, do so with love and without judgment. They are free souls, and they must learn by trial and error, just as you have.

“This is the meaning of unconditional love. This is how the Creator loves and parents you. As you channel His love to your children, you will open yourself to receive more of divine love. You will receive even as you give.”

WOW! I was stunned by how far removed from my previous thinking these new thoughts were. I was dazzled by how profoundly they rang true – and how simple they were!

The memory of my awakening at this time would sustain and guide me through the two years that my children continued to struggle. I came to know, without the slightest shadow of a doubt, that they would climb rapidly out of their struggles and go to college – and so they did. Both of them graduated from high school and college on time, with honors, and both have built successful careers in the field of medicine. Most important of all, they are wise young people who have transcended the dark night of their souls.

I am happy to add my testimony that unconditional love is powerful stuff, and stronger than any fear!

RESTORE THE WISE ONE AS SOVEREIGN OVER SIR EGO

Nowadays, “Mindfulness” is a popular topic. But I believe we need to be crystal-clear about what it really means.

It isn’t very helpful if the ego is mindful – it just means that we’re able to concentrate more fully and immersively on the ego’s affairs. For example, Sir Ego loves to study its own neuroses and pry into everyone else’s.

When the Wise One is mindful, we are able to see our path clearly and advance quickly. We watch Sir Ego go through his emotional explosions and mental machinations but do not follow his misdirections.

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The ability to step back and be mindful of the state of our thoughts and feelings at all times is the surest way to recognize when we are being triggered. Otherwise, we can easily become lost in triggered emotions.

Mindfulness, understood as clarity in the midst of chaos, is a wonderful aid to be able to know if we are operating from our higher or lower self.

The Wise One is calmly mindful of our internal state – whether our mind is calm and peaceful or if it's a “monkey-mind.” The Wise One is also mindful of the state of our heart: whether it is loving and open, or defensive and closed.

The Wise One is even mindful of the state of our stomach – calm or queasy. The Wise One is mindful of the state of our gut: intuitive or tormented by pain and confusion. The Wise One is mindful of how others see us: as compassionate or confrontational.

The Wise One is mindful of others' response to us: receptive or resistant. The Wise One knows that if someone is resisting us and we become aware of it, it will be no help at all to resist their resistance – which would only end up as a tug-of-war.

As we become ever more mindful and expansively aware, we are increasingly able to spot the first signs that our ego is being triggered.

APHORISM.

*THIS IS THE MOMENT OF CHOICE. - WE HAVE THE FREE
WILL TO CHOOSE FEAR OR LOVE.*

When we recognize that we are being triggered, the first step is to decide which part of our consciousness we will respond from: Sir Ego or the Wise One.

If we choose the Wise One, we will gain the freedom to calm the fight-flight-freeze response. But if we don't choose to pause, step aside, and

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work hard to calm our reactions, we'll be in danger of giving the ego free rein to indulge in its old, self-harming reactions.

At such times, we must recognize that life is giving us a unique, one-time-only choice. If we don't choose to step aside, pause, relax, and let the Wise One emerge and guide us, we will *always*, invariably, find ourselves in an emotional freefall, with no possibility of resolving the situation in a way that will be a blessing to us and to all involved. Eventually, we realize that it is easier to *stay out* of fight, flight or freeze response than to *get out* once we have fallen in.

The longer we allow ourselves to fall, the harder it will be to put on the brakes, turn around, pause, choose, and re-enter the situation with the right tools to resolve it.

Once we are committed to a downward fall, the ego immediately becomes thoroughly invested in its position. It will then lash out reactively, which of course will pour gas on an already volatile situation. As the bonfire of reactive emotion burns hotter, it will be increasingly difficult to stop it.

Below, I will insert a summary that will help you discern the level of your consciousness relative to the present situation, and I'll suggest tips for turning over control from the ego to the Wise One.

Included will be some suggestions for ways to monitor your thoughts and your general mental and physical state, to help you quickly recognize when you are being triggered and how to calm those unfortunate knee-jerk reactions.

I will also suggest prayers and affirmations that will help you remind yourself of right intentions, and help you ask for inner divine guidance.

Finally, I'll suggest some journaling prompts that could help you explore the issues you're presently facing and escape the circular thinking that we typically fall into when we are feeling triggered and panicky. At those times, journaling can help us see more clearly and objectively, so

that we can catch sight of a straight path ahead and be more open to receive the Wise One's help.

At the end of each group of chapters, I will include a chart of physical symptoms, feelings, thoughts, affirmations, prayers, and journaling prompts that will help you integrate these truths on ever-deeper levels.

Michael Singer, author of *The Untethered Soul*, devised a way to observe the subconscious, with all its hidden triggers, so that we can expose them to the Wise One's light and release them.

Imagine that you're surrounded by people on all sides. The people in front of you are the ideas and emotions you're aware of and accept. The people behind you represent the subconscious – the thoughts, feelings, and memories that you are not consciously aware of and/or don't accept – these are your hidden troublemakers.

The goal of this practice is to become more aware of “people” standing behind you in the subconscious, and to accept this emotion (however painful it may be) and move the person to the front – into your conscious awareness.

As you practice daily, your awareness will gradually expand. There will be fewer troublemakers hiding in your subconscious, with less power to surprise you by triggering blind emotions. Sound good?

I suggest that you keep two journals, one to record Sir Ego's trigger prompts and the other for the Wise One's liberating counsel.

I strongly suggest that you periodically conduct a sacred purification ceremony where you burn the latest pages of Sir Ego's blusterings.

Fire is traditionally a symbol of transformation. Your focused attention and your powerful intention during the ceremony will help you purify low-vibration thoughts and emotions and transform them into high aspirations.

While it can also be helpful to burn the pages with the Wise One's guidance, for now, I would recommend that you keep them, as it can be helpful to review these uplifting passages from time to time.

You may want to copy an unusually strong aspiration from your Wise One's journal onto a separate piece of paper and burn it. Re-reading it periodically will show you how far you've come and remind you of techniques and thoughts that have been helpful. Sir Ego needs positive feedback and reinforcement to help him become more willing to choose the Wise One.

Reviewing your progress will give you deep satisfaction, as you see how you've peeled back the ego's suffocating layers. Feel free to create your own list of helpful sayings.

RECOGNIZE STAGE

Moving from Sir Ego to the Wise One

Tools to help you shift your consciousness	Sir Ego Perceives a Threat.	The Wise One Sees the Moment of Choice.
Ego's Script versus The Script of Creation	This situation is not in alignment with my script.	The Script of Creation has a lesson for me.
Thoughts and Feelings	Something is wrong, very wrong! This isn't right. I must fix this. I must teach them a lesson. I need to make sure they don't do that again. This isn't fair. I lean forward into the energy.	The Wise One is aware that a lesson is in our path, appearing as a test or challenge. I know that I am ready to face the test and learn the truth that will dispel the delusion that something is wrong.
Physical Sensations	Heart and stomach feel tight, mind becomes busy, breathing is shallow, shoulders are tight. I'm in confusion about how to respond.	I reverse the fight-or-flight response by taking deep breaths, setting my shoulders back, opening my heart and chest. I choose to control my impulses.
Useful Thoughts to Move from Sir Ego to the Wise One	This is a trigger. This is a fight, flight, or freeze response. I don't want to act from this fearful energy.	Because I am aware of this trigger, I am ready to accept this test and to release this old energy to learn the lesson.

RECOGNIZE STAGE

Moving from Sir Ego to the Wise One

Prayer to Move from Sir Ego to the Wise One	Hold me and comfort me in this moment of need. In truth, I am safe in Your arms; it is only a delusion that I am in danger. I rely on You to help me through this dark tunnel.	Help me to cut every bond from the past that has been activated by this trigger, so that I will no longer carry this blockage with me. I wish to be free of this trigger.
Affirmations to Move from Sir Ego to the Wise One	I am triggered, and I wish to allow this energy to open and see the lesson it holds.	Open heart is good, closed heart is bad...for as long as it takes.
Questions for Journaling or Contemplation	Why do I care about this? What part of me is triggered by this? What past situations have triggered this same feeling? Keep writing until you get to your true thoughts and feelings about yourself, not the other that you may blame.	What is the feeling? Do I feel that I will be punished, rejected, shamed, abandoned, neglected, or appear unimportant and be overlooked, etc.? Although egos can treat each other this way, the Creator NEVER treats us this way. Which do I believe?

5. RELAX – SIR EGO RESISTS

EFFECTIVE DESIGN AND PURPOSE

The fight, flight, or freeze response is powerful, because its purpose is to focus all of our attention and energy on an immediate threat.

If your child is about to get hit by a car, it isn't a time to pause and reflect, but to react instantly! In a sudden emergency where there is no time to think, the Wise One's instincts take over and our body reacts. This natural response was meant to help ensure the survival of the species. The fight-flight-freeze response is the ego's most effective protective device. It is extremely effective in appropriate circumstances. However, in today's world it is most often triggered by perceived threats to our feelings, our character, our individuality, our identity, our reputation – and countless other non-life-threatening dangers.

Because the fight, flight, or freeze response was meant to facilitate a powerful hair-trigger reaction to dire danger, it can be dangerous when it is kick-started inappropriately by raw emotions.

If Sir Ego doesn't recognize a trigger and understand how to deal with it appropriately, by consulting the Wise One and choosing the highest path, the old, automatic, knee-jerk, instinctual, emotion-driven fight-or-flight habits are sure to take over.

While the fight-or-flight response enabled us to deal with saber-toothed tigers, in most modern circumstances it's an overreaction. The hyper-focused quality of the response is helpful in real emergencies, but not for dealing with daily threats to our emotions – the comment that hurts, or the personal slight during a meeting.

PERSONAL EXAMPLE

In my new job, I was blessed to have a great boss. An accomplished martial artist, he had the deep authority without defensiveness of a calm and balanced leader. In his mentoring of me, he was a skillful role model, mentor, and advocate. Yet I had a chip on my shoulder, and I couldn't help

carrying my victim consciousness into my work, my relations with my coworkers, and my precarious legal circumstances.

After three months on the job, I was arrested for driving on a suspended license. Nearly everyone in my alcohol rehab class had driven without a license, but they didn't have a vindictive ex who was eager to notify their probation officer. Thanks to my ex's blatant lies at my hearing, the judge sentenced me to thirty days of jail time instead of the more usual community service.

The fragile seedling of the new life that I'd been building would have been demolished by serving another jail sentence and likely losing my job, my home, and its contents.

And then, as if by magic, I was released after three days. Later, I discovered that the county sheriff was on our company's board of directors, along with my new boss, and that my boss had advocated for my release.

My boss now knew all about my past, in excruciating detail. Yet he had esteemed and appreciated me sufficiently to help with my scary legal problem. He even gave me substantial raises and promotions in a short period, which went a long way toward restoring my faith that good men actually exist.

Yet, every time my boss would criticize or correct my work, even mildly, perhaps because the font on a report was too small, I would find myself going into fight-or-flight mode.

I knew that it was completely irrational – he was my biggest supporter! But I also knew that it was very real. My nervous system would go sprinting into full-blown panic mode, fearfully waiting for the other shoe to drop.

On my nightly walks with the dog, I was literally afraid to jaywalk or neglect to pick up poop for fear that I would be arrested, and my ex-husband would advocate for the death penalty.

I began to notice how defensive I was in meetings when things didn't go my way, all because of the overwhelming panic energy that still raged inside me. But as I continued to practice the five steps until they became a habit, I suddenly had a major breakthrough.

I had been promoted to a position where I was tasked with leading a cross-functional team of folks who didn't report to me. And, unfortunately, one of them was an IT manager who stimulated my ex-husband triggers, which caused me to react defensively.

I particularly remember a meeting where I expected that he would resist my requests, only to realize that the others were also following his lead and resisting.

As I felt the fight-or-flight energy begin to rise, I consciously did the opposite – I opened my heart, pulled back my shoulders, and took a few deep breaths. I then heard myself say, “I realize this request is causing you concern for our company's data security. I share these concerns with you, and I would not ask you to do something that jeopardized our security. I am asking if you can find a way to accomplish this objective without jeopardizing the data security so that we can provide the managers with the financial information they need to manage their departments.”

The dark cloud that had been hovering over the meeting and crackling ominously melted away, as each of the attendees gave their input and we arrived at a solution that was acceptable to us all. This never would have happened if I had been responded to their confrontational energy with offensively or defensively – trying to be right or making them wrong. This would have only hardened their position.

Such is the power of the Wise One! The person in a group who holds the highest consciousness will prevail for the benefit of all.

DELUSIONS OF THE EGO

As soon as we recognize that our reactive emotions are being triggered, we are presented with two choices. We can either let the ego be hijacked, light-up its defenses, and indulge in its old, habitual behaviors – or we can

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resist and reverse our fight-flight-freeze instincts and consciously choose the higher path.

If we fail to dampen the fight-flight response, we will feel defensive. We may believe that we are fully justified and duty-bound to defend ourselves effectively by following the ego's reactive fight-or-flight tactics, we are in fact defending a delusion – an illusory, imaginary belief that the little reactive ego is what most truly defines us.

We are so much more! But we will only discover our higher, true Self when we can learn to rise above the ego's little cat-fighting world of primal, instinctual reactions and its self-protective imagined beliefs about its fellow human beings.

The ego believes that it is defending itself by excusing, justifying, rationalizing, attacking, blaming, avenging, defending, and flat-out denying.

These are the defenses the ego uses to try to defend its script and its present and past misbehaviors and project its naughty thoughts and feelings onto others. Hint: When it's difficult to see these attitudes and behaviors in yourself, try studying them first in other people, especially where they are glaring.

In the heat of the moment, when the ego feels attacked, threatened, and vulnerable, it will be, at first, extremely difficult to step back and observe the ego's defenses objectively. When our nerves are burning with fear and anger, it is hard to stop the ego's hissing and spitting reactions and calmly step aside and watch its overwhelming urge to attack, project, take revenge, and generally make the other person wrong.

What is really happening when we are in this state? It is impossible for Sir Ego to see the situation objectively as long as he is consumed by panicky feelings of fear and anger.

We resist the need to step back and calmly evaluate the reality before us, because we are consumed with a desperate need to deal with the

triggering emotions inside us. What we must learn, step by step, is that this is a maladaptive response in *any* situation, because it pulls in the shadows of our own past that are irrelevant to the current moment.

In the meetings with my coworker who triggered my powerful emotions from my memories of my ex, I could have reacted submissively or aggressively, as I had with my ex-husband, but neither of those responses would have been effective for resolving the very different matter at hand.

The overwhelming intensity of the emotions that are stimulated by stress hormones flowing through our bodies during a fight-or-flight triggering event makes it seem essential to respond. We are consumed by an imperative need to act – to brandish our sword and lance and raise our shield. It feels *so right*, because it gives us a false feeling of strength, power, and righteousness.

The powerful emotions of the trigger moment are like a haze that descends over our minds and blinds us to an objective view of the situation. In our fear and anger, we instantaneously create a huge Cinemascope-size image, complete in its tiniest details, that tells a story about the others' nasty intentions, evil motives, attacks, slights, insults, disrespect, and disregard. Thus, in those moments we are unable to see that our big, full-screen image is an extremely fragile, shaky, vulnerable, shredded canvas that we have draped over the true reality – it is no more than a ghost of Christmas past.

It's almost laughable, if it weren't so fraught with dangers and humiliations, how we respond to our corrupted version of the events as if it were real.

We are fighting the ghosts of our own past, instead of effectively and efficiently negotiating the current challenges.

The ego believes that lashing out physically, verbally, or psychically, is a strength. It feels a momentary rush of power when it can blame the other person or put them down. It doesn't realize, or perhaps even care, that this

is a short-lasting emotional high that will *always* result in a long-term damaged-relationship hangover.

As you experiment with taking control of your triggers, you will quickly realize that it takes more strength NOT to surrender to the attack-defend impulse, than to give in to it. You will also discover that the effort required is absolutely worth it, because it delivers priceless rewards in the form of personal power, and healed and healthy, happy relationships.

Observe Sir Ego as he prepares for battle. He has picked up his sword and shield and is swinging them about menacingly, but without clarity about the true nature of the battlefield. Because he is itching for a fight, he will find it difficult even to *want* to communicate and collaborate in order to arrive at a healthy resolution. He is drunk with adrenaline, seized by an (almost) irresistible need to act-out the wild, uncontrolled imperative impulses surging through him.

Of course, it's nearly always a sure thing that his response will be disproportionate to the situation because he is responding to the spooky ghost giants of his own past, not the present situation in its true dimensions. Nevertheless, he is sure that he is right and that this shouldn't be happening, and that he alone can fix it.

This never ends well, and he knows it, but he is trapped in the whirlpool of the ego's habitual reactions.

The ego's goal is to get each new trigger-situation back into alignment with his script. Therefore, he focuses all of his energy on manipulating people and circumstances through fear or flattery, regardless of the damage he may be causing, since the ends justify the means.

In the Script of Creation, any right end has a right means to achieve it. Even when the ego has the right end in mind, yielding to the overwhelming temptation to take the shortcut of wrong means invariably results in unintended side-effects. Before I learned the power of aligning myself to the Script of Creation I tried to use nefarious means to make my ex look

worse in order to get my children back, instead of taking the first step of resolving my own issues.

I told the social worker about how much worse my ex was than I – how he was still actively addicted and a malignant narcissist. She advised me that if I pursued that route, my children would end up in foster care – possibly adding other addicts or malignant narcissists to their experience.

I quickly backtracked and resolved to take the slow, step-by-step route of one right action another to come into alignment with the Script of Creation.

The triggered ego's heart is closed to others, and his mind is consumed by his script for how everything and everyone *should be*. Meanwhile, those around him quickly recognize that he is incapable of collaboration, cooperation, negotiation, or fulfillment. Thus the ego quickly finds himself isolated, as he continuously causes turmoil in his relationships.

There is an even more insidious form of trigger-reaction that I like to think of as “unacknowledged resistance” – where the ego isn't actually in full-blown fight-or-flight mode, but is silently and internally facing away from the reality at hand, subconsciously advocating for its script, and covertly resisting authentic collaboration.

Unacknowledged resistance accounts for a great deal of damaging passive-aggressive behavior, backstabbing, gossiping, and sabotaging – all of which are deeply self-defeating. As the mildly triggered ego goes about its business of quietly destroying healthy relationships in pursuit of its agenda, it may feel like a victim, even though it's abundantly clear to others that he is the provocateur, living in a world of his own unhealthy persecution fantasies.

It's much easier to see these behaviors in others before we become aware of them in ourselves. But we must ultimately recognize that these thoughts and behaviors are like poisonous weeds, and that we must not allow them to grow, lest they destroy us. Therefore, we must become

vigilant to even the subtlest signs that we are not facing reality, but are pursuing our own script, driven by our fears and/or anger.

Clear awareness is the first step toward learning to relax and see the reality before us, surrender our overt or unacknowledged resistance, and fight hard to bring healing light into our world.

APHORISM

OPEN HEART GOOD, CLOSED HEART BAD

I consider this aphorism an absolute, universal truth. No matter how difficult, painful, unbearable, tragic, unforgivable, unfair, undeserved, and excruciatingly arduous it might seem, it is *always* true: “Open heart good, closed heart bad.”

A closed heart is an impenetrable barrier to the higher wisdom, compassion, power, light, and truth of the Wise One – period!

The closed heart is locked in fear, pain, and anger that express as a million subtle flavors of negativity. The closed heart cannot be penetrated by the Wise One, without our full consent. We are permitted to hold onto our pains and grievances for as long as we care to, but a closed heart can *never* heal them.

No amount of longed-for revenge, justice, vengeance, amends, assault, apologies, punishments, restitutions, do-overs, pleading, or begging can heal our wounds. It is very likely that you know this already, because you’ve tried all of these ploys, yet you’re still haunted by your triggers. The ego will continue to try until you, the sovereign ruler of your inner kingdom – you, the agent of the Wise One – choose to take full possession of your heart and open it to the Wise One’s light.

It is never easy or without pain to open a closed heart. It can be opened the way you stretch in a yoga pose. You relax into the pose, allowing your tight muscles to respond slowly, at their own speed, knowing that they will yield in their own time. You breathe into the stretch, and allow the pain to

flow through and pass, and you surrender your resistance and let the world be how it is.

6. RELAX – THE WISE ONE ALLOWS

EFFECTIVE DESIGN AND PURPOSE

The Wise One knows that this world is a school, and that it is not the ultimate reality. The Wise One in each of us calmly accepts whatever comes as the next, best step in our individually designed karma-riculum. The Wise One knows that our perspective is limited, and that we are unaware of the broad picture, and that we are therefore not in a position to judge well and act wisely.

Yet I'm sure that we've all felt, at one time or another, that our natural state *must* be filled with loving and joyful appreciation of the glory of this creation and our fellow creatures.

The Wise One in us is always open to receive the inspiration that we need to fulfill our purpose and our role as a seamless expression of the universal consciousness. Our Wise One lives in the ever-new flow of joy and love that athletes, artists, and inventors occasionally touch in moments of high energy, harmony, and inspiration.

The path of the Wise One dances between the physical and the metaphysical, the Shakti and Shiva, the Yin and the Yang, the masculine and the feminine. When the inner world is triggered, the Wise One is aware that this is but a step in the dance. The outer world may have stimulated the trigger, but transcending, overcoming, and releasing the trigger will take inner work.

A PERSONAL EXAMPLE

In my spiritual memoir, *Exalted Quest*, I introduced the idea that every trigger-event represents the next step in our karma-riculum, our journey toward Self-realization, freedom, and oneness with Truth.

It isn't our job to find the right teacher, book, retreat, church, religion, or crystals – it is the Wise One who is always guiding us on our path. Thus, we don't need to figure out our long-term career strategy and carefully

plan the steps to make it happen. Instead, our highest life was designed even before we were born.

We have been gifted with the talents, weaknesses, passions, resources, collaborators, benefactors, educational opportunities, and circumstances to fulfill our unique and sacred mission in this lifetime for the highest benefit to us, to those we touch, and to all humanity. Each gift, resource, person, or opportunity will show up at the appointed time in the Script of Creation.

Our life's purpose will be revealed as we follow our inner passions, release our karmic energy blockages, learn our spiritual lessons, and become receptive and willing to receive holy guidance and align our lives with the Script of Creation. And the best news is that we are not in competition with others for this path. It will never be permanently blocked to us, and it will keep reappearing, even if we miss the turn. The Wise One is leading us across the steppingstones, trigger by trigger, to fulfill our highest destiny by gradually expanding our consciousness. We are the only ones who can block our path by being unwilling to release the triggers that promise to reveal the wisdom and consciousness we will need to continue on our exalted quest.

When my life crashed, at first, I blamed my toxic ex-husband. But when I landed in jail, it became clear to me that I had to take responsibility for fixing my life or it would never get fixed. My ex sure wasn't going to fix it by apologizing or making amends! He did everything in his power to thwart my recovery, healing, and rebirth. Most importantly, his consent was not required for me to save myself.

From my understanding of *A Course in Miracles* and Jesus' teachings on forgiveness, I knew that forgiveness was a chariot that would deliver me from my self-imposed inner prison and promote my healing and resurrection.

Although it was a long and rocky path to release the rage and hurt of betrayal, in time I succeeded, and I now no longer have any emotional reactive response to my ex. We ended up being able to co-parent more

effectively than I could ever have imagined. He seems to have changed his perspective, even offering me a surprising and meaningful hug at our son's graduation from his nursing program.

My heart broke open to witness how love and forgiveness had healed our family – and it was wonderful for our children to see their parents at peace. Once I had forgiven my greatest nemesis, how could I not, literally, forgive anyone?

The next steppingstone was my previously mentioned adversary at work. Nothing he did could compare to what my ex had done – so how could I not make the effort to forgive him? Knowing how forgiving my ex had healed me, why would I want to hold on to any new frustrations and resentments?

I began forgiving everyone who bothered me, not only at work but in traffic and in line at the grocery store, friends and enemies alike. I became a different person as noble qualities of compassion, generosity, kindness, and graciousness began to appear when my defenses were stripped away. I cannot tell you how surprised I was to see these qualities arise, unbidden. My ego did not have the emotional or psychic energy to even attempt to cultivate them – or to “fake it ‘til I made it!”

These lessons and victories prepared me for the most difficult test of my life, when my teenagers were struggling with major depressive events and one of them attempted suicide several times.

Both of them had to withdraw from school to prevent receiving failing grades on their permanent records. They barely left their bedrooms, even to meet their independent school obligations.

While my ego raged about what had happened to my high-achieving children – Who was to blame? How to fix them? – I felt my Wise One wisely reigning, observing, assuring, and in control. By now, I had nothing but love and forgiveness for this next challenging part of their journey. Each time my ego was triggered and tempted to get involved, my Wise

One reminded me that whenever I had followed the ego's panicky strategies, I had once again made the monkeys extinct.

I could not know their life lessons, but I knew that they were protected, and that they were being guided by their own wise higher selves. Even though it looked like nothing was happening in the darkened bedrooms where they had sequestered themselves, my Wise One knew that something very important was happening for their healing and their better future.

I certainly preferred to have them in my care while they licked their wounds and healed, instead of away at college or at work in a job. For me, it was the next uncomfortable step in learning to trust the Wise One and give it control. I took my fears to the divine for comfort, reassurance and assurance of eternal victory.

RESTORE THE WISE ONE AS SOVEREIGN OVER SIR EGO

If we recognize that we are being triggered, and we begin to wish to seek the Wise One's guidance, the first step is to reverse the fight-or-flight response. As I've mentioned, we can start with the physical body – we can do exactly the opposite of the trigger-response: we can open the chest, relax the shoulders, soften the heart, and breathe deeply. We can “trust, obey, and get out of the way.”

No matter how bad the situation looks, just allow it to be, allow it to unfold, allow people to be how they are, and don't try to resist their resistance. At this step, the only challenge is to keep calming the fight-or-flight response and refuse to surrender to those powerful impulses.

The Wise One watches the ego, but it doesn't allow it to speak or act. The Wise One sees and acknowledges the ego's discomfort and reminds it that it is in a poor state for wise decision-making.

Our part, now, is to make room for this 911 energy to pass, and to do whatever we can to restore calmness and control. While Sir Ego can see only a handful of courses of action, the Wise One can offer us an infinite number of responses and possibilities, if we will only be open to receive

them. Have the patience to wait for those options to arise in your awareness. The Wise One waits for the lesson to be revealed and the delusion to be dispelled.

A Course in Miracles affirms that the path of forgiveness, of atonement, is the only defense that isn't ultimately a double-edged sword that will cut us or cause the other to feel attacked and justified in counterattacking. Unlike the ego's defenses of excusing, justifying, rationalizing, attacking, blaming, avenging, defending, and flat-out denial, true, deep forgiveness is the only defense that doesn't also contain an element of attack.

ACIM 2.II.7 The Atonement is a total commitment. ²You may still think this is associated with loss, a mistake all the separated Sons of God make in one way or another. ³It is hard to believe a defense that cannot attack is the best defense.

This is what is meant by "the meek shall inherit the earth." They will literally take it over because of their strength. A two-way defense is inherently weak precisely because it has two edges, and can be turned against you very unexpectedly. This possibility cannot be controlled except by miracles. The miracle turns the defense of Atonement to your real protection, and as you become more and more secure you assume your natural talent of protecting others, knowing yourself as both a brother and a Son. (ACIM, T-2.II.7:1-8)

When the ego feels that is under attack, and as the feelings of fear and anger flood your being, stop and look closely at the defenses that the ego is scrambling to energize. See if you can clearly observe the ego's overt and covert strategies – of attack, projection, and making the other person wrong.

Truly, *it takes great inner strength* to pause, relax, forgive, and recover our inner center before we respond. Simply yielding and allowing Sir Ego to run amok is weakness, not strength. And, like any strength, it must be developed patiently over time, by exercising it repeatedly.

Eventually you rise into the invulnerability of the Wise One where nothing more can scare you or hurt you. Once you learn to confront your fears, and transcend them one by one, you are no longer a prisoner to your fears. You realize there is nothing to fear, but fear itself, and you no longer fear this.

APHORISM – LET IT BE

This is a way to learn about the extremely powerful quality of *faith*. It takes a mountain of faith to relax and refuse to act, even as the freight train of your triggers is running through you. It can take a mountain of faith to relax and allow other people to be what they are – when very real, objectively wrong, unjust, criminal, immoral, and abusive events are unfolding before you.

Yet repeated exercise of these practices will teach Sir Ego that the Wise One's response (1) will come, (2) that it will be far more powerful, effective, and healing than Sir Ego's triggered responses, (3) that it will give you more creative and perfect solutions than anything Sir Ego could imagine, and (4) that its brilliant solutions will benefit all parties for their highest good. (Though the healing process may be painful for some parties.)

I know that these higher truths can be difficult to believe in, but at this point in my life I have gathered a multitude of miracles to back them up.

We can, and we should, take it one step at a time. Every time the Wise One gives us a brilliantly effective outcome, it means that Sir Ego's motivation, commitment, and faith will increase.

The Wise One has free access to a realm of infinite creative possibilities. The Wise One's solutions are miracles that the ego cannot even imagine might be possible. Yet the difficulty is that we cannot hear the Wise One's whispers while the ego is screaming.

We cannot tune into our higher intuition when all of our energy and our mental and emotional attention are on the ego's monkey-mind thoughts

and turbulent emotions. We cannot experience the higher consciousness when our hearts are wildly vibrating with the ego's fearful, angry reactions. Finally, we cannot resolve our inner energy problems while all of our attention and will power are directed outward.

We must learn to shift our position from what *should* happen according to Sir Ego's script, to how we aspire to handle the situation – with courage, wisdom, compassion, and love - as we align ourselves with the Script of Creation. Our noble Wise One arises. We must have faith that it's possible for Sir Ego to release his imaginary scripts and take his rightful place, relaxing in the arms of a Divinity that loves, nurtures, protects, and blesses him. Then he can proceed to take the next steps, with faith.

RELAX STAGE

Moving from Sir Ego to the Wise One

Tools to help you shift your consciousness	Sir Ego Resists.	The Wise One Allows.
Ego's Script vs Script of Creation	I am compelled to act because this is NOT OK.	I have attracted this situation for my benefit, growth, and expansion.
Thoughts and Feelings	I am preparing to attack or defend my fortress. Stress hormones flood my system. Memories and emotions from similar past events come to mind. I feel compelled to act immediately and am prone to engage in negative habitual behaviors.	The Wise One sees that an external event has stimulated a trigger of blocked past energy. The Wise One endeavors to see the current situation exactly as it is without overlaying the emotions and memories of the past.
Physical Sensations	My resistance increases the overwhelmed and over-stimulated energy with further feelings from the past. I feel an urgent need to act without impulse-control or regard for the consequences.	As the parasympathetic nervous system takes over, a calm descends. I am capable of patiently waiting to see more clearly before I respond.
Useful Thoughts to Move from Sir Ego to the Wise One	Rather than counterattacking against the person "kicking me," I step back so that they fall on their face.	This situation would not be happening at this time unless I am ready to face it with my highest awareness and grow. I have everything I need to overcome this challenge.

RELAX STAGE

Moving from Sir Ego to the Wise One

Prayer	Hold me and comfort me in this moment of need. In truth, I am safe in Your arms. It is only a delusion that I am in danger. I rely on You to help me through this dark tunnel.	Help me to cut every bond from the past that is activated by this trigger, so that I will no longer carry this blockage with me. I wish to be free of this trigger.
Affirmations to Move from Sir Ego to the Wise One	Feel it, don't fix it. The pain is only energy, and I can tolerate its flow through me.	I wish to go to the core of this delusion so that I can release all of the layers of the onion, instead of going halfway and having to return later to repeat the lesson.
Questions for Journaling or Contemplation	As Sir Ego concocts plans to right the situation, reflect on its batting average in the past. How often has it gotten the situation right, and how often has it made things worse?	Without judgment, describe the situation using calm, objective discernment. Someone is feeling insecure and defending their turf. Someone else is unwilling to admit their mistake. My ego wants to control them. You must see clearly before the Wise One can respond effectively.

7. RELEASE – SIR EGO EXPRESSES OR SUPPRESSES THE ENERGY

EFFECTIVE DESIGN AND PURPOSE

When people or external circumstances trigger a blocked energy from our past, the blocked energy opens like a flower, releasing its stored energy, memories, emotions, and thoughts. This release of energy compels the primitive ego go on high alert and run from the saber-toothed tiger or run toward a suitable mate.

Over time, past incidents have stored-up layers upon layers of conflicting thoughts and emotions that are now contributing to the present trigger event.

What if the mate I want to run toward isn't my spouse? What if my boss is demanding that I work late which means I'll miss my son's soccer game? What if my spouse is needing alone time and I want to connect because I'm feeling abandoned?

The shadow world of hurts and disappointments is a mountain of confusing emotions, just waiting in our subconscious to be triggered and cause us to feel all of the original confusion anew.

In the ego's frantic effort to restore balance according to its inner, private script, it may express its confusion by lashing out with words, action, or emails. Its arsenal of weapons ranges from subtle manipulation to outright threats, and everything in between.

There are situations where, for example, we must exert our authority as teachers, bosses, police, military officers, etc. But we can never be spot-on accurate and effective when Sir Ego is in charge. The Wise One uses its authority with a dignity and respect that make it far more effective.

There are times when the ego may not act on the emotional trigger – it may use its will power to suppress the emotions and put it back in the box. Many times, this is a wise temporary response, in situations where we

must set aside our feelings to function effectively and avoid creating further hurt and confusion for ourselves and others.

During my time of deepest trouble, for example, it was most imprudent on my part to express my inner outrage to the jailer, the judge, or the custody evaluator! Which isn't to say that my untrained ego didn't do it, but it certainly hurt more than it helped my cause.

PERSONAL EXAMPLE

Throughout my toxic marriage, I alternated between a submissive, suppressing response and lashing out from hurt and anger. As a people pleaser, I favored the shield and I generally suppressed my anger, hurt, resentment, disappointment, frustration, and fear – much of which was deliberately ignited, stoked, and fed by my ex-husband who favored the sword. Then I would drink to numb the pain of the raging volcano inside me, and the next day I would make excuses for my ex's behavior and blame myself for provoking it – which, of course, just fed the fire of the volcano within.

And then there were days when, with enough wine, the volcano would explode. I believe my ex-husband enjoyed this even more, because he fed off my hurt and pain. It seemed to calm him to see me in hysterics. He was skillful at bringing me to a point of internal utter panic in front of people who weren't aware of what was happening – for example, it was his favorite thing to do in couple's therapy.

In both cases, I gave him my power. Instead of staying in my center, I played into his hands.

My inner life became consumed by these twin energies that tormented me day and night. Long after my ex moved out and remarried, the demons he'd cultivated continued to torture me. I deeply believed that I would never be free of them, and I nearly drank myself to death in an attempt to kill or at least silence them temporarily.

Years later, reflecting on how my inner state was affecting my work, I was shocked to realize how often I was passively resisting people and

situations, albeit at a much subtler level than the hysterics with my ex. I called it my unacknowledged resistance – we aren’t always aware that we’re dysfunctionally fighting against reality, falling back on passive-aggressive behaviors and procrastination.

I wasn’t aware of the extent to which Sir Ego was hiding behind his shield. But I was beginning to hear the Wise One whispering, “Why do you care?”

Sir Ego would respond:

That’s not my job!

I don’t want to!

I’m not helping them!

I have more important things to do!

I don’t have time!

While these may seem like trivial responses to trivial situation, I was able to learn a great deal about Sir Ego when I started heeding the Wise One’s whispered wisdom and trying to dissect Sir Ego’s knee-jerk reactions. I learned a lot about Sir Ego’s hang-ups, his preferences, his needs, his pride, his entitled specialness, and his various scripts.

I learned about the most critical ego-triggers that I needed to release with the help of the Five Steps from Mindfulness to Miracles that I am sharing here. I realized that they were habits of reacting emotionally that were preventing me from being happy, and that the Wise One wanted to help me heal, transform, and transcend them. They were weaknesses that Sir Ego wanted to hide, suppress, and compensate for. I learned to watch the wily ways Sir Ego would try to distract me from the real work of transcendence and transformation.

Throughout the process, Sir Ego began to trust and appreciate the Wise One who always seemed to know how to pause the ego’s panicky reactions and get to the core of the trigger. Thus, my ego and a higher wisdom began to work more consistently together.

DELUSIONS OF THE EGO

Energy is a shape-shifter – we can never kill it. Energy persists – our only hope is to learn to change how we'll express it.

Sir Ego's energy is very real. It's a powerfully flowing, knotted tornado of confusion. Ignoring it doesn't make it go away. It has to go somewhere, and sooner or later we'll have to step in and figure out how we want to deal with it.

Sir Ego is always trying to get the world back into alignment with his script so that he won't have to feel the discomfort of fear, anger, and despair. Whenever a trigger sets a white-hot furnace of energy raging inside, Sir Ego may at first try to bend it into verbal or physical attacks and angry outbursts to manipulate people or circumstances to his liking. He may yell, mope, draft nasty emails, gossip, backstab, and plot a terrible revenge.

While these ploys may initially feel rewarding, potent, and liberating, the truth is that they are ineffectual, because they are only spraying toxic energy throughout the environment and toward the people in it. Unchecked, Sir Ego's unhealthy outbursts are bound to poison the environment for a long time, create mental ruts of bad habits, and produce karmic debts.

Alternatively, Sir Ego may suppress the disturbing energy of the emotional trigger, pushing the explosion out of his awareness or blaming, rationalizing, excusing, justifying, and projecting. "I'll update my resume and get a better job!" "I'll send a tattle-tale email to their boss!" "I'll reach for the bottle!" But as we are bound to discover, suppression is like carrying plutonium in a pocket, where it will silently poison us, and it will explode in time.

We try desperately to change our thoughts, hoping that it will help calm our inner world. Fix it thoughts try to push the energy back down so we can come back to our comfort zone having found a plausible remedy.

The volcano-like energy that flows out in response to a trigger event cannot be simply suppressed or dismissed with a thought. It has a power of its own, and we must deal with it accordingly, using tools that will be strong enough to match its power and channel it in a helpful direction.

When Sir Ego tries to respond to a trigger by suppressing the raging emotional energy, the energy just flows out in negative ways later on – in the form of blaming, excusing, rationalizing, sublimating, projecting. And when Sir Ego's defenses all fail, its last resort is denial: *"I'm not an alcoholic, I just need to cut down a little."*

Instead of dealing with the energy head-on in a powerful, effective way, Sir Ego busily tries to think of ways to "fix it."

Desperate to find a comfortable space within, Sir Ego tries to shove the triggered energy back in the box it came from. Then, later, he rehearses the conversations he should have had – the comebacks and put-downs. He plans an escape from the job or the marriage. He concocts long mental lists of the sins of others and envisions their punishment. We've all concocted these mental fix-it fantasies: *"Coulda, woulda, shoulda."*

Fix-it thinking is the clearest sign that the ego is triggered and that there's a powerful energy that we need to face, deal with, and release. And the first step is *"Feel it, don't fix it."* Knee-jerk reactions are a hard habit to change, because the solution is a lot more demanding than we're ready to accept, at least until we've suffered enough.

Think how you feel when someone tries to fix you, after you've shared your thoughts and feelings with them about a challenge that you're facing, and you've already thought of and dismissed endless insufficient fixes. You're feeling frustrated and triggered, and you need to vent the emotions that are being generated by the powerful energy that's raging inside you. And along comes the friend who ignores how you're feeling and is delighted to jump in with his or her perfect solution to the *situation*.

How do I feel when someone tries to fix me? First of all, I feel *judged and insulted*. They've deemed that I'm broken and that I'm too stupid to understand how simple and easy it is to put the pieces back together.

Second, I feel *dismissed* as they prattle along, smilingly condescendingly as they offer their empty and obvious "solutions" which I've long since considered and dispatched. They fill the air with their words, making it all about them and their superior wisdom and know-how. They hijack the conversation, turning it into a monologue about them and how they dealt with something similar in the past or how they would deal with this if it were happening to them.

Third, I feel *resisted and invalidated*. I'm dealing with something that is powerfully, energetically, and emotionally concerning to me, and they're ignoring *me* in order to enjoy the marvelous genius of their "solutions."

Finally, I get angry that they have *trivialized* my problem by offering "solutions" they've arrived in the first five seconds they've spent considering my situation, while blithely dismissing the tremendous effort and time I've devoted, perhaps for days, weeks, or months, to working the problem.

When people are feeling overwhelmed, what they are looking for is compassion, understanding, acceptance, and love. They want a witness to their pain and their trials. They want a vent to release their emotions and the inner energy that's troubling them.

The loving act of listening compassionately will help us think in a straight and flowing thread and break the circle of our internal conversation. When I stopped trying to fix my daughter's life, I quickly found that the longer she talked without any fixes or interruptions from me, the more progress she made in understanding the true nature of her challenges, her obstacles, and her options. As the river of thought and energy was allowed to flow freely, blockages were overcome, and insights appeared.

I didn't need to fix anything. I needed to show her that I cared enough to listen, that I heard her pain and that I respected her ability to figure it all out on her own. I realized that I could offer my observations, but never fix-its. If she asked for advice, then and only then would I offer my hesitant counsel, never as a preacher but always as an equal, and a friend.

Coincidentally, I also dislike unsolicited advice – how about you?

It's the same when you try to direct fix-it energy inwardly during a powerful trigger event. Your ego is trying to fix your ego – and good luck with that! –instead of letting it flow, exploring it, and transcending and transmuting it. The result is monkey-mind, a committee of chattering monkeys around a conference table, all jabbering at cross-purposes. This is Sir Ego's pointless and fruitless circular inner dialogue, accompanied by shame and self-flagellation.

When the ego panics and goes into fix-it mode, the way out is always to be found by opening gates for the Wise One to come in and help. The first step is to rise above the mental chattering and watch the show without participating. The way out is always the silent witness, the Wise One.

Don't feed your reactions any more energy – just allow the thoughts and feelings to parade past the inner eye of your consciousness unimpeded. When you throw a stone in the water and it makes ripples, you can't jump in and smooth out the ripples. That will only disturb the water even more. You must wait until the ripples dissipate by themselves.

It's easier to watch the ego's antics in others than to see them clearly in ourselves. To help yourself understand this, I encourage you to watch other people when they're being triggered by their ego-reactions.

Notice how defensive they become. Or how quickly they turn around and begin energetically, verbally, emotionally, or physically attacking, manipulating, and rationalizing.

Notice how ineffectual these reactions are. Are they giving them what they want? No!

Notice how their response seems out of proportion to the actual situation – how acting on their uncontrolled emotions leads them to overreact.

Why is it so? Because they are experiencing ghostly emotions from the past, and those feelings are igniting a lot more fear and anger than the current situation calls for.

While it's perfectly appropriate and helpful to study others for clues to our own healing process, a word of caution is probably in order. I learned profound lessons by studying my ex-husband's dysfunctional behaviors. Observing my ex helped me change myself, and I must say, my changes caused him to change and start to behave on a higher level.

However, it is never helpful to judge those whom we are studying, much less confront them about their errors. Triggering them will not help them benefit from our observations. "Judge not, lest ye be judged." How would you like it if they were to share their observations and criticisms of you?

We must learn from our own Wise One, whose instruction and guidance are always perfectly tailored to help one student at a time to advance into greater happiness. We should remember that the Wise One in us will always accept the other, with all of their faults. The Wise One is eager to help them advance on their own quest and will always honor their right to be learning at their own level.

It's important to make a distinction between discerning the state the other person is in and judging them for it. Being aware without judgment of their struggles will help us respond more effectively to help them. The same is true for our own struggles – the best way to help ourselves is to be aware of them without judging them.

When we see someone misbehaving, the important thing is to discern what's happening, what they're defending, what they're excusing, and what the maladaptive behavior is really all about. We have a choice. We can focus on the outward behavior and choose to judge them, feeling superior;

or we can look at our own garden and see if we have that behavior in our repertoire.

Or the Wise One can respond appropriately to their current state of consciousness offering comfort, acceptance, validation, compassion, and forgiveness. Having created an opening and a bond, the Wise One waits patiently for a more opportune time to address the situation collaboratively.

Our responsibility and authority end at our neighbor's fence. Whether they choose to keep their own weeds, nurture and feed them, or pull them out has nothing to do with us. So instead of getting angry and frustrated with their behavior – why not invest our energy more productively to improve our own life?

When someone is triggering me, I remind myself that they are a mirror brought to me by the Script of Creation to trigger this wound to be healed and a lesson learned. I thank them for showing me what I needed to attend to.

We are trying to find our weeds so that we can transcend them; never mind how others may choose to tend their garden. Little good ever comes from pointing out other people's weeds, uninvited. The result is nearly always disharmony – they'll usually become protective and defensive.

When we discover a weed in our garden – and perhaps there's an even bigger, more toxic weed in our neighbor's yard – I find that the most helpful response is to have compassion for us both. By tending our garden, we will gradually reclaim our divinity and be able to channel forgiveness to bless and help others as we have been helped.

A Course in Miracles tells us that all communication is either a call for love or an offering of love. When we see someone who is being triggered and is resisting and misbehaving, our inner Wise One will respond to their call by offering them loving compassion and care. Far from judging them, our loving response can be very helpful and supportive.

When we judge others' faults or weaknesses – their trigger has triggered us! Now, we're responding to their call for love with a call for love of our own. The only way to stop the tug-of-war is to simply stop judging: pull back, step away, and remember that faults and weaknesses are simply a natural, expected and essential step on the path to rise from ego-consciousness and into the realm of the Wise One that holds real answers for us all.

APHORISM – FEEL IT, DON'T FIX IT

To repeat, the path to true healing is to do the exact opposite of what the ego's conditioned responses are trying to compel us to do. The ego wants to fix the world, to make it conform to its plan, or withdraw and try to fix our inner state with rationalizations. But both of these strategies are futile, so long as we continue to ride the raw emotional torrent of pain, anger, and fear.

The higher response is more difficult but infinitely more rewarding. First, we need to go deeply into the feeling, as unpleasant as it might be. Our triggered feelings are there for a reason. They have something important to tell us, and when their story is told we will find ourselves free to turn their energies toward true, lasting healing.

But first, the triggered feelings need their moment to be accepted and acknowledged in the presence of the ever-compassionate, all-understanding and forgiving Wise One.

As I learned to seek the Wise One's help and guidance, I realized that I needed to stop responding in these dysfunctional ways – fixing or withdrawing – and peel back the layers of my feelings and understand them at their core, instead of distracting myself with layer upon layer of defensive reactions – excuses, rationalization, self-recrimination, guilt, shame, humiliation, justification, and downright denial.

Why do I care? Why am I so upset about this? What part of me cannot accept this? How is my ego's script being thwarted?

I linked arms with the Wise One, and we began a cognitive investigation together. The more fearless and ruthless the investigation, the better the results. Sir Ego wanted to hide information from us because he wanted to get his way, even though he was thoroughly confused about the nature of the quest and its true rewards.

Here is how I would dig into the fear that my ego had created. I kept insistently asking, “*Why do I care about this?*” In the whole universe of things that weren’t going well, why was I freaking out about this one insignificant incident?

Let me give you an example. Here is my internal dialogue about a coworker who blatantly ignored my instructions and handed me a poor-quality report that I was scheduled to submit to our bank.

I began an internal dialogue with myself:

“I’m furious about what he prepared!”

“But why do I care?”

“It’s important to me to complete this fleet inventory for the bank, and I can’t do it without information about each vehicle – information that only he has!”

“Why do I care?”

“He manages a million-dollar fleet, and he should understand the financial aspects of his job!”

“Why do I care?”

“Because this work product will reflect badly on me if we present it to the boss, and I’m dependent on the fleet manager to complete it!”

(At this point, I began to see that it was all about me and my ego. Now I was finally getting somewhere! The problem wasn’t out there! It was with me and my expectations.)

“Why do I care?”

“Obviously, it’s important to me what my boss thinks of me and my performance.”

“Why do I care?”

“If I continue to give him shoddy work, I will be given a poor performance review, and I may be demoted or fired.”

“Why do I care?”

“If he fires me, I’m not sure I could get another job. I might end up homeless.”

“Why do I care?”

“It would hurt my ego. I am not that person.”

(Well, actually, I was.)

“Why do I care?”

“I wouldn’t be able to care for my kids, and they would go live with their Dad.”

“Why do I care?”

“I would be a terrible and unworthy mother again.”

“Why do I care?”

“I feel like I’m just plain bad, unworthy, and unlovable.”

“Does the Creator see me as anything other than divinely lovable – because of a fleet valuation report?”

Now I had two competing ideas in my head, and I had an opportunity to choose which was the truth, and to dispel the delusion.

Was I an unworthy failure because I couldn't get the fleet report right, or did the Creator continue to see me as perfect, divine, and beloved?

When I accepted that the "eternal I" could survive the worst-case scenario, it dispelled my fear. If I ended up unemployed and living at the homeless shelter with an open heart and a helping hand, someone would help me rebuild my life again.

As I relaxed into the divine reality that the fleet manager – this soul before me – was more important than any fleet report, bank loan, or performance review, I kindly collaborated with him to help him help me. The next day, he brought me the completed fleet report and a box of my favorite cookies. He needed my help with the report, not my frustration and condemnation.

This experience helped prepare me to support my teenagers through their depressive events. Because they were unable to attend school or complete their homework, there was a point in time when I had to tell them that they would either get F's on their permanent high school record, or they would have to transfer to Independence School – which my kids would consider an admission of defeat.

The school counselor encouraged me to transfer them despite their resistance, to fix it rather than to have F's on their records, or to have to graduate a year later, or not get into their top college. So, I faced a choice: to allow my own fears to trigger me and react by demanding, coercing, fixing, nagging, or berating, or to seek the help of the Wise One, while loving and supporting them unconditionally.

As I contemplated why I would care about these material-world matters, I found that my ego was being triggered by my fear that my perfect kids might have these scars on their records and what I would say about me as a mom.

By quizzing myself objectively and releasing the energy of my yucky reactive fears, my Wise One was able to come in and clarify the true priorities in the situation.

I told my children, with complete equanimity and sincerity: “I value your mental health more than anything else, and I do not care about your grades, or when you graduate, or what school you attend. I trust you to make the right decision for yourselves. I will support you in every way I can, and I know you will succeed in whatever path you chose.”

Thus empowered and supported, they both chose to transfer, completing one term at the Independence School while they healed and got stronger and fulfilled the requirements to transfer back to their original high school and graduate on time – with honors! They both then graduated from their top-choice universities, on time and with honors, and both have had very successful careers in the medical field.

I did not abuse my parental power and force them to do something that might make me more comfortable, but that would disempower them. I gave them the space, love, and support to make their own best decision so that they would feel accountable to their decision rather than resentful of mine. I honored their divine self and created a space for them to step into, and they did, wholeheartedly.

8. RELEASE – THE WISE ONE TRANSMUTES THE ENERGY

EFFECTIVE DESIGN AND PURPOSE

A new breed of scientists is emerging who are studying the quantum reality and its correspondence to deep spiritual teachings.

Greg Braden, one such scientist, teaches that there is a neural network in our heart that is as sophisticated as the one in our brain. However, it stores information in energy patterns of feelings rather than as thoughts or words.

It is a language that our ego's mind cannot understand. There are no strictly mental thoughts that have the power to release the energy of our emotionally reactive triggers. Our thoughts are useful only to the extent that they tell us that our mind doesn't have the answer, and that we should become willing and receptive to receive higher Truths and allow the river of our feelings to flow without impediment. We cannot understand our triggered energy or solve the problem with our analytical mind, so it only makes solid good sense to stop trying.

Another group of spiritual scientists formed the Institute of HeartMath to study the field of feelings, consciousness, and energy, and their effects on our emotional and physical well-being.

They have been able to show by rigorous scientific investigation that the vibrations of our hearts' feelings – whether positive or negative – can affect others' feelings and bodies at a distance of up to 6 to 8 feet. Thus, others will feel our unkind thoughts and emotions, even if our words are sweet. Thus, if we fail to tune into what's being "said" with this silent conversation of feelings, we will be unable to understand a great deal of the real conversation. No wonder relationships can be challenging!

We have stored the triggering memories and emotions of the past for a reason – because we were unable to handle them when the surrounding events occurred. We were unable to process the reality of what was

happening, and in our search for justice, revenge, a redo, or an *undo*, we stored them in our subconscious, where they waited, ready to be triggered by a similar event.

Sir Ego keeps a detailed scorecard: a list of grievances and a rap sheet for his foes. When the grievances are triggered by events in the present moment, the question we are being challenged to answer is: how will we handle the emotions this time? Will we understand that the original threat is no longer present, and that this situation is giving us a priceless opportunity us to release it and transform our old dysfunctional reactions into a true and lasting resolution?

Can we take the first step toward a resolution – by accepting what is happening, and knowing that nothing will make it un-happen?

Can we take the second step and allow the emotions to flow unhindered through us?

Since we can't go back to the *before* as the ego wishes, are we willing to allow the Wise One to show us how to thrive in the *now*?

These triggers from the past can be accompanied by the most painful emotions we may ever face: despair, grief, rage, terror, and the whole family of their derivatives. Sir Ego is frightened to death to face the fear squarely and let it simply be felt. To the ego, the terror of the present events are so overwhelming that he fears he will be utterly destroyed. But the Wise One recognizes that those old energies are merely shadows, ghosts from the past. Like the closet monster of our childhood, the terror disappears when the Wise One turns on the light of Truth.

This is how we can heal our past in the present moment. The energies, emotions, thoughts, and beliefs that we were unable to handle when they happened have been stuck in our subconscious, and now something is happening to prod us to open up our awareness and deal with them.

The natural course of the triggered energy is to want to rise and be released. It only stays blocked when we hold onto it. If we can free the

blocked energy, the healing will be permanent. Like my struggles with my ex-husband, and my acceptance and transformation, the pain of the past will cease to trouble us. The facts of the past have not changed, but they have lost their power to trigger us, because our understanding of them has changed and the emotional charge is gone.

You may have heard people advise each other to “offer it up.” You may also have felt: *“Well, I offered it up, but then I took it back.”* This happens when Sir Ego wants relief but is still attached to its scripted outcome. This is why Sir Ego cannot free himself. He must allow the Wise One to perform the alchemy of release and transformation.

When we offer it up, we are offering our troubled low-vibration energy up to a divine alchemist who can transmute it into pure gold. This is not merely a mental image or an empty metaphor – it is a very real experience. We can offer all of the heavy pain and fear to the sacred and ethereal energies of our highest and most noble Self. It only requires an opening and a real, frank and courageous offering on our part. And the amazing thing is that the Wise One will *always* accept it and help us.

In my life, I only began to realize *after* the events that this is what was happening – it was as if I were watching the events happen in the rear-view mirror as I was driving away. Offering the troubling energies to the Divine with the most sincere and devoted heart allowed them to be transmuted into godly qualities that I now felt arising naturally within myself.

Offering forgiveness brings compassion. Offering selfishness brings generosity. Offering judgment brings equanimity. Offering hatred brings love. Offering greed brings abundance. Offering pride brings unpretentiousness.

The transmutation doesn’t happen instantly. There is an awkward period when the ego desperately wants to grab the negative energy and take it all back. This is the space where we develop faith, where we must wait patiently for the universe to respond with the divine gift. But even the slightest amount of sincere willingness to offer up our suffering will open

a crack in the ego that will eventually open us to a flood of divine healing power.

Each time the ego experiences the benefit of self-offering, be sure to take careful note, so that it will be increasingly eager and willing the next time and the time after. Eventually Sir Ego will stop trying to take back control, as you invest more and more energy in inviting the Wise One to guide and lead you, and as you invest less and less energy in Sir Ego's blind reactive fixes.

Not only are we wiser, but the energy that formerly belonged to Sir Ego now belongs to the Wise One. Over time, the scales are tipped so that the majority of our consciousness is living in the Wise One rather than in the ego. Then the higher responses will become habitual to us, replacing our lower habits and reactions.

These practices may get off to a slow start, but once you've reached the tipping point, your heart and consciousness will expand much more rapidly. Now the negative energy that previously exploded your outer world and poisoned your inner world when you expressed or suppressed it is empowering the Wise One and fueling the rocket ship of your spiritual growth.

PERSONAL EXAMPLE

It's almost impossible for me to re-live the feelings of outrage, fear, victimhood, agony, heartache, rejection, betrayal, and grief that once consumed my inner world. My inner world is now peaceful and calm, most of the time. And even when I'm triggered, my strong habit now is to begin these practices, often within seconds, to reverse my energy and uplift my consciousness. Those who know me now wouldn't recognize the hysterical person I once was.

My ego can still be triggered, but I keep it on a short leash; again, most of the time. Occasionally, I'll let it off the leash and vent to someone, but I don't attack anyone directly, and I don't suppress the energy. Often, the

energy just needs a moment in front of my awareness, an acknowledgement, so that it can go on.

One day, a quotation appeared in my email. I printed it because I found it profound and because it provoked my curiosity. It changed my work life completely. Before, I passionately advocated for the script of my obviously brilliant ego despite the resistance of lesser mortals. I wouldn't surrender to the apathy and benign neglect of some of my coworkers, and Sir Ego only saw these two black-and-white choices. But the Wise One always sees the middle way, the Tao.

*Accept disgrace willingly... Accept being unimportant...
Surrender yourself humbly; then you can be trusted to care for
all things. Love the world as your own self; then you can truly
care for all things.*

Lao Tzu Tao Te Cheng 13

This wonderful statement helped me understand that it was only Sir Ego that could feel unimportant or disgraced. Whenever those triggers erupted, I accepted the emotions willingly and with reverence, knowing that my ego was yielding to the wisdom and power of the Wise One. I endeavored to find the Tao, the middle way, the point of perfect harmony between the ego's extremes of aggression and submission, masculine and feminine, and of powerlessness and control.

I found that I became dynamically present to the situation around me, to the thoughts and feelings of others, and to the creative flow of the Script of Creation. I was no longer stuck in my mind trying to be important or be right.

I wasn't attached to any particular result, so I wasn't pushing an agenda. Yet I also was not passively indifferent to the conversation. I was bringing my highest Self to the cornucopia of the other's ideas, which resulted in a sum greater than the parts and the collaborative solution that everyone wanted to own.

I've been surprised to see the beautiful qualities that have emerged, once the crust around my heart was cracked and dispersed. I seek points of agreement to build on, rather than points of contention to fight over. I easily give sincere compliments and accept constructive criticism, both of which were impossible for me before. When I see someone else being triggered, I have compassion for their pain and I do my best to respond with love instead of judgment or attack. I have become a peace maker and a diplomat, transcending Sir Ego's autocratic tendencies.

RESTORE THE WISE ONE AS SOVEREIGN OVER SIR EGO

Colin Tipping was the creator of a set of powerful technologies for personal and spiritual growth: Radical Forgiveness. One of Colin's activities has had a profound effect on me, and on my continued willingness to see things from a higher perspective and forsake the ego's victim consciousness. In the Script of Creation, there are no sins; there are only mistakes to be corrected and lessons to be learned.

Colin orchestrated a Native American ceremony that allowed me to see that both the victim and the perpetrator of a misdeed are equally harmed, energetically, by the misdeed because it goes against their divine nature. All of us, at various times, are victims and perpetrators. We all make mistakes born of our hurts and fears. Our misdeeds are born of ignorance, past pain, and misunderstanding, but we are not, therefore, evil. No one is outside the heart of the Creator, no matter how far he may have run or fallen.

For the ritual, the group gathers in a circle and various transgressions are called out: "If you have ever been physically violated, walk the circle."

Each person who feels to walk across the circle, thinking of the various occasions of this offense, hugging each person he or she meets, acknowledging his or her fellow victim and saying, "I am sorry that happened to you." As each of us contemplates our victimization, we acknowledge that others have been victimized, and we receive their support in this mutual exchange.

Then the “crime” is flipped. “If you have ever physically violated anyone, walk the circle.”

As I joined the ceremony, my mind went to frustrating moments when I angrily and roughly picked up one of my toddlers and put them in the time-out spot. And then, the time when I bit my ex as he wrestled me to the floor.

Again, you hug each person you meet as you reflect on your offenses, offering, “I am sorry that happened to you.”

“If you have ever been cheated, ever been betrayed,” etc. We walk the circle as both victim and perpetrator. Beyond the fact that none of us are innocent, I learned that both the victim and the perpetrator are *equally* harmed energetically by their “crimes.” When I had to walk the circle for having been the perpetrator, it was no less painful than when I walked it as a victim.

As I walked the perpetrator’s walk, tears streamed down my cheeks for the pain I had caused my children, and I was grateful for each hug and expression of empathy from my fellow perpetrators. I recognized that my hurtful words and behaviors were a result of my inner pain, and my previous hurts. They did not stem from a wish to do evil, but from a wish to stop my painful triggers. I wondered what my ex’s villain origin story was and I knew that he must have been hurt to become so hurtful. Now I understood experientially what Jesus meant when he said:

They kept on asking Jesus about the woman. Finally, he stood up and said, “If any of you have never sinned, then go ahead and throw the first stone at her!” (John 8:7 CEV).

I had the opportunity to redeem myself and complete the circle of atonement with my children during their major depressive events in high school. They had forgiven and loved me when I hurt them, and now I could return the favor. Our higher Selves were perfecting the dance of the divine union of universal consciousness in accordance with the Script of Creation.

When it seemed that my children were on the brink of ruining their future, Sir Ego wanted them to do something – anything! But then the Wise One stepped in with just one difficult but perfect rule for me: I must direct all of my fear to the Divine, and direct only love to my children.

If I felt fear, it was time for prayer, contemplation, meditation, and deep discussion with my ego and my teachers about why I was feeling so triggered, and whether I would agree to pry loose the ego's tight grip from the energy and offer it to the Divine – painful as it was.

I found it was extremely helpful to remind myself that this was simply energy – unpleasant, yes, and even downright excruciating – but it was just energy after all, and that it would pass through me if I allowed it to.

Energy is neutral. It can be of a high or low vibration, but it cannot be “bad.” It can be “my” energy, or it can be someone else's energy that doesn't belong in my auric field – but it is still not “bad.” It's just energy.

In essence, the root of all troubled energy is our feeling of being disconnected from our divine self, our love, our joy, our wisdom and our beneficent Creator. Yet this is why we came to live in a body, to Earth, into the idea of separation and duality – to experience not-divine, the Shakespearean tragedy, the fullness of the entire symphony of emotions. If we didn't want this, we would not have left the heavenly realms to come into this material realm. This is why we came! Go deep into it.

This is our next assignment: To learn to let the energy flow through us without judgment. “This too shall pass.” Don't hold onto the energy. Don't try to “fix” it. Learn to watch your own disturbed ego from the perspective of the Wise One, as a silent witness, while not engaging with it.

Learn to stay centered in yourself even when your inner energy is disturbed or someone else's energy is trying to pull you off center. There is a difference between simply watching your ego storming about, without joining it in its antics – versus engaging with the ego that is impatiently insisting that you dive in and join it in storming about.

Be a silent witness, simply watching, no more. You aren't trying to decide which of the ego's plans you'll accept and act on. Over time, you will understand the futility of the ego's worries and distractions and reactions, and you'll be able to observe its antics with lighthearted humor, just as you would watch a child try to solve a problem that is beyond its abilities.

You are witnessing the ego's antics with compassion, knowing that the creator of the universe isn't troubled at all by its behavior, or the situation.

Triggered emotions are like an onion with many layers around a core issue that we can learn from and transcend. The ego is easily distracted by the layers of fear and anger that surround the main issue. The ego desperately tries to figure it all out so that it can apply a quick patch and fix it.

Don't fall for the ego's ploys – it will never be able to quiet the triggered emotions and arrive at a superconscious solution that will be beautifully aligned with the Cosmic Plan. The energy of our subconscious triggers may be from a former life, or from an earlier time in the present life when a similar situation created the trigger.

Whenever you've felt abandoned, those feelings were stored in your subconscious as an abandonment trigger. The present situation that is stimulating an emotional response may be only the tip of a hidden, massive iceberg of painful subconscious memories around this particular issue.

Most important – you do not need to understand or analyze the energy! You just need to be willing to let it flow and let it go, recognizing that holding it in or trying to analyze it or bend it to your will, will do more harm than good.

Let's get to the bottom of this energy right now, so that we we'll never have to come back to it again and start all over with the pain and conflict!

The Wise One, the silent witness, watches the ego from the Creator's eternal, divine, beneficent perspective. The Wise One watches the heart,

watches the emotional energy, and watches the monkey mind as the energy releases.

As we work with our energy from the perspective of the Wise One and shift its vibration to a higher, wiser expression, we find synchronicities happening in our lives, and the Wise One magnetizing the solutions we need to grow. “When the student is ready, the teacher appears.”

Often, Sir Ego will hide the core issues at the heart of the matter. In this case, the Wise One may guide us to healers, coaches, teachers, or teachings that will help us perform surgery on Sir Ego and rid him or his unwanted habits, thought patterns, behaviors, and mistaken beliefs.

As Sir Ego begins to accept the Wise One’s highly effective solutions and begins to see from a more expanded perspective, he naturally wants to align with it and drop his firmly entrenched beliefs and behaviors. His infected wounds heal, and his inner and outer worlds become more harmonious, loving, and joyful.

The energy release becomes permanent when the trigger is gone. We’ll still have memories of the past events, but the emotional charge will be gone forever. Peace be with you.

APHORISM

*FEEL THE DEPTH OF PAIN OF THE DELUSION OF
SEPARATION FROM THE LOVE, JOY, AND SECURITY OF THE
CREATOR.*

The triggered energy wants to rise and be released, even as Sir Ego is desperately holding onto it. Our longing for a higher way of life is powered by the energy of our suffering, but Sir Ego is holding onto the familiar pain and refusing to let go.

Permanent forgiveness and release require two things: a willingness to experience triggered emotions as they flow through us, and an openness to a higher, eternal perspective on the situation and the people involved.

All our wounds ultimately stem from our misunderstandings and delusions about the nature of reality, the Creator, the creation, ourselves, and others. It is these misunderstandings that lead us to seek false holy grails.

In giving true forgiveness, we release our hold on the false belief that we have been victims. In forgiveness we embrace the higher truth that we are always both victims and perpetrators in the theater of life. Yet, in truth, we are neither – we have simply sought salvation and redemption where it didn't exist, and the resulting pain compels us to seek further. *Peace, love, and joy await us* at the end of the tunnel of suffering.

The trigger is telling us that we've given our power to something or someone else outside of ourselves. These false idols may be the other person in a toxic relationship. They may be the lingering subconscious memory of a past resentment. They may be the loss of a cherished loved one, object, job, or position.

We have made these things into false idols, and we've tried to use them to fill the Creator-sized hole in our heart. And when we lose them, we're once again faced with the seemingly infinite empty crater in our hearts, and our eternal longing for the complete fulfillment of the Creator.

Acknowledge that you've given your power to these idols and begin to take your power back.

The path to reclaim our eternal birthright of fulfillment begins by learning to take the eternal viewpoint – that whatever violations or losses we've incurred in this world, they were all part of a lesson plan that we agreed to prior to our birth. This world is a theater in which nothing of permanent consequence is possible and nothing can harm our immortal soul. We are not able to destroy our eternal soul, our Creator, or the cosmic

law. Thus, our redemption begins by learning to loosen our grip on past hurts, by forgiving others and forgiving ourselves.

We cannot learn our lessons until we change our perspective from victim to victor. We cannot return to the “before.” We must claim the “after,” when we will walk with our own Wise One who knows how to create with wisdom.

During the custody battle with my ex, when I was separated from my children and the fear and pain rose to excruciating heights, I realized that I was tapping into the universal consciousness of the pain of all mothers who’d ever been separated from their children. This higher vision helped me see that releasing my own anguish would be a service to others, and that if I could transmute the energy of my pain, there would be a little less suffering in the universal consciousness. I could become a portal for a tiny spark of light to enter and drive an ocean of darkness away.

Seeing my pain no longer as suffering but as an offering and a service to others transformed me from a victim to a victor, a priestess, and an alchemist.

RELEASE STAGE		
Moving from Sir Ego to the Wise One		
Tools to help you shift your consciousness	Express or Suppress the Energy	Transmute the Energy
Ego's Script vs. Script of Creation	Sir Ego wrestles with the powerful energy trying to make it stop.	As I release this inner energy blockage, I will see the situation clearly, and I can be completely present to all aspects.
Thoughts and Feelings	Intense pent-up feelings of fear, anger, grief, hurt, and others are overwhelming me. Buried memories are arising to torment me.	The Wise One allows the river of energy to flow without judging or impeding it. It is willing to feel the negative emotions and memories without getting involved in them.
Physical Sensations	My heart is resisting the energy, my stomach is churning with this energy, and my mind is busy with this energy.	The Wise One is willing to feel heart pounding fear or gut-wrenching anger without interfering with its flow, having faith that it will eventually pass, and truth and clarity will arise.

RELEASE STAGE

Moving from Sir Ego to the Wise One

Useful Thoughts to Move from Sir Ego to the Wise One	This is only energy, and it cannot hurt me. I am not actually reliving the past violations.	No matter how much it hurts, this energy is more harmful kept inside than released. I need not know the roots of this energy which may be mine from a past life, an ancestor, or someone who has hurt me. It doesn't matter; it is time to let it go.
Prayer	Help me to attain higher and higher seats of consciousness until I am the witness of my ego and am no longer attached to its emotions, arguments, and battle plans. I see my ego outside myself.	I wish to release all the energy of this trigger from all realms and dimensions so that I may be free of it forevermore and incorporate all the wisdom and power that is held within.
Affirmations to Move from Sir Ego to the Wise One	It is time to let this energy go, and I am thankful for its past service.	Help me to release deeper and deeper levels of this energy, as an act of service to others, knowing that I am releasing this pain from all of humanity, from everyone that has been betrayed, rejected, etc.

RELEASE STAGE

Moving from Sir Ego to the Wise One

Questions for Journaling
or Contemplation

Rather than scribble the list of errors and punishment that the ego wishes to write about others, write how these same weeds exist within yourself in one form or another so that you may have compassion for others.

Why do I care? Dig through the layers of the onion to get to the core. Compare the delusion of the ego with the Truth of the Creator. Other egos may hurt or dishonor you, but the Creator sees only your eternal perfection. Which do you believe?

9. RECEIVE – NAVIGATION SYSTEM SET TO SIR EGO’S SCRIPT

EFFECTIVE DESIGN AND PURPOSE

Sir Ego’s identity is a separate, autonomous body and mind. Since he does not have the same direct experience that the Wise One has, he denies the Creator and the Script of Creation, either consciously as an atheist or unconsciously. Therefore, he must create his own script for his life – his own goals, pursuits, idealized dreams, and romanticized relationships. Then, he sets about to make this come true, to manipulate people and circumstances to fulfill his script. This isn’t bad, it is just ignorant. He is missing both the wisdom to understand what would make him happy and the power to create it.

Sir Ego has been conditioned to attribute negative experiences to whatever external force he cannot command since he does not take responsibility for his actions and does not understand the bigger picture. So if he considers the Creator at all, he may envision the Creator as a fierce judge, waiting to punish him, cruelly inflicting tragedy, and depriving him of pleasurable vices. Sir Ego’s great error is in rejecting the Creator as the source of his being and claiming authorship of himself and his fate.

The purpose of these practices is to teach Sir Ego, experimentally, that the Creator has benevolent intent toward all His created children: that the karma-riculum that he has lovingly crafted for each of us to find our divinely guided purpose and fulfill our ultimate destiny of finding perfect love and bliss in our divine Truth as an aspect of the Creator. Along the way, He will test us – when things get ugly, we will choose the higher path, or will we panic and “fire” the Creator and return Sir Ego to the role of fixer and creator?

Sir Ego, believing that its mistakes are sins that the Creator wishes to punish, rather than lessons the Creator wishes him to learn, may subconsciously reject the Creator and his authority. The conflict between ego’s script versus the Script of Creation is a question of authorship – who created this person, and for what purpose?

The issue of authority is really a question of authorship. When an individual has an "authority problem," it is always because he believes he is the author of himself, projects his delusion onto others, and then perceives the situation as one in which people are literally fighting him for his authorship. This is the fundamental error of all those who believe they have usurped the power of God. ACIM 3.VII.6

Until we've fully submitted to the authority of the Creator and the Script of Creation, the ego has assumed the responsibility for creating a life in which it can feel happy, secure, and most of all, loved. Throughout this life, and countless lives before, the ego has had experiences that have felt good and have satisfied these objectives, and he desires to repeat these experiences in this life. Conversely, he has had experiences that were painful and terrifying, so he fears these and makes plans to avoid them. He creates his ego-script so that he can get everything he desires, and nothing that he fears.

Often, if Sir Ego considers the Creator at all, he endows Him with his own ego-weaknesses, seeing the Creator as judgmental, condemning, punitive, depriving of pleasure, and indifferent to his pain, his pleas, his demands, and his negotiations.

Since the Script of Creation has the opposite objective from Sir Ego's script, the ego is bound to question it, disagree with it, and consider it neglectful of his own ego-wishes, and perhaps even hostile and malevolent.

Sir Ego prays for a smooth and pleasurable life, but the Creator doesn't always respond to our prayers in the ways the ego wishes, wanting the Creator to fulfill his own script. Instead, He responds in such a way as to serve our highest *eternal* good.

When I prayed for my drinking problem to vanish, I ended up in jail for DUI – a very effective first step! – but not at all what I had I mind when I was praying.

PERSONAL EXAMPLE

It can be hard to accept that the ego-mind that we think is saving us, is actually the one who's getting in the way of our salvation. It can be very hard to accept that this could be true, and even harder to know what to do about it, if it is true.

My experiences attest to these truths. I have explored them in great detail in my spiritual memoir, *Exalted Quest*. Here are just a few sample vignettes.

In my early twenties, I seemed to have it all: Sir Ego's script had paid off – I had a great husband, a great family, a great job, a great house, a Mercedes, and Waterford crystal. Then my beloved mother died of cancer when I was twenty-six and my world was suddenly shattered. Obviously, this wasn't in my ego's script, but it served a greater purpose: it set me on a spiritual quest in earnest.

I had to know how such love could be snatched away without mercy. What kind of world was this where such a thing could happen...to me? How could I continue to live in such a world? And why would I even want to?

In my anguish and anger, I left my job, my husband, my house, and my family. I moved to California and enrolled in grad school, hoping to leave the past behind and re-arrange my script.

I got an MBA, a richer husband, a nicer house, world travel, twin babies, and a swimming pool. Sadly, my entrepreneurial genius Prince Charming turned out to be a malignant narcissist who relished controlling and manipulating me through my insecurities and triggers. I prayed that the Creator would take this perfect life I had created and fix just the one imperfection, my husband. He fixed my life, all right, but not in the way I'd hoped or imagined.

My husband finally left to marry a woman twenty-five years his junior, and rather than rebuilding my script, I was too broken to build anything. I was in an epic downward spiral. My inner world was in such disarray and

so filled with turmoil and self-loathing that I couldn't even fathom being able to get a job and be a single mother and sustain a home for my children. Wine was my coping tool, so much wine that I wound up in jail with three DUIs in two years and lost custody of my children for the next two years.

I pride myself on my intelligence, which I believe is reflected by all the A's I earned in school. Yet it took all of these wrenching lessons to teach me that my ego's script sucked. It was poison honey, a bait-and-switch, loved-and-lost tragedy of epic Shakespearean dimensions.

The first night in jail after my third DUI, I suddenly realized that I could lose my children forever, and that I urgently needed to seek the Divine within myself that would have the power to overcome these circumstances. I desperately needed a divine love that could overcome the fears that were consuming me, and a true God that could overcome the false god, my husband, that I had worshiped.

My life was now totally controlled by the court system through my criminal DUI and civil custody cases. I spent months in jail, and then in alcohol rehab. I was being forced to confront my inner demons in order to have any hope of attaining long-term sobriety and restoring my family. I was forced to learn to deal with the Script of Creation, my personal, divinely appointed karma-riculum, and learn my lessons, release my blocked triggers, and find my true life's purpose.

I had to stop hanging onto the caboose of my life's higher purpose and trying to pull the train in the opposite direction. I needed to get on board, wherever the train might lead me. I had to hope, believe, pray, and implore the Creator to help me find my way to His higher plan for my life, because I knew, at the deepest core of my being, that this self-destructive devastation was *not* the life He wanted for me.

DELUSIONS OF THE EGO

The underlying desires of the ego for love, joy, and security are hardwired in us because this is, in actual fact, what the Creator is always

offering us. This is what we are made of, and our Creator wants us to find ourselves in our divine birthright of love and bliss.

Other beings, such as angels, do not have free will, but joyfully, eternally do the bidding of the Creator. But we do have free will, and the catch is that our ego's triumphs and tragedies cannot fill the Creator-sized hole in our heart, no matter how hard we try, how much we gain, or how much insurance we carry against our losses. The material world simply cannot satisfy the divine yearning within us, and the Script of Creation is crafted to use this yearning to encourage us on the difficult, upward path of our karma-riculum.

This is why, in the perfect Script of Creation, the ego will, in fact, get the very things it fears so that our fears can be overcome – and why it will fail to achieve, or it will lose, or it will never get enough of the things it desires and craves, so that our material attachments may be released in favor of a single, all-consuming desire for perfect satisfaction in the Divine Self.

The Script of Creation is bound to clash with Sir Ego's script, all the time, and this inalterable fact causes the ego to suffer and feel victimized. This is the essence of Buddha's First Noble Truth: "Life is suffering and the cause of suffering is desire." I would clarify that the ego's attempts to manifest its script are the source of our suffering – pursuing its desires and avoiding its fears.

Sir Ego sees the situation backwards: he fears that the Creator resembles his own judgmental, punitive, vengeful, wrathful, and indifferent attitudes. Sir Ego sees its problems looming vastly larger than his Creator, rather than the other way around. I could no longer deny that my ego had subconsciously or inadvertently caused all of my suffering by its unwillingness to yield, even when its script was self-destructing. Coming into alignment with a higher divine wisdom and power healed my inner world, my relationships, and my outer world. It gave me all of the fulfillments that my ego-self formerly imagined that it alone could achieve.

A Self-realized life in harmony with the Script of Creation is filled with love, bliss, power, wisdom, peace, calm, light, and vibratory energy: the eight attributes of the Creator. We were indeed created in His image.

*So God created humans to be like himself; he made men
and women.*

CEV Bible Genesis 1:27

It bears repeating that Sir Ego's Script conflicts with the script of every other ego. Each ego feels that its script makes so much sense, surely it must be the truth, even as the ego cannot imagine why others aren't able to see how everything and everyone *should* be. Now the ego is in conflict not only with the Script of Creation but with its brothers and sisters, and with the inconsistencies in its own script.

Finally, and perhaps most importantly, the ego has almost no power to enact its script. It longs to satisfy its need for love, happiness, and security, yet the ego has little control over others and even less control over its environment – including disease, natural disasters, accidents, divorces, economic environments, wars, labor markets, etc. Sadly, the ego has little control over its own appetites and desires, or even its best intentions, which all too often are hijacked or overruled by its emotional triggers.

APHORISM

WHAT IS THE TRUTH THAT DISPELS THIS DELUSION?

The secret of my success, and of the miracles that transformed my inner life, my outer life, and my family, was this simple question – “What is the Truth that dispels this delusion?”

Allow me to elaborate.

The Script of Creation is perfect at all times and for all people. We receive the lessons we need when we're ready for them. In the Script of Creation, we will inevitably find exactly the right people who'll help us

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learn our lessons: the villain to overcome our victimhood, and the teacher when we've finally become receptive students.

The Creator hasn't given us the power to break anything: souls, energy, angels, or the laws of physics. Thus, if we perceive that something is wrong, we are mistaken – it is a delusion. We have mistaken a simple life lesson for an unforgivable sin, a bug in the matrix, a random accident, or a cruel punishment sent to us by the Creator.

The ego's only true affliction is ignorance – its inability to understand the Creator and the Script of Creation, and the final goal of Self-realization. Ignorance is the only reason why the ego attempts to usurp the authority of the divine script and judge the world according to a script of his own making.

The ego is unaware of the infinite creative ability of the universe to solve every problem we have. In fact, our problems are specifically created in the karma-riculum. They are given to us as homework assignments to help us learn valuable lessons. Once we've learned a lesson, the problematic circumstances no longer serve their purpose, so they fade away. As fantastical as this sounds, my life is a testimony to this: the most persistent, unsolvable problems in my life melted away after I had opened my heart, transmuted my fear, and gotten the insight.

Why not celebrate your new, hard-won knowledge and self-awareness, instead of condemning yourself for the mistakes of the past, which you made out of simple ignorance?

You wouldn't expect to pass the final exam in calculus on your first day of class. You'll need to do your homework, correct your mistakes, and then you can pass and embody your new knowledge. Once you've passed the final exam, you can throw out the homework assignments and value the errors that you were able to fix and learn from. You don't continue to judge yourself without mercy because you made those homework mistakes.

Our goal is simply to learn the lesson. Our willingness or unwillingness will determine how much pain is involved. If we learn the lessons first in

the realm of thought and consciousness, as these practices describe, the lesson need not manifest in our material circumstances. We've faced the fear, accepted the worst possible outcome in our minds and gained the higher perspective of Truth, this particular energy blockage is free and will no longer magnetically attract negative situations (learning experiences) in the material realm.

The converse is also true. As long as we resist the lesson, it will return to us in bigger, more dramatic material circumstances, until we can no longer escape it and the pain of remaining the same will exceed the pain of change.

Sir Ego's delusion is that we can ignore our lessons and they'll simply go away. But they will not. Our next life lesson will be presented, over and over, until we get it – the sooner, the better!

I've witnessed this truth this repeatedly in my life. I've found that seemingly intractable problems just faded away when I opened my heart and began to see them from a divine perspective. The arrival of the wisdom and the Wise One's effective answers resolved every problem, though not always in the way I liked. Jail and rehab forced me into sobriety, and as unwelcome as they were, they may well have been the only effective way to get me to change!

Therefore, the victim's question, "Why is this happening to me?" becomes the Wise One's question, "What can I learn from this?" How am I out of alignment with the Script of Creation?

We must begin to pay attention to our karma-riculum and understand that our current actions will determine our future results. The IRS might not catch me cheating on my taxes, but the Divine will see that my consciousness of lack needs correcting, so that I can attain a consciousness of abundance – which is a lot better than a tax refund. The Script of Creation will offer us many opportunities to overcome our lack-consciousness that may or may not be as painful as an IRS audit but will be more effective.

It is very difficult to peel back the layers of defenses that Sir Ego has created around the core truth that will set us free. This is why those who have come before and who've mastered the process are given to us as teachers and mentors: Buddha, Christ, Moses, Indigenous ancestral teachers, angels, nature spirits, and all of the saints and sages and their teachings.

As you tune into your own Wise One, you will be drawn to the teacher and/or teachings that will resonate with you.

When I simply could not get past all my ego defenses to the kernel of truth within the thorny problem I was wrestling with, often I would open *A Course in Miracles* to a random page and find just the right words that revealed the Truth that dispelled my delusion and facilitated a deeper contemplation of the topic at hand.

When we ask sincerely, we are never denied an answer. We are surrounded by divine beings who wish only to help us rise up out of our ignorance and suffering, for they have lived and transcended it themselves. Once I learned to overcome my fears with this faith in my mind, the challenge was complete in my consciousness and this earthly problem did not arise. I was done with the lesson, and Sir Ego came to see that walking boldly through the fears in his heart and mind was far easier than walking through their material- world manifestations. And at that point, Sir Ego became remarkably cooperative.

In *A Course in Miracles*, Jesus clarifies the lesson of the crucifixion and resurrection. In the material realm, people treated him in the worst ways of which they were capable – with judgment, condemnation, humiliation, flogging, and crucifixion, even though he had hurt no one and had healed many. Yet his resurrection reveals that these attacks had no effect on Him. Let me say this again, because it bears repeating: the worst things that can possibly happen to us in the material world have no effect on our eternal soul. Our bodies may be violated and destroyed, but nothing can harm our divine being. Think of this the next time your ego feels crucified – and know that it is actually being purified.

I elected, for your sake and mine, to demonstrate that the most outrageous assault, as judged by the ego, does not matter. As the world judges these things, but not as God knows them, I was betrayed, abandoned, beaten, torn, and finally killed. It was clear that this was only because of the projection of others onto me, since I had not harmed anyone and had healed many.

A Course in Miracles 6.1.9

10.RECEIVE – NAVIGATION SYSTEM SET TO THE SCRIPT OF CREATION

EFFECTIVE DESIGN AND PURPOSE

When we awaken to the Wise One, we become aware of the beauty and perfection of the divine plan for our lives, the meaning and purpose of our triumphs and tragedies, our interconnectedness with each other, our planet, and the universe, the joy humming through the natural world, and an eternal love that transcends discord and death.

At this point, it will be helpful to clarify the players in the journey. There is the Creator, the intelligence, consciousness, and energy that is outside of His manifest creation and time and that has created us and all of creation. He is the eternal love and bliss that created His son in His likeness – exhibiting His eight divine attributes of peace, calm, light, sound, power, wisdom, joy, and – most of all – love.

As His sons, we are each individually an aspect of the universal or Christ consciousness and beings of light, consciousness, and free will. We may choose the Wise One or Sir Ego, love or fear, separation or unity, truth or delusion, Sir Ego’s Script or the Script of Creation. We are unlike other entities such as angels who have no free will and may only do the divine will. Thus, there could be no fallen angel, and the true devil is Sir Ego’s triggers!

It has been said that the Creator wanted to experience Himself through many. And because He could not create a twin that would be different from Himself, He created a physical universe based on duality, populated by beings who could experience both love and not-love, more and less, and differences between themselves and all the other creations of His universal consciousness.

In the bible, when the Creator spoke “the Word,” what is meant that He projected a vibratory energy that manifested the 3D physical cosmos. This manifesting vibration is variously referred to as the Holy Spirit of Christianity and the Divine Mother, or the Aum vibration of yogic tradition.

I've referred to this intelligent vibration which contains God's presence as the Script of Creation that assigns us our individual karma-riculum and helps us learn our lessons, pass our tests, and discover the original divine purpose behind the ego-self.

When we identify ourselves wholly with the manifest creation, we imagine that we are separate from each other. However, saints and sages of all true traditions tell us that we are living in a vibratory soup that is subject to the Script of Creation, within which 3D physical laws and 4D laws of energy are assigned to sustain the physical world. Thus, the laws of physics, biology, chemistry, astrology, astronomy, psychology, genetics, sociology, etc., conspire to enliven our karma-riculum.

We can play in the school of creation for as long as we wish, repeatedly incarnating to experience all of the pains and pleasures that accompany a life of perceived separation from our Source. Through countless triumphant and tragic, pleasurable and painful experiences we eventually desire only a love that has no opposite: the divine, unconditional love of the Creator.

The Wise One that lives in us understands Sir Ego's experiences and the divine plan for our lives. The Script of Creation is a bridge between the Wise One and the Creator. It was created to show us the way home to the Creator once Sir Ego is done with the painful monotony of life in the world of duality.

We have never been lost or forsaken. We have always had all of the divine, inner tools, like Dorothy's red ruby slippers in *The Wizard of Oz*, that would take us back to our home in the heart of the Creator. The saints and sages tell us that we are already one with the Creator, and that the appearance of separation is due solely to our egoic dreams and delusions – and that when we at last become aware of our oneness, the Creator will give us the prodigal son's portion and joyfully welcome our return.

The Script of Creation has a personalized plan for the salvation of each of us, which I've called our *karma-riculum*. Our life's lessons are encoded

in the Script of Creation, and our external circumstances will arrange themselves perfectly to so that we can learn from our own experiences.

Our triggers are a magnetic energy that attracts experiences that will help us neutralizing the magnetism of their originating events and help us harmonize our energy. Thus, victims and perpetrators attract each other to learn their own needed lessons.

As long as we hold onto the trigger, it will continue to attract – in ever louder forms – the un-merry-go-round of addiction, toxic relationships, financial failure, etc. Once we’ve released the energy and we’ve learned the lesson, the energy will be balanced and harmonized and we’ll be done with this lesson and freed to proceed to the next.

We need not *become* good; we *are* good; we only need to rediscover our good Self. Our virtues are revealed, as the Wise One polishes the dust of ignorance from the ego. We do not have to police the universe – we can rest assured that the perpetrators will get their lessons, at the right time in the course of their karma-riculum.

The Wise One re-parents Sir Ego, the wounded inner child, by turning on the light that will reveal his fears as nothingness, like monsters in the closet. Many of my traumatic and painful memories were healed in this way. Sir Ego released the heart’s low vibrations of negative emotional associations, and the Wise One turned on a light of understanding, giving me a fresh, true perspective on the events. The events had still happened; I remembered them, but without a negative emotional charge. In their place was compassion, understanding, wisdom, and love. This is the alchemy of Spirit, as it turns pain into divine qualities of understanding, calmness, and bliss. Sir Ego can neither understand nor produce these higher satisfactions; they are not present in his realm. We must attune ourselves to the Wise One before they can be awakened in us.

One day, I understood as if with the rising light of an inner sun, that no matter how sincerely I wanted to offer my ex-husband suggestions that would help to heal his relationship with our children, he would NEVER – as in, “when hell freezes over” – never, ever, be receptive to advice from

me. I saw that it was part of the beauty and perfection of the karma-riculum – that it would give him exactly the right experiences, at the time when he was receptive, so that he might transcend his weakness. I didn't need to teach anyone or police the universe – that job was reserved for the divine intelligence which was vastly more capable than I.

As we become aware of our divine nature and grow in compassion for our own ego's *faux pas*, we increasingly are able to give and receive true forgiveness and redemption.

I've become convinced that aligning ourselves with the Script of Creation enables us to have the highest possible life, with ever-increasing peace, love, and joy that satisfy our passions, create eternal bonds of friendship and love, and fulfill the special purpose of our life. The inner contact with the divine Self in us gives us power to make the greatest contribution to the welfare of others. When I'm on my death bed, I hope that I will be remembered for this.

*To dream the impossible dream,
To fight the unbeatable foe,
To bear the unbearable sorrow,
To run where the brave dare not go*

*This is my quest
To follow that star
No matter how hopeless
No matter how far*

...

*And the world will be better for this
That one man, strong and covered with scars
Still strove with his last ounce of courage*

*To fight the unbeatable foe
To reach the unreachable star.*

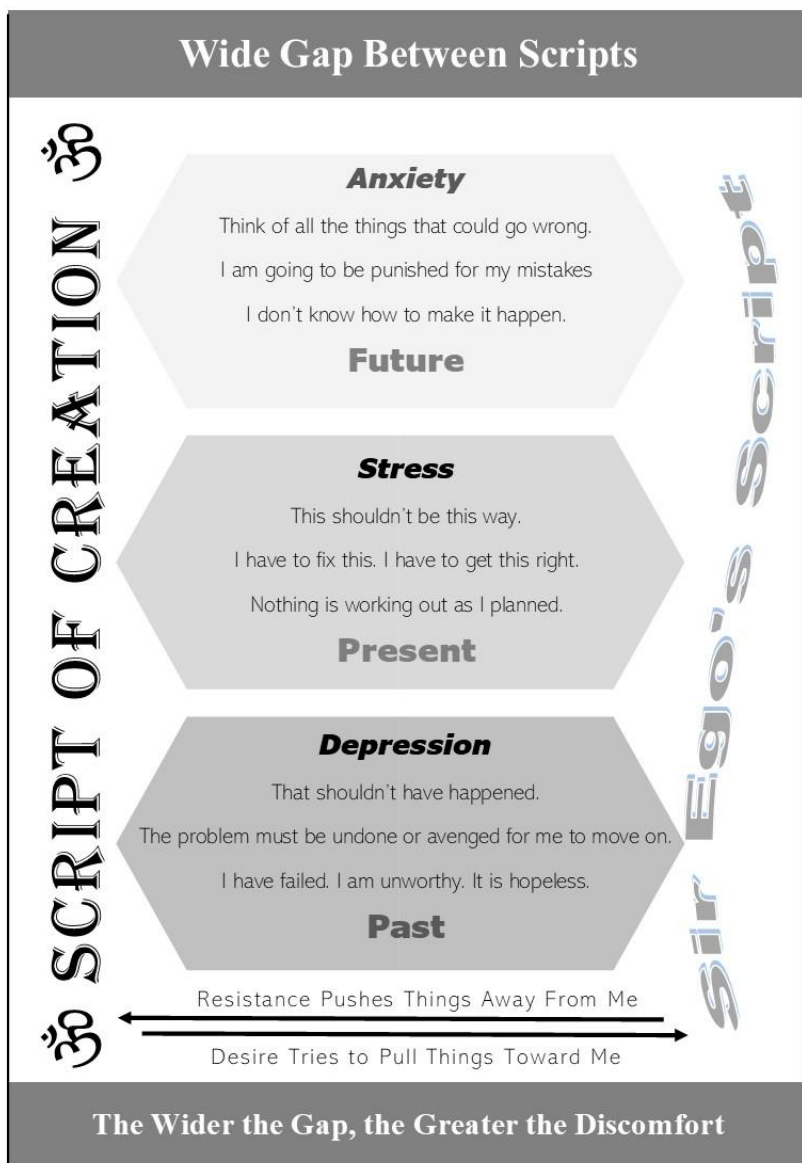
*The Impossible Dream from Man of La Mancha by Richard
Kiley*

In my darkest hours, I saw no light, and no way out, as if I were lost in a deep cave with no sense of how to escape and be free. Yet I knew that this was not my true situation. I realized that there was a divine perspective that could easily show me the narrow, winding path through the cave to light and freedom. And that was exactly how it happened – that when I followed my Wise and began to share its higher perspective, I reliably knew when to turn right, when to step down, and when to proceed straight forward. I could see just one step at a time, but not the whole path ahead, and I knew that I was being asked to take one small step at a time, to take a step of faith, follow my intuition, and stay aligned with the Script of Creation rather than stay lost in my fears.

It takes great faith to trust in the process, yet it has been my great joy to find my faith rewarded time after time. If you want to walk on water, you have to get out of the boat and keep faith in the divine guide – as soon as Peter took his eyes off Christ, he began to sink.

The Script of Creation will not allow random misfortunes to befall us that won't serve our growth. To each worry that appears in the landscape of my ego's mind, I say, "If this happens, I will accept it as the highest path for my journey home, and I will accept it willingly. The Script of Creation does not lead me down fruitless side paths."

The gap between the Script of Creation and Sir Ego's script is where depression, stress, and anxiety exist. If we align our ego's script with the Script of Creation, these maladies will vanish. Consider this graphic representation of the varying gaps between the two scripts.



Narrow Gap Between Scripts

ॐ SCRIPT OF CREATION ॐ

Script
Ego's

Faith

I trust the divine plan for my life.
All challenges will be used for my growth.
With my divine guide, I can thrive in any circumstance.

Future

Acceptance

I accept situations and people exactly as they are.
I open my heart and mind to divine guidance.
I allow each lesson to unfold revealing my life purpose.

Present

Forgiveness

There are no sins, only forgivable mistakes.
Hurt people, hurt people.
This lesson was part of my divine life plan.

Past

Narrow Gap Brings Peace and Power

When the gap between the Script of Creation and Sir Ego's script is wide in the past, depression results. We do not understand why the horrible thing happened, or we failed, or we were victimized, or we made a tragic mistake. If you feel exhausted and frustrated, it is because you have been trying to fight the Script of Creation and make it align with Sir Ego's script. You can never win this battle.

Sir Ego mistakenly owns this and believes he cannot go on until the past is undone, avenged, or redone so that the world is brought back into alignment with his script. This is hopeless, because the past cannot be changed: our understanding of the past can be changed and our emotional energy around the past can be changed. This is how we heal.

Thus, the victim story is all the ways that the world did not match Sir Ego's script which he deems to be the only fair and right story. To let go of your victim story is to let go of guilt and blame to come into alignment with the Wise One's perspective that the Script of Creation is always for our highest good.

The anecdote to a gap in the past, is forgiveness – seeing the divine plan behind the event which was prescribed in our karma-riculum. No matter how heinous, there is a way to see that the Script of Creation gave us this lesson to purify our hearts and expand our consciousness. We agreed to this lesson before our incarnation. When we see the story from a new perspective and release the emotional energy, we forgive ourselves and others and are healed. We integrate the insight and own the lesson.

Sir Ego evaluations success for failure based on how well he manifested his script. This is not meaningful because he cannot manifest things outside of the Script of Creation – we weren't meant to have that job, that spouse, that promotion, that financial reward – so we didn't fail.

The true measure of the past challenges is whether or not we learned the lesson – this is success or failure – and the divine does not evaluate either. Both are perfectly acceptable and will happen often on our journey. If we learn the lesson, we move on. If we don't learn the lesson, we will circle back to it. Just as the mother keeps the child from touching the hot

oven as many times as it takes for the child to learn, our karma-riculum offers us each lesson as many times as it takes for us to learn.

Resistance to leaning the lesson and moving on is the heavy, sticky, bondage of depression. When we accept what happened as part of the karma-riculum and move from the before to the after, we ascend to a new level of understanding and compassion.

When the gap between the Script of Creation and Sir Ego's script is wide in the present, we experience stress – the underlying cause of most physical ailments. We experience stress because we think the world should be different than it is, so rather than respond to the true events, we futilely try to change the present to match our script. It is stressful to try to pull the caboose of the train in the opposite direction! Our resistance to the current situation is stress. As we resist, we become more ineffective, increasing the gap, and hence the stress, in a self-defeating spiral.

Stress is often an accumulation of all the things that aren't going right in this moment. Something at work is not functioning correctly. Plus, our children are acting up. And our partner is not helping, in the way Sir Ego's script dictates. Other outside forces create financial, health, or relationship challenges. Sir Ego thinks he can fix all of these and tries desperately to fix them and please everyone. It is outside his power to change all the external events and behavior of others, so Sir Ego girds his forces and tries harder. When that doesn't work, he slumps off in defeat.

The anecdote to stress is to accept the person or situation before us without judgement and respond to the truth of what is before us in the highest possible way. When we judge a situation or a person, we are simply saying this is not how Sir Ego's script is written, nothing more and nothing less. Sir Ego is not the arbiter of Truth. The situation before us is happening in accordance with the Script of Creation for the benefit of all parties, even if it is destructive, illegal, immoral, unethical, or criminal. Without judgement, we can calmly deal with the scary or angry person before us better than when we allow them to trigger us.

We accept the things we cannot change, no matter how challenging that may be. We work with what is rather than what we wish were happening. There is gold in those hills of troubles. Letting go of our attempts to manage and control everything means that we can be very present to what is actually happening, listening deeply to others, noticing synchronicities, avoiding habitual traps, and harmonizing the heart energy of the moment. This is the most effective way we can approach challenging situations, not ringing the fire alarm.

When the gap between the Script of Creation and Sir Ego's script is wide in the future, we experience anxiety. When we are constantly trying to make something happen that is out of alignment, we will be frustrated and anxious. We think of all the ways that reality can go wrong and mismatch our script. We realize that many of these events are outside of our control and so we try to create mental scenarios to fix each possibility.

We replay endless what if scenarios in our heads because Sir Ego believes that he can prepare for each possible outcome and have a plan to bring the reality back into alignment with his script. Sir Ego believes that his foresight can prevent the Script of Creation from going off the tracks or prepare him if it does. He fears that if he doesn't plan for every possible outcome, he will suffer.

Sir Ego has another motive for trying to control the future. He has an underlying guilt, sometimes justified, sometimes illusionary, about past mistakes and "sins". Fearing that he will be punished in the future for the "crimes" of his past, he remains vigilant. If he can see the punishment coming, he can take a detour and avoid it. Sir Ego justifies lies and manipulations because he is unwilling to face his consequences. But he cannot hide from the karma-riculum, he will receive his lessons.

The antidote to anxiety is faith. When we accept that the Script of Creation is for our highest good, and has the most power to manifest, we can relax. We don't worry what will happen, instead we accept that the Wise One will guide us through it no matter what it looks like. We acknowledge that if there is to be pain, it will be the cracking of the shell around our heart, delusions being excised from our mind, and low vibrational energy being released. These are all good things that we want to happen because they unlock future potentials that we cannot even dream of. Now we combine our power and will with the power of the universe and become effective manifesters.

PERSONAL EXAMPLE

Last year, I was diagnosed with stage 2 breast cancer – it was a single lump without metastasis, but over an inch in size – and I was pleasantly surprised by Sir Ego's response. When fear threatened to bloom, it went directly through the practices that would dispel the delusion that this experience wasn't for my highest good.

I prayed to align with the Script of Creation and dispel all fears with knowledge and faith. I knew that the diagnosis was prophetic, and that it would facilitate a profound healing although I could not see what that might be at first. My children are the exact age I was when my mother died of cancer. While hers was a one-way ticket back to her heavenly home stage 4 malignant melanoma, I knew in my heart that mine was simply a trigger that had become a solid physical reality over the years, and that my children and my mother were all involved in some way that I could not yet see. Still, I had a supreme confidence that the purpose would be revealed and that a profound healing would occur for us, whether there was a physical healing or not

I will go into the details of the story in a later chapter, but for now, I'll just say that it was the most expansive, exquisite, transcendent experience of my life, and that I have nothing but gratitude for the service of the little boo-boo to my spiritual growth.

Even now, the only reason I'm able to take time away from work to write this book is due to the recovery from the final reconstructive surgery. Yes, I am fine and cancer free, thank you for asking.

Each day, as I asked little boo-boo questions, I was astounded by the transformative depth of the answers I received. A particular lesson was about reclaiming the power that I'd turned over to others – it was especially important because my western medical doctors were unintentionally indulging in fear consciousness and robbing me of my power, advocating remedies that were out of alignment with my inner soul guidance.

When my mother was dying, my ego consumed a most horrendous buffet of Kübler-Ross five stages of grief. Yet my mother was in an entirely different consciousness that I could not comprehend at the time. All she would say was, “I taught my children how to live, now I must teach them how to die.”

My ego screamed: “What??!!” We must fight this unwinnable battle! We must gnash our teeth. We must beg and bargain, we must cry our eyes out, and we must scream primal screams. For many years, I could not get past the pain I felt in my heart whenever I remembered the beautiful soul that my mother was and still is in her non-corporeal form. After an initial year of unbearable grief, I buried the agony in a fortress in my heart and threw away the key – the show must go on. I didn't understand what she had taught me about how to die.

When I found myself as a mother with a cancer diagnosis seeing the fear in my children's eyes, I knew that my Wise One was bringing a lesson for my children's higher selves, both of whom have careers in Western medicine – although their egos weren't remotely interested in the spiritual aspects of this potentially life-threatening journey.

I understood that there were no words I could use to explain to them how I was able to approach this experience without fear and without accepting the most aggressive treatments. There would be no meeting of our ego-minds.

I realized that my fearless energy and my faithful minimization of the problem would reach their higher selves energetically, and that it would probably influence their future careers as doctors and nurses so that they wouldn't project their fears onto their patients.

Ah-ha! Now, after 34 years, I finally understood exactly what my mother meant about teaching us how to die. She wasn't saying it with words, she was saying it with her calm, accepting, peaceful energy, and I was doing the same for my children.

Now I could see how the circle was complete, in a divine plan that had been set in motion before my birth. It gives me shivers to think of it. Our egos have such narrow vision; they fail to see the grandeur of the Creator and the benevolence, care, love, tenderness, support, wisdom, and perfection of the His plan for our lives. We think in minutes, months, and years, while He thinks in eternity.

RESTORE THE WISE ONE AS SOVEREIGN OVER SIR EGO

It is very difficult to understand that our personal mind, which is governed by the ego, does not know what is best for us; that, in fact, we do not really have any clarity about what lies before us, because of the shadows created by our past.

Yet it is critical that we understand the ego's limitations.

Buddhist teachings describe nine levels of consciousness. For our purposes, we have combined the lower levels into "ego consciousness" which operates in the sensory, material world, from a perspective of separation, personal thoughts, feelings and ownership; and Wise One consciousness which encompasses higher levels of impersonal, abstract, spiritual, and inner awareness.

It isn't that we don't use the mind in these practices. We must simply learn to use the higher parts of the mind to guide and heal the lower parts of our mind.

Sir Ego would rather spend his thought-energy on digging into all of the crimes, perpetrators, causes, and injustices behind our present pain.

Meanwhile, the Wise One uses the mind's faculties of analysis to peel back the layers of the smelly onion of ego's meanderings to uncover the underlying delusion – the root of the weed that must be brought into the light of Truth that can permanently heal its wounds. Sir Ego thinks with problem consciousness, while the Wise One thinks in solution consciousness.

This ego part of our mind, drawing information only from the five senses and the 3D material world, is blinded by its script which is based on triggers from the past.

It is equally difficult, and equally critical, to understand that the Wise One, being dialed into the Script of Creation, *does* always know what's best for us and for all those around us, and that it has the support of the Creator's power and wisdom to make Truth happen.

The purpose of these practices is to learn to identify which level of mind our thoughts are operating on, so that we can consciously choose to release our lower thought patterns and act on the higher ones.

There is a Zen saying that “*an ignored guest quickly leaves,*” meaning that the less attention we pay to our lower thoughts, the less of them we will have. We don't need to suppress them, express them, study them, or act on them – just turn our attention to the thoughts of the Wise One, and let them pass.

Sir Ego is wily and clever. He often hides exactly the one single insight that will clarify the whole picture for us. While the ego may tell you boldly that its messages are from your Wise One, it can be difficult to discern if they actually are, or if they are forgeries.

I have found the Wise One's messages has several distinct qualities that will allow me to trust their source. First, while my ego is “over here” mucking about in quicksand, this new insight is way over “there,” far from

my current thinking and awareness. I have a new perspective that is higher and eternal.

Second, my heart is open and there is no fear. I feel compassion for those in the situation, including myself.

Third, the authority of this insight is crystal-clear – it is from Truth with a capital T, in a way that I have read and heard about, but I've never really understood and internalized until now.

Finally, there is clarity, assurance, certainty, and no doubt that this is far more effective than anything my monkey mind had been bandying about. It is truly the knife that can cut straight through the knot of the ego's confused thinking.

In time, it became superabundantly clear to me that my ego, with its endless plotting and manipulating to fulfill its script, was what had got me into trouble every time – and that surrendering its illusory control to the Wise One, the Divine, always got me out of trouble, every time. Time after time. Over and over. It took many, many instances to build my faith in the Wise One and the Script of Creation, and to diminish my faith in Sir Ego's script.

APHORISM

I WAS BLIND BUT NOW I SEE

This is the true definition of faith: living in accordance with a sure knowing of the truth of things unseen. It is not blind allegiance to an idea. It is knowledge acquired in the existential battle of our material lives. If you tell me that something is true, I may believe it, doubt it, or deny it. But my own experiences will convince me without a shadow of a doubt that the higher plan for my life is better. As I learned each lesson, I was changed, and I could no longer return to the ignorance that I had clung to before the lesson was learned.

Once you see for yourself that adding two blocks to two block gives you four blocks, no one can convince you that two plus two equals three.

Once I saw how my forgiveness of my ex-husband had healed me, my children, and had even helped him a little bit, I could no longer withhold my forgiveness or doubt its efficacy in any matter. Even though my ego occasionally tries to trip me up momentarily, I now know how to recognize it and relax it, release it, and await the Wise One's wisdom and response.

It is not possible to look at the transformation and miracles in my family, and not see the fingerprints of the Divine. Sadly, our conventional mental health modalities have low long-term success rates with addiction, victims of abuse, PTSD, depression, anxiety, children of alcoholics, and gender-identity dysphoria. As long as those modalities are aimed at the ego, there will continue to be low success. The Wise One aligns with the Script of Creation to supercharge our expansion and our spiritual efforts, transmute the painful energy, and use it to empower us to realize the highest fulfillment of our life's purpose.

RECEIVE STAGE		
Moving from Sir Ego and the Wise One		
Tools to help you shift your consciousness	Guided by the Ego's Script	Guided by the Script of Creation
Ego's Script vs. Script of Creation	The ego strategizes to use the lance or the shield to confront the "enemy," preparing for combat, rehearses conversations, etc.	With a calm and open heart, the situation is seen clearly with compassion and love.
Thoughts and Feelings	The ego speaks, acts, and thinks how to change the circumstances and people so that I will no longer be triggered. In its desperation, It wants to be right and win at all cost. The end justifies the means.	Once the Wise One has released the blocked energy, they are receptive to hear the divine wisdom which will guide them through their lesson, permanently changing their perspective on this issue.
Physical Sensations	The ego feels powerful when it engages in attacks, whether physical, emotional, or psychic. It feels vindicated and self-righteous.	Calmness and peace accompany the insight and change in perspective. I have done my work of purifying my inner world, and it is up to the Wise One whether or not words need to be said.
Useful Thoughts to Move from Sir Ego to the Wise One	Desiring immediate gratification, my impulsive actions have been self-defeating and ineffective in the long run.	I will have the patience to wait until right action occurs spontaneously. Until then, I am open and receptive to guidance.

RECEIVE STAGE		
Moving from Sir Ego and the Wise One		
Prayer to Move from Sir Ego to the Wise One	Give me the strength to avoid the habitual behavior patterns that have never worked in the past. Help me to be receptive to a new path.	I know that the Divine sees me on the other side of the problem and will guide me step by step through the dark labyrinth to the light as I listen keenly for each instruction and do not stray.
Affirmations to Move from Sir Ego to the Wise One	I wish to see these people as mirrors of something that I need to see in myself.	I am willing to give up any delusion, all sacred cows, to see the Truth.
Questions for Journaling or Contemplation	Let's use the example of revenge, a common theme of the ego's script. What will it really get you? Will it UNDO or rewind? This is wanting to go back to the "before" which is impossible. You must embrace the "after" and the gifts it entails.	Expand on the lesson you have learned and how it is far bigger than this one circumstance and applies to many aspects of your life. Offer gratitude for this change of perspective and extend the blessings to others, especially the "perpetrator."

11.RESPOND – SIR EGO REACTS INEFFEFFECTIVELY

EFFECTIVE DESIGN AND PURPOSE

Sir Ego's job is to act in the physical world. He must feed, clothe, house, and protect the body. Most of the time, the Wise One is leading and the ego is following, even though we are unaware of this expedient strategic alliance. Sir Ego accepts the Wise One's intuition, creativity, innovation, and solution-oriented good ideas as his own and readily acts on them.

Everything that mankind has ever done was done by the ego, either under the guidance of the Wise One or the ego-self. We have accomplished miraculous things, and we daily continue to make discoveries that change our understanding of the world. Everything that quantum physics discovers confirms the wisdom that yogis and sages have foretold for countless ages about the nature of our quantum metaphysical reality. The Creator has given us an amazing cosmos for our exploration, entertainment, and education. It is a delight to our senses, a playground for our socialization, and an temple for learning the joys of loving and serving others.

Every thought, every action, and every word sends out a vibration of energy: a vibration of love and its derivatives of compassion, service, forgiveness, gratitude, etc. – or a vibration of fear and all its derivatives of anger, greed, hate, gluttony, pride, etc. The universe responds to these vibrations in kind. We get what we give. This is the magnetism that drives the karma-riculum, and that creates the balance and harmony that sustains the universe.

PERSONAL EXAMPLE

The most impactful example I can give is within the context of my marriage. My ego believed that it had attained nirvana and had fulfilled its script completely – except for a tiny detail. My ex-husband wasn't properly playing his role in my script, and I needed to fix that. So I cried, begged, pleaded, enabled, screamed, stonewalled, and turned the other cheek too many times to count, hoping that he would be who I had cast

him to be. Yet he played on my fears like a skilled conductor, knowing precisely when to tease the flute of vanity, tickle the ivories of insecurity, or reach a crescendo with the bass drum of guilt and shame. Bing, bam, boom! I was the pinball, battered around by his words and actions.

I prayed to the Creator for help to fix this tiny blemish in my perfect world, and according to the universe's laws of magnetism, I got an equivalent energetic vibration to the magnetism I had put out. Unimaginable cruelty, betrayal, humiliation, punishment, psychic assault, and aggression. The more I pushed him into the corner with my demands, the more he escalated his responses. I was no match for him, because he was willing to use bigger weapons than I was. He was willing to ignore the needs of the children in his efforts to break me. My ego was completely powerless to compete with him.

However, when I turned to the Divine for wisdom, guidance, and power, the tables were turned. It took a few years of these practices for me to prevail, but prevail I did. Well, actually, the Wise One did. Whoever has the higher state of consciousness will always prevail over him who holds the lower states, in the long run and in the energetic battle. I had believed that our children and I were both irreparably damaged by his toxic abuse, by our mutual addictions, and by the explosive divorce and custody battle. However, that was not true.

Victory was found in surrendering my ego to forgiveness, compassion, love, and grace. Slowly, our relationship evolved into effective co-parenting, and eventually to a point where I had the power in the relationship because he could not trigger me.

My Wise One knew exactly how to work *with* him for the highest good of all. It is impossible not to see the miracle in the healing of our family, which would never have been predictable given the nuclear explosions in our family's history.

DELUSIONS OF THE EGO

When the whisperings of the Wise One conflict with Sir Ego's Script, Sir Ego is prone to disregard and overrule those quiet whisperings and proceed with its own plans. My intuition waved a red flag long before my wedding with my toxic ex-husband, but I ignored it.

Sadly, every dark, destructive, violent, traumatic, and negative thing that happens to humanity, no matter how minor or catastrophic, is the result of Sir Ego's blindly acting out whenever he is triggered by fear, anger, lust, greed, despair, etc.

When the Wise One is silenced, Sir Ego will do things he wouldn't normally do, compromising his principles, manipulating or punishing others, seeking revenge, humiliating himself, and breaking his promises.

This is the origin of Sir Ego's control issues. At this moment, Sir Ego's focus is on bringing the world back into conformity with his script, in which the ends justify almost any means. Desperate people do desperate things. Hurt people hurt people.

Sir Ego develops his victim story based entirely on reality's deviations from his script. He considers his script to constitute fairness – for himself and others - despite its selective perception. Even though it does not include all the karmic antecedent events that led to this moment, he believes his script is “fair” and what is happening in the Script of Creation is unfair. Then Sir Ego searches for someone to blame for his dilemma rather than accept his karmic responsibility for his circumstances.

If Sir Ego does take some of the blame for the situation, he wrestles with guilt and self-loathing rather than taking positive steps to amend the losses and remediate the karma. Often he denies this guilt by projecting it onto other, blaming them for the situation as he develops his own justice remedies involving revenge. Yet, this is untrue and detached from reality because the Script of Creation served him exactly the circumstance that matches his karma-riculum.

It is important to see that this happens to us all, but that it is an opportunity for a lesson, and it is not a sin. An unrestrained ego has little compassion, empathy, or generosity as it determinedly pursues its goals. Yet it is all, only a call for love, not an expression of evil. It is a failure to identify with his divine nature and with those around him. It needs correction, not punishment.

ACIM clearly states that guilt is never justified because we are a divine being having learning experiences, making correctable mistakes but not committing unforgivable sins. I wrestled with this concept for a long time because I was clear about my culpability for the mess that I created in my family. Much of recovery is about taking responsibility for our past actions that have caused pain so that we can make a U-turn and begin to walk in a positive direction and make amends to those that we have hurt.

Still, guilt is not a posture of healing and keeps us stuck in the past, with a closed heart that prevents us from uplifting our lives. So, I endeavored to understand a way to see my past that was both responsible and free of guilt.

I could feel the intense passion of my the moments where I was committing the crimes – continuing in a relationship with my toxic ex-husband, drinking excessively, ignoring the damage my drinking was doing to my children. I asked myself, “Did I really have a choice in those moments?” And the answer was “no”. Some power beyond me was driving me, whether an inward energetic wound or a karmic force, I do not know. But I do not feel that I could have walked away from my engagement when I realized it was unhealthy or quit drinking as it escalated. There seemed to a momentum beyond my strength to control.

I realized this was my karma-riculum. I chose this life journey to learn the powerful lessons that I have learned. This was written before I was born so it was true that I could not have stopped it and my only choice was how I would respond to it when it happened. Would I (eventually) learn the lesson and change my behavior or would I go deeper into the darkness and delusion? Would Sir Ego continue to fall, or would I allow the Wise One to arrest my uncontrolled descent?

A perfect allegory came to mind which I use anytime guilt starts to appear in my awareness. The present moment is the precisely crafted in the Script of Creation based on the past events and the current lessons of each person involved, as always, for the highest good of all. With great care, the divine has set the stage for the next act in the play. We cannot know how important each aspect of the stage is because we neither know our lesson nor the lessons of our fellow actors. We do not know why the lamp is broken, the carpet is stained, or the window opened.

Sir Ego steps into this present moment, on this stage, and storms about. Who broke this lamp? Who stained this carpet? Who opened this window? Condemning each thing that does not match *his* script. As he looks about, he assigns blame for these *sins*. Was I to blame for my drinking problem or was my ex-husband who drove me to it? Often Sir Ego cannot face his own culpability, so he projects it onto others and blames them. Blame is my own guilt projected onto another. However, neither is appropriate, no one is to blame for there is nothing wrong with the Script of Creation – this moment is perfect. The stage is set perfectly.

The Wise One steps onto this stage, sees the broken lamp, the stained carpet and the open window and asks What is the next act/lesson? What is my role in this scene? What am I to learn from this? Why has the Script of Creation triggered these wounds? Then he opens his heart, reads his lines, plays his role to perfection, and learns his lesson so that he can proceed to the next scene, the next lesson. He has no guilt about how the scene is set, instead he accepts it and moves forward. Ta da. No more guilt - only a conviction to be in our highest energy and consciousness going forward.

We must learn not to judge these inevitable *faux pas* – the broken lamp, the soiled carpet, and the open window - in ourselves and others. We are each characters in each other's karma-riculum. At the end of a play, we do not imprison the actor who played the murderer. We share a fine meal, a hilarious joke, and express our mutual respect for a job well done.

Some of Sir Ego's responses are so brash that we cannot miss them; but, more often than not, they can be extremely subtle, and it may take

concerted study to expose and remediate their attempts to manipulate us and others.

Sir Ego is wily. He is very skilled at hiding his true intentions and methods. We give gifts and flattery with strings attached. We give what gives us satisfaction rather than what someone needs or wants. We apply pressure, guilt, shame, or threats to get our way.

I realized that one powerful way to move the ego out of its habitual negative response to challenging conversations was to affirm that the most important thing is to *honor* the person before me, to see their divine Self rather than their misbehaving ego, and to put that goal before any other results, such as the project we are working on. People are more important than things, *any and all* things.

In truth, people serve us as mirrors – they show us what we need to look at in ourselves. It's been said that what we don't like in others is a fault that we're denying in ourselves. While this is often true, it is also a reflection or a projection of something in our shadow self that needs healing. Thus, mutual compassion is appropriate.

Yet I have found it often even more complex and subtle. Sometimes, it's a quality that we pride ourselves on because we've worked hard on it and we find fault in the other for not doing the work.

Sometimes, they are overtly or covertly attacking us, and our task is to stay centered and not respond in kind. Sometimes they remind us of someone and trigger a wound from our past that has nothing to do with them. Sometimes it's not their weakness but their failure to align with the role we've assigned them in our own faulty ego script: they are in our way. In all cases, the mirror image is a message to ask the Wise One to look carefully at this judgment, identify the weed, and pull it out by the root.

To accept someone exactly as they are in this moment, warts and all, it is imperative not to judge them. "This is just how egos are. They all behave this way sometimes, and we all have an ego." It may help to consider how you would react if you knew that their bad behavior was due to a brain

tumor rather than a character flaw. It is much easier to have compassion, understanding, and right attitude when we are able to forsake judgment.

APHORISM

RIGHT ATTITUDE, RIGHT ACTION, RIGHT WORDS, RIGHT TIMING, RIGHT PERSON

During the challenging times with my teenagers, it seemed that every word I said was the wrong one. Parents with teenagers will not need any further explanation to understand. Teenagers are testing everything we've taught them to decide whether they align with it or not. Their egos have developed, their will power is emerging, yet they have little mastery over those faculties and may spray them around wildly. So, yes, they can be difficult.

But one thing you can count on is that they see through every one of your egoic behaviors – your controlling, your guilt trips, meddling, hypocrisy, and conditional gifts. We must find the most genuine part of ourselves in our higher Selves, if we are to develop the next phase of our relationship with them, as adults, peers, confidantes, and mentors.

On top of the normal process of individuation, my children were passing through a dark night of the soul. Unlike Alice of the Brady Bunch, there was no perfect sentence to solve their problems in a half-hour episode. It became deeply clear to me that I really had no idea what they were going through, and that all my ego could do was project my thoughts, feelings, challenges, and triggers onto them – and that all of the words spoken from my ego were really aimed at quieting my fears and triggers. Alas, those were the wrong words that made the monkeys extinct.

I redirected all of my effort, will power, and intention toward releasing my own painful triggers and reactive energies. Then, to my surprise, exactly the right words would come, spoken in just the right tone, at just the right moment when my child was most receptive. It would be pithy, kind, gracious, compassionate, funny, and filled with love. It was perfect,

and it had an impact. And it came out of nowhere. Sir Ego didn't see it coming, but it did see the Wise One's sly wink.

12.RESPOND – THE WISE ONE RESPONDS EFFECTIVELY

EFFECTIVE DESIGN AND PURPOSE

Now we've arrived. The Wise One is steering the ship, our inner energy is calm and focused, Sir Ego is collaborating, our misunderstandings have been brought into the light of Truth, and our actions are inspired, uplifting, and enlightened, and will change our lives in ways the ego cannot imagine. We are no longer a pinball being battered about by outside circumstances that are triggering tornadoes of energy; we are the Wise One aligned with the Script of Creation.

Our calm inner peace responds effectively and dynamically to each new moment in the highest way, learning our lessons and discovering our unique life purpose and our best contribution to humanity.

The most pleasantly surprising aspect of this work is to see the Wise One appear. It is worth exerting all of our strength, patience, perseverance, and faith to withstand the trigger long enough to release its loud energy so that we can hear the Wise One's whispers of Truth.

This is where our personal power aligns with the divine power of the universe and the Script of Creation. This is where we magnetize and attract what we need: people, resources, opportunities, ideas. In this state we are creative and powerful beyond our imagination, able to fulfill our highest purpose. We have purified all of the lower impulses – if we had this power when we were in the lower heart states, we might seek revenge. And just imagine if all our revenge thoughts were manifested – the Dark Ages would pale in comparison.

When the Wise One appears, he performs miracles - he says the right thing at the right time, with the right inflection, to the right person. I've found that the words will often come spontaneously, long after I've forgotten about the subject. Or I'll notice a synchronistic event that leads me to a new and unforeseen adventure. These experiences are notable because there was no project plan, no inner dialogue auditioning different

dialogues, facial expressions, and response scenarios. They come out simply, with humor, love, acceptance, and vulnerability. They are acts of unspeakable love that transcend time and space, healing and uplifting the consciousness of both parties. Sir Ego may never even be aware of the gifts given and received.

The Wise One is fully aware that that we only receive as much as we give – with the exception that what we receive from the Script of Creation is pure gold.

Sir Ego's lives in a physical world of lack in which there is never enough to go around, and we lose whatever we give away. "I am in competition with my fellow knights for love, security, and happiness."

The Wise One's perspective is of the quantum universal field in which all people are part of the one fabric of cosmic creation. The Wise One knows that whatever I give within the field of consciousness flows through us, and that the more we open our hearts to give, the more we are blessed by that which flows through us: more love, more compassion, more forgiveness, more joy, and more humble service. In the divine realm, we get much greater value than what we give. "To give is more blessed than to receive."

When Sir Ego sees friend is in pain, he offers unsolicited advice to fix it – while appearing to help, he doesn't actually have to feel the other's pain. Meanwhile, the Wise One unhesitatingly offers divine love, support, comfort, service, and prayer. He has great compassion for the pain of others, without having to leave his strong, calm center. The Wise One transcends the ego's eager attachment to the results of his actions. Sir Ego expects and demands the results he feels are his according to his script. The Wise One seeks the transcendent results of enlightenment and freedom for all.

As we align ourselves more and more with the Script of Creation, our magnetism increases, our intuition is clarified, and our vibration rises to a higher level of synchronous harmony with the Divine. We have more

power to attract wisdom, the people and events, synchronicities, and opportunities to heal, grow, and serve others.

As we step into the rushing current of our karma-riculum, our life's purpose is clearly revealed to us, one lesson steppingstone after another, and the power of the Script of Creation is with us to enliven it. We are no longer clinging to our fears and habits in the eddies at the shoreline.

This will be our highest life – our passions will draw opportunities, our relationships will blossom, our spirit will soar to its home in infinity, and we will be empowered to make our highest contribution to our world. No matter how great or small, each of us has a unique role to play that only we can fulfill.

PERSONAL EXAMPLE

There have been two moments in my life when I realized that my Wise One now owned my relationship with my ex-husband.

In *A Course in Miracles*, this is called a holy relationship, one that the ego has offered to the Divine for the highest good of both parties, essentially writing the other person out of our ego's script and fully accepting the Script of Creation for that person.

The first moment when I became aware of the Wise One acting in my life happened when I took all possible family leave time from work while my children were struggling. I then lost my job, albeit with a nice severance package. However, a point soon came where the ends were no longer meeting, and I couldn't cover my expenses.

I figured that the most obvious expense that I could shift to the kids' dad was their car insurance. I had consciously avoided battling over money with him because I knew that he guarded it most fiercely, and it would exacerbate the familial conflict. I also knew that any demands I made of him would increase his resistance. At the same time, I had faith that my Wise One would be perfectly effective in this situation.

I knew that, before speaking with him, my ego would need to be entirely off-line. So, I began the conversation with an apology for the ways my troubles had become his troubles, and I expressed my gratitude for his care of the children when I couldn't be there for them. Ouch, that was hard for Sir Ego to say so I knew I was on the right track.

He responded with a list of my faults and failures, to which I acquiesced and apologized again. It's always helpful to begin a difficult conversation with some sort of acknowledgement of blame, to diffuse the other's ego defenses. Saying something like "I apologize, I wasn't clear in my request. I apologize, I must have missed your email. I apologize, I didn't catch that error," takes the wind out of the wind out of a would-be attacker's sails.

Then I said, "I cannot afford to pay the children's car insurance for the next three months. If you can afford to pay it, they would be very grateful. If you don't want to, please explain to them why they can't drive their cars. I support whichever you choose, and I will help chauffeur them if you don't pay their insurance."

Knowing that he needed to have control, I issued the statement of fact that I couldn't pay the insurance premiums, and then I asked him what he would like to do about it. I offered him my support for whatever he chose to do. Not surprisingly, he agreed to pay the premiums, and my final words were, "Thank you. Will that be cash, check, or charge?"

Even he was able to recognize the turning point in our relationship, and that it was no longer providing fuel for his narcissism. So, he simply chose to ignore me as soon as the children turned eighteen and we no longer had any shared legal co-responsibilities. At their high school and college graduations, we even sat together cordially enough, although I could feel his discomfort. It was a joy to realize that I felt no discomfort, because I had cleared up all of my energy around him and our past.

Two years later, our son graduated from nursing school. On this occasion, my ex's energy had completely changed toward me. If I had to give it a name, I would call it "gratitude." On further contemplation, I realized how difficult it must have been when the children were

undergoing their depressive events at my house, outside of his purview and control, but within his grotesque imaginings of what was happening. Clearly, they hadn't merely survived but had thrived spectacularly, for no reason that he could explain.

Eventually, it seemed to have dawned on him that it had had something to do with me, and that rather than the villain, perhaps I was something of a hero – at the very least, in that *he* didn't have to deal with that impossible situation. At the end of the evening, he gave me a sincere hug on my way out, much to the shock of my ego and my kids. But it was no shock to my Wise One, who recognized this as the moment of fulfillment of its sacred plan for our relationship.

RESTORE THE WISE ONE AS SOVEREIGN OVER SIR EGO

Have patience. Wait until the mud settles and the water is clear. Remain unmoving until right action arises by itself. Lao Tzu – Tao Tehe Ching

Again, the key to dealing with the ego's futile ways lies in developing faith that the Wise One will appear at the right time, once the ego has surrendered to its guidance.

The Wise One aligned with the Script of Creation responds in the highest way for all involved, never with a wish to benefit itself at the expense of another – although, as I've said, this may be painful for some of the people involved, since breaking the hard shell around the heart and mind can be harrowing.

In surrendering to the Wise One's leadership, the ego may fear that it is handing over the reins to a terrifying enemy and fear a corresponding terrible undesirable outcome – but this is not so. It is surrendering to its own Wise One and to the divine plan, the Script of Creation for the highest good of all. It will require practice and a series of successes to convince

the ego that this is safe, that it can wait, and most humbling of all, that its own plans have never been anywhere remotely as wise or effective.

All that is needed is for Sir Ego to step out of the way. We need only to stop its habitual, dysfunctional responses and bad behaviors. We do *not* need to “figure it out” before we act. We do not need to rehearse a sufficient number of conversations in our head until we can find the perfect one. We do not need to “fix it.”

We do not even need to “get it right.” But we do need to be vigilant so Sir Ego doesn’t get it wrong.

What we need is to develop the ego’s own power of impulse control and its capacity for delayed gratification, in order to invite a true solution and not mess-up the situation!

This is where we must learn to be powerfully and dynamically present in every moment, bringing our highest Self to bear on the matter at hand. While the ego would try passionately either to promote its agenda, or passively give up, the Wise One is able to balance perfectly on the razor’s edge between the ego’s opposite fight-or-flight extremes and find the Middle Way, the Tao. In this meeting, you will be aware of how everyone is reacting, and you will be aware of whether, and how, your messages are being received. You will recognize when you have strayed too far out of alignment with the others, and you will be able to retreat and regroup to find the common ground from whence you can continue the journey.

You will find the points of agreement, and you will instinctually be able to defuse the points of contention. You will accept any amount of progress toward any solution as a clear win, rather than a failure to achieve your ego’s objectives. You will lead from behind. This is servant leadership, and it is the Wise One’s style.

This is all good news. If you have completed all of the prior steps, there will be nothing left for you to do but wait for right action to occur. Your Wise One will think, speak, and act in accordance with the Script of

Creation. You will have right attitude, right action, right words, and right energy with the right person at the right time.

This is where faith overcomes fear, love overcomes hate, peace overcomes anger, compassion overcomes judgment, and joy overcomes grief – because Truth always overcomes delusion. You have arrived. Your consciousness is rising and expanding each day, and the ego is yielding to the Wise One.

Each day, you will approach your challenges as lessons, knowing that they are leading you to the most fulfilling life that is awaiting your manifestation. The Wise One wields the power of the Divine to create and exalt the upward spiral of our lives, while the ego wields weapons of offense and defense that only facilitate a downward spiral.

Let's look at how this works in practice. Because I'm presently talking to your ego and it doesn't want to wait and see how the Wise One responds, let me give it some helpful ideas. Sir Ego may try to mimic these responses after careful consideration, multiple silent conversation auditions in your head, and some intentional body language and facial expressions. The other person will read the state of your heart energy, and that will determine how this message is received.

You can say the exact same words from Sir Ego or the Wise One, and they will be received completely oppositely because of the heart energy that is being read subconsciously from your tone of voice, body language, micro-expressions, and word emphasis.

Try this sentence four different ways, emphasizing a different word each time to see how different the meaning is. *I can't help you.*

Let's make a distinction between different kinds of responses that the Wise One might make, in place of Sir Ego's fix-it responses to someone who is triggered or needs our support.

One misstep that Sir Ego makes is to turn the conversation back on himself, talking about when he went through a similar experience. Of

course, this is a perfect way to block the flow of the other person's emotional energy!

Sometimes you have to fake it to make it, and it may be helpful to teach Sir Ego these tricks so that he can take one step away from his usual fix-it responses until his heart and mind are truly convinced and open to the Wise One.

First, the Wise One may see that the other person just needs to vent and be heard – they just need to be validated and supported. This involves non-judgement, active listening, and keeping your heart centered and open, even if you don't like what you're hearing, and supporting and validating the responses regardless. *"I hear you. I get it. That must be tough!"*

A good step to move away from Sir Ego and toward the Wise one is to consciously ask my ego to identify any points of agreement, or of right thinking, and emphasize those while ignoring any complaining, venting, and points of contention. The idea is to create *yes* energy, *I agree with you. I see your point. That makes sense. Good idea.*

Next, the Wise One is always clear whether the person is asking for advice – whereas only Sir Ego will offer unsolicited advice. (Do *you* like unsolicited advice?)

If the person asks for advice, either Sir Ego or the Wise One will be free to step up and answer, depending on the state of your heart. So you may want to wait until you are feeling clear, centered, and receptive to the Wise One before you offer advice.

The Wise One's advice comes from a higher level of consciousness and expanded awareness and will be truly helpful, as opposed to Sir Ego's advice which comes from a limited perspective and may be laden with hidden agendas.

Again, this is where it's important to have patience and wait until the right action occurs to you. You may need to take time to process and

release any wrong or doubtful energy before you respond. It's OK to say, "Let me think about it."

As you become familiar with the workings of the Wise One and able to feel its intuitive guidance, you will discover the flawless mirror within yourself. A close disciple book of Paramhansa Yogananda wrote a book about him called *The Flawless Mirror*, and as it implies, there's a way to serve as a flawless mirror for others – a mirror image without any ego distortions, reflecting the other person's best self.

This is how great teachers, saints, and sages mentor us, and how we can respond to others when we remove the ego from the exchange. The flawless mirror will show us something that we need to see to change in our perspective, in order to learn our lesson and find our breakthrough.

The ego is wily and will resort to his strongest defense of denial, eager to hide the weakness in us that we need to address to overcome the present challenge. Other egos may offer us a flawed mirror image where we see their own distorted projections onto us. Deep contemplation may be required to sort out their stuff from ours.

When people told me with great love and compassion that maybe I should think about cutting down on my drinking, they were being a flawless mirror. I resisted because it was a direct shot at my denial. But it was a truth that I needed to understand before I could take the next step in the right direction. When they did an intervention, I recognized it as a fix-it, and it only increased my resistance and anger, knowing that they were more interested in fixing an unpleasant situation than in truly helping me with some very complex personal issues that I knew would only be truly fixed by following my own inner path.

To clarify these subtle distinctions, let's consider an example so that you'll understand them intellectually, even though the execution will require your heart to be open and your mind to be calm.

At one point, my daughter had a relationship with a person who had a great deal of PTSD and couldn't help creating a great deal of drama,

including threats of suicide. It's common for people to recreate their parents' relationships and either reinforce the old negative patterns or heal them.

My daughter would talk to me when she was feeling overwhelmed with the level of craziness. I knew that Sir Ego would want to exclaim, "*Just walk away! Run away! Go away!*" I wanted so much to stop her pain which was triggering my pain. But after clearing my energy with these practices, I was surprised to see how my Wise One responded. If she wasn't specifically asking for advice, I would allow her to vent and just offer validation and support. I found the Wise One intuitively offering insights such as, "Learning to stay centered in this drama will be important when you're a surgeon, because you'll need to stay calm in the midst of chaos and big emotions." Or, "I see why it's hard for you to ignore her cries for help, which are so loud and scary even though you know she doesn't intend to follow through."

The Wise One, acting as a flawless mirror to my daughter's highest Self, would put words to important ideas that had become overshadowed by her emotions, but which could change her perspective in the most helpful ways. At least, a seed was planted that she could contemplate when the crisis was over, and calm was restored.

This is how my spiritual guides work with me – I've learned that I can rely on them to show me the one piece of information that my ego is hiding from me, and that is preventing the light from shining through with the right insights.

This is the power of the subtle dimension beyond all our fears and ego. Coming from the Script of Creation, its wise counsel is always for the highest good of all.

Most important, if you only remember one thing, please remember to ask, "*How can I help?*" This simple question very effectively negates the ego's tendency to offer fix-it energy. It puts the responsibility on the other person to tell you how you can be truly helpful to them, rather than risk

jumping in with what you think *might be* helpful and doing great damage because you'll almost certainly be wrong.

You can't read their mind. You don't know what the core of the trigger is about, and what the lesson is. You surely don't know what may be most comforting or a reasonable diversion for them. Waiting for the Wise One's guidance and complying with their requests is the most receptive and selfless service you can provide, rather than jumping in with advice for controlling, resisting, or circumventing the difficult emotional energy.

Consider the subtle yet compelling distinctions in this abbreviated table from *Power vs. Force: The Hidden Determinants of Human Behavior*, by Dr. David Hawkins:

DIVINE POWER	EGOIC FORCE
Allowing	Controlling
Aware	Preoccupied
Brilliant	Clever
Concerned	Judgmental
Contending	Competing
Diplomatic	Deceptive
Encouraging	Promoting
Honest	Legal
Impartial	Righteous
Intentional	Calculating
Just	Punitive
Merciful	Permissive
Principled	Expedient
Unifying	Dividing

APHORISM

EVERY OFFERING OF LOVE RESONATES FOREVERMORE

The calm, loving center that you've cultivated will radiate into your outer world. Your egoic weaknesses will fade and your noble qualities will be revealed. Your energy of love, compassion, and acceptance will create an unseen aura of beauty and attraction around you.

You will bless each person you meet and each situation you touch, even when you are not aware of it. You will be effective in your projects and affable in your relationships. You will attract the positive aspects of your karma-riculum, for you will receive as you have given. I have found deep feelings of an impersonal kind of love and honor for people that I hardly knew, and that my ego would not normally resonate with.

More important, beyond this material world and this earthly life, you have created an eternal treasure in your soul, and you have blessed and uplifted the soul journeys of those whom you have touched.

In my former life, before it all came crashing down, everything that my ego was trying to do and build was fragile, shaky, destructible. I now have a deep knowing that the forgiveness, compassion, and unconditional love I have given will reverberate through eternity and touch souls that I will never meet.

The Wise One offers perfect eternal gifts crafted in the image of our Creator. Now the everyday activities of the ego in the physical world become sacred as they are infused with the love and consciousness of the divine Self.

I think of myself as having an infinite pile of gold coins of blessings behind me, and that I will only benefit from them when I give them away. So each day I try to give away as many as I can! And if I accidentally have an unkind thought about the driver who has cut me off, I bless him twice...because I need the extra blessing.

The real fruits of this work are indescribable and beyond words. I have had glimpses of a love that is everywhere and nowhere at once, with which I become one, and that resolves any doubts as to our true selves and the goal of the path to Self-realization. The bliss of the soul's true nature awaits our awareness just behind the veil of the ego, so let us dedicate each day to thinning the veil.

RESPOND STAGE Moving from Sir Ego and the Wise One		
Tools to help you shift your consciousness	React Ineffectively	Respond Effectively
Sir Ego's Script vs. Script of Creation	As a pebble is dropped in water and creates waves, the ego's response is to jump in and try to smooth the waves – and inadvertently create more waves.	The Wise One is open to channel the divine love and wisdom to the situation for the highest good of all. Spontaneous right action occurs.
Thoughts and Feelings	Sir Ego blindly reacts with his habitual negative behaviors and coping mechanisms. Desperate people do desperate things.	The Wise One, having a divine perspective on the issue, says the right thing at the right time to the right person in the right way for the most effective outcome for all parties.
Physical Sensations	Heavy heart and stone in stomach...I did it again, but this time I recognized that I did it. I may feel guilt and shame because I have become more self-aware.	Peace, gratitude, upliftment, joy, love, and calmness are the fruits of these practices.

RESPOND STAGE

Moving from Sir Ego and the Wise One

Useful Thoughts to Move from the Ego to the Wise One	Every time this situation occurs, I would like to notice one second earlier that I am heading for the quicksand, so that I may eventually realize it at the moment of choice and avoid it altogether.	Many times, the Wise One responds only in prayer, and when we send love to the other person and no words are needed. When they are needed, they will appear effortlessly at the right time.
Prayer to Move from the Ego to the Wise One	I may have reacted with my old patterns this time, but I pray that next time I will stop before and choose differently.	I give thanks for our teamwork, where you guide me to the right words and actions. These sacred moments where I am Your channel will forever alter the course of my life and the lives of those they have touched. This is the meaning of life.
Affirmations to Move from the Ego to the Wise One	I don't know the reverberating consequences of my actions, and I will no longer make the monkeys extinct.	Divine One, let my words and deeds be Your words, not mine.

RESPOND STAGE

Moving from Sir Ego and the Wise One

Questions for Journaling
or Contemplation

Looking back, notice when you lost it. Notice when your ego took over. Notice why it took over. What pushed you over the edge? This is the pivotal point to work on, to become hyper-aware of the moment when you are hijacked as soon as it happens, so that you can catch yourself.

Share this perfect moment with your ego, glad for its partnership and obedience so that it begins to understand that this is more effective, and so that it will become more willing each time. Also celebrate that this holy instant is a sacred moment in Eternity.

13. THE WISE ONE EXALTS RELATIONSHIPS

THE DIVINE ROMANCE

The deepest longing of our hearts – which is far greater than our earthly hopes and desires – is to be wholly loved, accepted, understood, and esteemed.

We seek a relationship that will bring us joy through our senses, and that will recognize our uniqueness, empower us to express our talents perfectly, and comfort us in times of suffering.

We long for perfect, compassionate guidance during our struggles, protection in frightening times, and strength to conquer our weaknesses.

We want to be seen at the deepest level of our being and perfectly, compassionately understood by one who knows us truly and will be able to satisfy all of our desires with perfect joy and love.

This is the holy grail that we are seeking. We have all, at one time or another, experienced a bright ray of a seemingly perfect love – when we've shared our love with others, while gazing into the eyes of a newborn, while choosing the perfect gift for a loved one, or when a friend offered us loving support in an hour of great need.

We have all felt our hearts opening when we contemplated the glories of the cosmos: the miracle of a human body, the splendor of a perfect sunset, a rainbow, a butterfly, or a spiral galaxy.

The highest source of perfect joy and love is our cosmic source and sustainer. We instinctively know a longing to return to our perfect, true state as a spark of the Creator's boundless love and bliss.

We experience our original oneness with our perfect source in those rare, fleeting moments when the ego-self disperses and a space opens for the ecstasy of our cosmic being to flow into us.

The joys of human relationships can never compare to the completeness of our oneness with the Creator. Only the divine Creator is forever giving, never judging, and never asking anything of us except our love.

If you seek perfect love in human relationships, you will be disappointed. Sir Ego can only offer us a vague and uncertain promise of human love. But human love is imperfect until it is anchored in the Divine.

Until then, the little human ego cannot find a perfect fulfillment of love from imperfect fellow beings in an imperfect world. What passes for human love starts out romantic, intoxicating and infatuating, but too often only leaves us disappointed.

Human relationships were meant to teach us that love can only ever come to us when we first give it to others, unselfishly and unstintingly. Selfish desires and “merchant love” (I will love you, but I expect you to give me equal love in return) ultimately leave us feeling unworthy, rejected, abandoned, and betrayed. These feelings of disappointed love simply mean that we are unable to find fulfillment in another person’s ego-script for us. Our disappointment, and theirs, has more to do with how we’ve written each other into our ego-scripts, than any real deficiencies in either of us.

The Creator alone sees our innate perfection unfailingly, and He alone will never reject, abandon, forsake, or betray us. Only in turning to Him will we find the perfect love and fulfillment we are seeking.

Our human relationships serve us in two very different ways, depending on whether we are following Sir Ego’s script, or if we are striving to attune ourselves to the Script of Creation.

The Script of Creation makes use of our human relationships to help us expand our love according to the what *A Course in Miracles* (ACIM) calls the *atonement principle*.

By activating the atonement principle, we can establish an interlocking chain of forgiveness whereby we acknowledge the divinity in our brothers

and sisters, even as we acknowledge the divinity in ourselves and deny utterly the notion that we are, or can ever be, condemned as sinners for all eternity.

In the Script of Creation, there are no sins to be punished, only mistakes to be corrected. As we walk hand in hand with our brethren toward our mutual salvation, we understand that this is the goal of the Creator's script, and that each of us has a unique role to play in the upliftment and liberation of ourselves and others. Meanwhile, we are like rocks in a stream bed, grinding and polishing each other as we roll in life's ceaseless stream. Our interactions with others are part of our karma-riculum – a soul agreement to help each other in our mutual growth.

When the Script of Creation prods us to learn a new lesson – perhaps an uncomfortable one – with the purpose of helping us expand our awareness – our hearts may be inclined to close in defense of the ego. But as long as we resist and make a habit of choosing Sir Ego's script, our hearts will continue to be imprisoned in a self-created world of judgment, condemnation, and likes and dislikes that will raise obstacles between us.

If, on the other hand, we choose the Wise One's divine perspective, release our self-protective attitudes, and open our hearts, we will learn valuable lessons from each new situation, and grow in trust, closeness, mutual expansion, and draw ever closer to perfection in our relationships with each other.

In my life, this realization completely changed my relationship with my deceased father by empowering me to understand that he was my peer on the spiritual path, with his own lessons and triggers, so that I could release the wounds I had inflicted on myself by clinging to the delusion that my father *should* be perfect.

It will help us to examine the trinity of Creator, Creation, and Universal Consciousness – a concept that is at the heart of all true religions, East and West, as will be further revealed in Chapter 13.

Each of us is a unique expression of the universal consciousness, with a unique role to play in the redemption of the world and the return of all beings to their original perfect oneness with the Creator.

In the three-dimensional created cosmos of time, space, and matter, the universal consciousness appears to be made up of countless billions of individual bodies. But the discovery, at the beginning of the twentieth century, that the underlying reality of the cosmos is energy, and not matter, as was formerly believed, gave us evidence that our bodies are not the true reality – that, in fact, our physical form reflects invisible fields of energy that are continually interacting and reforming in a “quantum soup” of energy and intelligence. Some physicists have speculated that beneath the stratum of energy there is a deeper layer of reality that is composed of a creative consciousness.

Thus our relationships are occurring on three levels: first, in the physical world, and also in realms of pure energy and consciousness.

Our higher, astral and causal selves project our physical forms as bodies in the physical world, the external stage on which the Script of Creation is being performed. This play, the karma-riculum of all beings, is perfectly choreographed for the highest good of all. Our job, assigned to us by the Creator, is to harmonize ourselves with the Script of Creation as we gradually realize our true divine nature.

Sir Ego is stuck in a three-dimensional world that his sense perceive as the only reality. Following his own separate pleasure-seeking agenda, Sir Ego approaches life with goals that are diametrically opposed to the Script of Creation for he believes that he satisfying his own desires at the expense of others is both possible and acceptable.

A Course in Miracles refers to our Sir Ego’s script for others as a special relationship, one that Sir Ego owns and uses for his own purposes. Sir Ego sees other egos as merely characters in his script and expects them to play their parts accordingly.

Meanwhile, the Wise One offers all of its relationships to the Divine so that the Script of Creation may be fulfilled. ACIM calls this a holy relationship. The goal of the holy relationship is the mutual glorification of both souls in eternity, but not necessarily right now!

Let's look at these aspects of our being, as they will have great relevance and importance for all of our relationships, and not just our romantic partnerships.

SIR EGO'S SPECIAL RELATIONSHIPS

In Sir Ego's script, each of my relationships has its own, well-defined role. I have certain expectations of you as a parent, child, spouse, boss, coworker, neighbor, or enemy, and I have a script for how I'll behave toward you. I have some idea of my responsibility to you and your responsibility to me, but my ego is always thinking in terms of its own definition of fairness and give-and-take.

Think of what it takes for you to feel loved by your spouse, appreciated by your boss, respected by your coworkers, honored by your children, and understood by your parents. Your answers will define Sir Ego's script for them. But, of course, they don't always get the memo. Or they may get the memo, but they'll be unwilling or unable to fulfill our ego's script for them – just as I was unable to fulfill others' ego-scripts when I refused to stop drinking, and my ex couldn't have a healthy relationship, and my children couldn't transcend their depression. When we are so off-script with others' expectations, and with our own higher Wise One's counsel, an imbalance builds up in our relationships, making them increasingly challenging.

When you first see your newborn child or meet your beloved, your heart bursts open and the Creator's love flows through you. But as you encounter the discrepancies between Sir Ego's script and the reality, that is, the Script of Creation, your frustration and disappointment can build, and you may end up closing your heart to the other.

Armed with a higher understanding of the purpose of relationships, we can see that the problem isn't the other person or the relationship, it's our

own unrealistic expectations. Very few of us can offer the Creator's perfect love to our partner, all the time. And no one can perfectly match Sir Ego's script and meet my expectations all the time.

To cope with these disappointments, Sir Ego keeps score, using a merchant-like table of debts with two columns: what you owe me, and what I'm willing to give you in exchange.

I'll honor some of your weaknesses if you'll honor some of mine. However, I reserve the right to repudiate some of your weaknesses absolutely, at any time, without notice. Surprise.

Sir Ego draws an imaginary line between what's acceptable and unacceptable behavior, and neither of us really knows where the other's lines are, until we cross them and a conflict ensues. We see these transgressions of our script as personal rejection, betrayal, abandonment, or abuse.

Unfortunately, I haven't actually read your script, and you haven't read mine. You may work hard to understand the other's script, but we can never really be reading each other's scripts, unless we switch our gaze to the one, overarching Script of Creation, the universal script that holds the highest good for all. Only then will we be able to get on the same page.

After much deep reflection on my toxic marriage, I began to understand the dance of codependency. I learned that our egos had subconsciously agreed that I would be responsible for my own happiness and my husband's. Yet his happiness was never within my ability, responsibility, or power to attain.

Such devil's bargains are doomed from the start, although neither of us egos was aware of this truth at the time.

While my ex was manipulating me with fear, guilt, and shame, I was manipulating him with favors, forgiveness, contrition, and taking responsibility for all of the problems in the relationship. And so the victim

yields his or her power to the perpetrator, naively believing that there is mutual goodwill in the relationship.

In the end, it is the victim's painful feelings of anger, hurt, betrayal, abandonment, rejection, and other corrosive emotions that eat away at our insides, long after the original "crime."

The "crimes" of dysfunctional relationships, unless they involve actually bodily harm or murder, don't destroy us physically or spiritually. We are harmed by the grievances and debts Sir Ego has in his ledger which justifies holding the toxic, negative emotions whose source lies in the mismatch between our scripts.

Even if the "crimes" were truly unlawful, immoral, unethical, and destructive, the real poison is the negative thoughts and feelings that they evoke and that we cling onto, believing that they will repel the perpetrator.

The only lasting way out of this self-created prison is forgiveness. But what is forgiveness? And how do we forgive?

I asked myself these questions for ten years, until I at last began to understand the answers at a Colin Tipping's Miracles workshop based on his book *Radial Forgiveness*.

While my ex's "crimes" weren't part of my ego's script, they were part of the Script of Creation – for our mutual benefit. Sir Ego misunderstands what true forgiveness means. I offered my husband my forgiveness as a get-out-of-jail-free card, in a misguided and futile attempt to escape from my own suffering. I eventually tried to forgive him by declaring rather self-righteously that his sins were much greater than mine, and that I was willing to let them go. But they weren't going anywhere – the pain and suffering were still stuck in my energy body.

True forgiveness means learning to see the other's divine self beyond his misguided behavior, maladaptive coping mechanisms, mental-health issues and other maladies shared by all Sir Egos. But our karma-riculums lined up, so we were attracted to play out our scenes together within the

Script of Creation. Thankfully, I now have a vastly different level of awareness from which I can see both the divine light in him and the egoic toxicity – it is a view that allows me to love him, impersonally, from afar. Now, I am free of any triggered energy with regard to him.

To Sir Ego, “fairness” is whatever his personal script and the ledger he keeps says it is – as distinct from the Script of Creation, and its karmariculus which is always truly fair and embraces all of the causes and effects. The Script of Creation works for the highest good of all beings. It alone can heal the past, balance the scales, and magnetize the right future circumstances for our learning and to help us achieve our highest life purpose.

In the parable of the monkeys, which I discussed in Chapter 4, Sir Ego’s script made the monkeys extinct because Sir Ego couldn’t see the larger picture of cause, effect, and purpose. In the same way, our American justice system cannot possibly be entirely just because it focuses on a small subset of facts and rigid rules that can be, and too often are, manipulated by selfish egos. Of course, it’s more fair and just than the legal systems of many other countries, thanks to the fair-minded noble hearts of its creators.

Still, our justice system is based on Sir Ego’s script and the special relationships of citizens, courts, and the penal system. We have written laws to codify this script. Unfortunately, those chosen to execute the laws are acting from Sir Ego rather than their Wise One. They start with Sir Ego’s premise that you have not played your role in my script, therefore, I have the authority to stand in judgment over you and I have been granted power to manipulate your behavior with fear and punishment to bring it into alignment with the legislative script.

However, its weakness is that it focuses on punishment rather than forgiveness as the road to redemption. I’ve never been redeemed the punishment I’ve received – have you? Having endured the painful isolation and lack of support of a jail term for the unrecognized mental health disease of alcoholism, I came to know very clearly why Sir Ego cannot heal us and his justice is not just.

For true healing we must turn to the Wise One who knows our divinity and who recognizes Sir Ego's need for healing and can arrange our inner and outer circumstances to transmute our lower, toxic consciousness into wise vibrations of freedom and release.

If our justice system recognized the greater effectiveness of healing over punishment, people would be more willing to pursue the promise of real redemption, rather than resort to legalistic games and deceptions to avoid or minimize punishment.

When I was charged with multiple DUIs, I remember how my inner motivation was "*What can I get away with?*" How many times had I gotten away with driving drunk without being caught and charged? (More than three.) My attorney's first approach was to search for legal loopholes or technicalities that would reduce my sentence. Because I hadn't yet made friends with my Wise One, it seemed grossly unfair, at the time, that I was being held accountable, while my ex-husband was walking free even though he was guilty of the same and much worse crimes.

Meanwhile, the prosecutor's game was: "*What can you prove?*" Lacking hard evidence, the justice system was willing to distort the facts to strengthen its case, while ignoring all of the antecedent causes, such as the years of undocumented domestic violence that a wife may have endured before striking back or resorting to drugs or alcohol to endure the pain.

Observing our so-called justice system up close motivated me to seek a higher justice that understood my karma-riculum. I began to seek the justice of a holy court in which every prior cause and future effect was known and considered, and where the chief judge, the karma-riculum, knew exactly the best remedy to teach me my needed lessons, restore harmony to my life, ensure a balance of fairness to all parties, and redeem us all in the highest way.

I learned to seek the path of love, not fear; of forgiveness, not condemnation; of communion, not conflict; of Truth, not delusion; of liberation, not bondage; and of inner communion with the Creator as my

divine birthright. I learned to speak and act integrity, ever mindful that I am creating karma, positive or negative, in every moment. And nothing can be hid from karma, we cannot trick the Script of Creation.

THE WISE ONE'S HOLY RELATIONSHIPS

The Wise One will never reach down to make our relationships miraculously perfect – you can stop praying for that now. But it will align them with our mutual higher purpose and teach us the highest lessons the relationship can offer. Thus the Wise One creates a beautiful, fulfilling, expansive, and mutually beneficial ride for us – although, of course, it hardly ever could be called “easy.”

When I offered my marital relationship to the Divine and allowed the Wise One to take over the reins, I had to face my own share of culpability in the dance. I had tried to manipulate my ex, too! I thought that if I could be sufficiently loving, forgiving, blind, and benevolent, he would be how I wanted him to be. My good behaviors were offered with an expectation that they would change his behavior. But now I was being forced to understand how I had participated in our dysfunctional dance.

This was the point at which I began to recover my power in the relationship. As hard as I had tried to change him so that he would match my script, the more he had resisted. We backed each other continually into opposing corners, and now, when I changed the dance, he had to change his steps, too. He suddenly found that he couldn't continue in the old ways, because the dance had changed. Most important of all, when I accepted him without trying to change him, it opened a space for him to step into, where we could pause the destructive dance and meet in the middle.

When I began to treat him as a divine being, he showed up a little more in that way, and he changed as I changed! What a blessing it was for our kids, to witness the end of the bitter, seemingly endless, destructive war. They had been caught in the cross-fire, and it didn't matter if my bullets were righteous; what was needed was a ceasefire and a peace treaty.

In the long run, the Wise One used the relationship to teach me a million valuable lessons, including frequent reminders of what I shouldn't do. My ex was a powerful character in the Script of Creation who had triggered old wounds of mine that needed to be clarified and purified, and when I was weak in the early recovery stages and susceptible to a relapse, he provided the motivation to stay sober, no matter what. I was painfully aware that he was right behind me, and that if I fell, I would probably lose my parental rights. He was strong when I was weak, and it gave energy, strength, and conviction to my recovery.

I would never be where I am today without our arduous journey, painful as it was. In the perspective of Eternity, we have been blessed by this holy relationship, and at this point, my ex's new found gratitude reflects a turning point in his understanding of what our relationship has truly meant for both our souls.

When my high-school-age children endured major depressive events, I confronted my emotional attachment to being the fixer in their trials, and I knew that I would have to let go of that role in order to be a real help and sanctuary for them.

When our children are born, our spiritual bonds ensure that we will empathize and become selfless caregivers. This sacred bond closely resembles our bond with our heavenly Parent. It permeates every level of our being and transcends time and space. We must feel our children's discomfort so that we will understand when to feed them, change their diapers, hug them, and put them to bed. We must feel their pains, but as they grow and learn to care for themselves, we must not interfere with the process of individuation. More than simply allowing it to go forward, we must confront our own enmeshment – the condition of attachment in which we are pained when they are in pain. When a teenager child is stuck in quicksand, Sir Ego is inclined to jump with them in our sympathy. Meanwhile, the Wise One stands at the edge of the quicksand and offers real assistance, Asking, "How can I help? I see this is difficult for you. I know you can overcome this as you have overcome many dragons in the past." By remaining emotionally detached and impersonally loving, the

Wise One is able allow the river of creation to flow, emotions to release, and the path to a real and lasting solution to be revealed.

It's the difference between sympathy and compassion. Sir Ego feels sympathy, uselessly jumping into the low-vibration river of the other person's fears. Meanwhile, the Wise One has infinite, unbounded empathy and compassion.

Emotional feelings of personal sympathy will often draw us into the quicksand, as our hearts resonate with the low vibration of the other's feelings. We experience a rush of desire to jump in and fix the situation because we don't like how it's making our heart feel. But is it really helpful to resonate with the other person's fear, despair, anxiety, and hopelessness? A paramedic cannot help others if he or she is swept away by personal emotions of panic and fear.

Empathy is the ability to relate to others' pain while remaining anchored in our own strong center – with an open heart, but without experiencing the same raw emotions. When our hearts resonate with vibrations of kindness and compassion that transcend the other's raw, wildly out-of-control emotions, we create a space for the other to become calm and for the vibrations of their emotions to become harmonized and rise into a realm of expansive impersonal feeling.

In true compassion, our empathy is deeper and far more effective than when we are wildly vibrating with uncontrolled reactive emotions. In compassion, our desire and attention are wholly focused on supporting the other, without trying to fix them to get rid of our own uncomfortable feelings.

I leaned that this open hearted state of detached compassion was a vent for my child's negative emotional energy. As it flowed toward me unimpeded, it was purified through my open heart and liberated. At the same time, the Wise One's prayers of compassion and love brought light in through this portal to uplift their vibration. This energetic healing doesn't require any words, in fact, words get in the way because they are given and received at Sir Ego's level of consciousness.

It is the compassion of great sages and teachers that prompts them to return to this world in order to offer us their priceless impersonal guidance. They understand our suffering, but they remain in the highest vibration where true healing dwells. They don't resonate with our pain. They wait for us to rise to the vibration of the realm where the Wise One alone has the perfect answers we need.

Compassion is practical: *How can I help?* In compassion, our open heart opens a space for their negative emotions to release. Our compassionate prayers create an alchemy whereby divine love helps them to transcend their fears.

During my children's severe challenges, they were unable to fulfill their obligations at school, at home, or even care for themselves in some ways. I was forced to take on tasks that would normally have been more appropriate for them, from negotiating with their teachers, to helping with their personal care and feeding.

I remember driving to Jack In the Box at midnight to get curly fries for my daughter whose finicky tummy craved them, wondering if I was just following Sir Ego's codependent, enmeshed, fix-it feelings.

I realized that the real question was whether I was doing it with an expectation of getting something in return – as I had done with my husband.

Was I going above and beyond my motherly, only to get them to be nicer to me – or to fix them by gaining leverage with them to return to school or to change their attitude?

Their cups were empty. They had nothing to give me in return, yet my sense of motherly duty was calling me to do what was above and beyond what was “fair,” “earned,” or appropriate, according to Sir Ego's ledger.

Because my heart was wide open and filled with compassion for my daughter's struggles, and I was grateful to be able to do anything to support

her, I realized that this was selfless service, rather than codependency or manipulation. This was an act inspired by the Wise One, not Sir Ego.

While Sir Ego helps us get something in return, the Wise One serves selflessly, understanding the rewards of unconditional love. The Wise One knows that Sir Ego's self-serving manipulations are far less rewarding than when we recognize the other's difficulty as a call for love, and where we respond with love instead of following Sir Ego's demand to be rewarded with equal love.

It's selfless service when our heart is open and loving, and it's codependency when the heart is closed and intent on changing the other's behavior to help ourselves feel comfortable or to get something in return. Sir

Sir Ego may require firm boundaries as part of its process of transcending its codependent relationships, but the destination is an expansion of the heart's higher feelings of unconditional compassion and love. As we evolve, it is the Wise One who needs boundaries around his own ego to ensure that the Wise One remains sovereign over Sir Ego and his fears and misbehaviors.

The Wise One doesn't need protective boundaries from other egos because he is untouched by anything in the material world – as Christ proved when he responded with divine love to being ridiculed, beaten, betrayed, and crucified. The message of the resurrection is that nothing in this material plane can affect one who has transcended Sir Ego and wholly merged his consciousness with the Script of Creation.

Being invulnerable, the Wise One is able to love fearlessly and unconditionally, no matter how severely he is tested.

The practices I am sharing allowed me to pass unscathed through every fear that arose, until my ego was convinced that nothing in his realm could hurt it – even the potential suicide of my teenager. Sir Ego had finally put down his shield and accepted the divine protection.

The Wise One knows he is guiltless and cannot experience pain as punishment, but rather only as a symptom of breaking the shell of fear and suffering around our hearts in order to welcome a new and greater understanding.

The Wise One looks at each “sin” that we or others have committed as simply a mistake to be corrected, rather than as something shameful to be punished. Thus, in merging our consciousness with the Wise One we overcome guilt and shame.

This is the promise of ACIM that I personally experienced. Although I cannot offer hard 3D evidence, I know that it was unconditional love and selfless service that supported my children through their dark days and through their healing journey and eventual spectacular ascent. There is no explanation in 3D for the healing miracles in my family. In 3D, these circumstances usually have tragic outcomes.

Our Wise Ones were in communion at all times as they witnessed how I forgave and honored their father and how I loved them despite their weaknesses, and dealt with my own emotional eruptions. They benefitted tremendously from everything that I was learning about healing ourselves with the help of the divine light and love that I was channeling into our home.

Now that I’ve witnessed the power of holy relationships, I offer each relationship to the Divine. Why wouldn’t I? It has become crystal clear to me that Sir Ego has no clue about how to resolve the difficulties that will arise in any relationship, even the best ones.

Sir Ego isn’t aware of what we can teach each other through relationships. The ego may have a powerful notion of “fairness” in a relationship, but our idea of fairness depends entirely on our point of view. From the 100,000-foot perspective of the Wise One, I could understand why I believed my ex-husband owed me a great deal of money in our divorce settlement, but I could also see why he didn’t think as I did.

When we were together and I was a stay-at-home mom, I viewed it as my job, and my Sir Ego felt that I should participate in the capital gains from the sale of our houses. Meanwhile, in his Sir Ego's ledger, he was giving me free room and board.

It's easy in our patriarchal society to devalue the role of the stay-at-home parent as a free ride. My ex very probably didn't believe that I could ever attain long-term sobriety, and that any money I received from him would be wasted on my addiction on not on our co-parenting.

Prompts for Contemplation and Journaling

The Wise One's goal is always the same:

- See where your ego is still holding fear and delusions.
- Turn your attention from those worldly concerns and solutions to inner, divine solutions.
- Open your heart and your inner energy pathways, while removing any blockages so that the Divine can flow freely through you.
- Be receptive. Open your mind and offer up your most precious emotional attachments to receive a higher wisdom and an expanded consciousness.
- Align your body, heart, will, mind, and ego to share the Divine with others in any ways that your unique role in the Script of Creation allows.

Use this table to help you assess where you're stuck in a particular situation.

Step	Advice to Sir Ego	Wise One's State
Recognize	Pause Now, or Pay Later	This is the Moment of Choice: exercise your free will to choose love or fear
Relax	Open Heart Good, Closed Heart Bad	Let It Be
Release	Feel it, Don't Fix it	Feel the depth of Pain of the Delusion of Separation from the love, joy, and Security of the Creator
Receive	Ask what is the Truth that Dispels this Delusion?	I Was Blind, but Now I See
Respond	Await Right Attitude, Right Action, Right Words, Right Timing, Right Person	Every Offering of Love Resonates Forevermore

Ask your Ego about any of its Special Relationships that might be challenging you.

- How are these relationships special to you?
- What role do they play in your ego's script?
- What do you expect of these relationships that they are failing to deliver? Do you think they are unable or unwilling to do it for you?
- Imagine what the ego's relationship script for you might be, and how you aren't playing it correctly. Why? Are you unable or unwilling?
- How do your ego's special relationships need to be for you to feel okay? Can you be okay even if they aren't how you'd like them to be?
- Instead of considering what the lessons or mistakes in ego's relationships might be, consider what *your* lessons or mistakes might be. See this person as a mirror for something you need to see in yourself.
- Would you care if someone else – someone outside of your script – did the same thing?
- If that person is doing something morally, ethically, or legally wrong, should you continue the relationship in the same way? Can you accept that the karma-riculum will help them remedy their error and it is not your responsibility?
- Can you see your pain as an energetic self-offering to help others release their pain in similar situations, instead of only seeing it as your personal suffering?
- How can you use your experience to help others?

14. THE WISE ONE TRANSCENDS ADDICTION TO FALSE IDOLS

ORIGIN OF FALSE IDOLS

Once I had a clear understanding of the separate scripts of Sir Ego and the Script of Creation, the Wise One was able to question Sir Ego about his attachment to the script that had repeatedly failed him.

Sir Ego revealed that he didn't trust the Creator to know what was best for him, and that he didn't think he would like the Creator's script. Sir Ego felt that the Creator would withhold all of the earthly pleasures and vices that seemed to be his only comfort – and that the Creator might even justifiably punish him for his transgressions, which were many.

I very clearly remember thinking that anyone who didn't drink alcohol was no fun! Sir Ego wants to be free to indulge in his vices – it's his definition of freedom. Nobody was going to stop me from drinking. But now it had become obvious to me that my right to continue drinking wasn't freedom, but bondage! My insistence on staying in my toxic marriage wasn't freedom, but bondage. Holding on to my material circumstances at the risk of my emotional health wasn't freedom, but bondage. Our vices are not freedom, they are bondage, thus the Script of Creation is designed to liberate us from them.

After my spiritual turning point in jail, I passed through a period of feeling all of those lower desires and longings pass through me. I had a great deal to purify, and it was painful to look at the humiliating things I had done during my addiction to alcohol, my toxic marriage, and my dire material circumstances.

I simply allowed their energy to pass through me, with great compassion for how hurt and lost I was. I was developing a habit of keeping my heart open in the face of difficult emotions, so the energies were free to flow through me unhindered.

My profound faith in forgiveness and unconditional love was the sword of Truth that allowed me to slay these demons. My path had taken me a great distance, all the way from the denial of addiction to the truths of the higher realms.

The ability to break free from Sir Ego's false idols, including any and all addictions, requires that we release the ego's mistaken belief that salvation can be found in those false idols – for example, in relationships, in substance abuse, or in acquiring material things.

The next steps involve freeing Sir Ego from the guilt and shame that accompany its deluded behavior. Instead, we must become aware of our identity as perfect divine souls that have mistaken the ego's intoxications for the bliss of the Creator, ego love for divine love, and material possessions for true self-worth and security.

Our intense desire for perfect love, bliss, and eternal security is the stallion that draws our chariot toward the Creator, while any form of addiction is an untamed horse going madly in circles and only creating devastation.

As long as we hold on to the guilt and shame, our addiction will have power over us, even in recovery. Yet our addictions are part of the Script of Creation and they have a wise purpose in our karma-riculum. Therefore, they are not shameful or sinful – they are merely mistakes to be corrected and released. It is a shame that this isn't presently recognized in our society, because societal expectations exacerbate the guilt and shame and therefore are powerful obstacles to recovery.

Most current therapies for PTSD, addiction, codependence, parenting, emotional healing, etc. are focused on dispelling the power of our triggers. However, that focus just teaches coping mechanisms that will prevent us from acting out the misbehavior, often by dancing away from the triggered energy.

The messages of these therapies are directed to Sir Ego, the one defending the triggers. This has value, especially in the beginning of our

journey, but as we progress, we should be increasingly focused on releasing the triggers, not suppressing or avoiding them.

The higher practices are focused on inviting the Wise One into our lives, because he is the only one who can help us release our triggers forever. In this more spiritual advanced form of therapy, the landmine triggers no longer remain hidden, ready to explode in a moment of weakness. So we don't need coping mechanisms.

THE DOWNWARD SPIRAL OF ADDICTION TO FALSE IDOLS

Yogananda named the three most destructive delusions: *sex, wine, and money*. Sir Ego's script is intended to fulfill our desire for the fleeting happiness of romantic love, the false escape of intoxicants, and the insecure comforts and ego-satisfactions of material security, all of which are mere shadows of divine love, ecstasy and security.

We project a false attractiveness onto the object of a romantic (sexual) desire, imagining that this person will fulfill our desire for perfect, divine love. So we cling to a person, as to a false idol. Or we fall into the delusion that intoxicants (drugs, alcohol) can fulfill our longing for perfect divine bliss. And so we become addicted to the false idol of intoxication, only to find that there is never enough to satisfy the craving.

Finally, we image that money and material things will fulfill our longing for eternal security. We become obsessed with money and what it can buy, a false idol that we chase after, life after life, through endless successes and failures.

Pursuing false idols, we stray far from the ever-present divinity within us, even as the world's fulfillments disappoint us, time after time, while offering hints of that perfect satisfaction. Maybe if we can just get a little bit more, this time our soul's longing will be stilled forever.

The *Bhagavad Gita*, a principal scripture of yoga, tells us how Sir Ego becomes disillusioned by following his selfish desires and wanders for many lives in delusion – and how the Wise One guides us when we're

ready to turn away from our desires and begin the long ascent to regain our birthright of perfect Self-realization.

The *Bhagavad Gita* tells us that our true nature is ever-existing, ever-conscious, ever-new, perfect bliss. We exist in a sea of the Creator's unconditional divine love, but our awareness is obscured by Sir Ego's fears and misunderstandings, in the form of past wounds that echo in our awareness as present triggers.

The *Gita* offers useful insights for the journey:

- *Desire*: Our true heart's deepest desire is for ecstatic union with our Creator, but the material world offers delights that trap us in desires.
- *Attachment*: The objects of our desires are not in themselves problematic, until we become ensnared by emotional attachment to them.
- *Craving*: The greater the desire and attachment, the more likely it will create a feeling of lack.
- *Anger Results from Frustrated Desire*: Instead of seeing our thwarted desire as the problem, we see that which is preventing us from fulfilling our desire as the problem.
- *Delusion*: As desires overwhelm us, we become engrossed in a self-created world in which their satisfaction is an all-consuming obsession.
- *Loss of Memory of Our Divine Nature*: Trapped in our delusions, we can no longer see ourselves and others as divine beings. Our awareness is shrunk to Sir Ego with all his fears and desires.
- *Loss of Discrimination*: Obsessed with desires and fears, we can no longer discern truth; we can only react. We are lost.

- *Annihilation of Right Understanding*: We forsake right attitude and right action in favor of defending the ego – “All’s fair in love and war!” “The ends justify the means!”

A very useful practice that can help us climb out of delusion and ascend the divine stairway toward ever-increasing clarity of understanding is the practice of stepping back from our habitual emotional reactions of fear and anger, and calmly and objective asking: “*Why do I care?*”

I think of this process as peeling back the layers of an onion – I am gradually and steadily peeling back the layers of lower consciousness that obscure my vision of the truth of anything that happens in my life. The layers of the onion are the delusions that will be dispelled by Truth. As we peel back the layers of error, we gain an increasingly clear view of the truth.

These simple (though seldom easy) steps can permanently transform our thinking, our understanding, and our consciousness – from confusion and unhappiness to clarity, success, happiness, and joy. We’re pulling out the weeds of our misery by the root instead of plucking futilely at the leaves.

Sir Ego sees the pursuit of its desires as a worthy endeavor that will bring it happiness – it’s why the Ego becomes deeply attached to its script. But in truth, Sir Ego is looking to the material world to fulfill desires that only the Divine can every permanently satisfy.

We’ve become addicted to chasing after illusory fulfillments and false gods because of we’ve gone along with Sir Ego’s desires. The first small stirring of desire has little power to bind us unless we follow the steps down the ladder to obsession. At each step, the object of our desire becomes more compelling and harder for Sir Ego to resist, until we are tumbling headlong into delusion and away from our divine nature, which holds all of the satisfactions and answers we crave.

Through many lives, we’ve built up layer upon layer of defenses around our desires and fears. Our fears and desires are stored as vortices of energy

in the astral spine, where they wait to be triggered, perhaps in some future life when we can no longer remember the first stirrings of desire that snowballed into an all-consuming obsession.

When we allow our desires and fears to take possession of our consciousness, we become obsessed, and willing to use any means to gain relief. We'll blame others or our circumstances for our suffering. We'll excuse our behavior because "they made me do it." We rationalize that we aren't as bad as the other person. It's a downward spiral that, as the Gita describes it, ends in the total destruction of our ability to discriminate clearly and understand where our true happiness lies.

THE UPWARD SPIRAL OF LIBERATION

The good news is that the Wise One who is always present within us knows that a completeness of love, bliss, and security can only ever be found in the Divine. Thus the Wise One is always eager to help us turn back and begin seeking ever-increasing, lasting happiness and freedom, step by step, where it can actually be found.

As we learn to discern what is true and follow the Wise One's insights in every circumstance, we become intoxicated with a growing inner peace, gratitude, and happiness that compels us to continue to liberate ourselves from our past misdeeds and rise into the light of our highest Self.

My story illustrates the dangers of taking the slippery downward slope into addiction to false gods, which led me to fall into a toxic, ineffective, demented worldview. I was utterly lost, yet my story offers tremendous hope to those who, like me, will pause and learn to follow the Wise One, purify their triggers, and find their way back to right understanding, right attitude, and right action. It took courage and faith to surrender my attachment to Sir Ego's delusions, but I had reached a point where I was able to see that it was my only option to resolve the catastrophic circumstances that had trapped me.

As I came to see the divinity in others, and then in myself, I began to return to a true understanding of reality. I learned to discriminate between

what was positive, healing and helpful, and to affirm the true Savior within me, and seek the grail of healing redemption through divine love.

As the Wise One labored to help me purify my triggers, I found that I could release many of my false notions, including the delusion that another person could offer me true, divine love; that wine was a satisfactory substitute for divine bliss; and that money could buy me eternal security.

It took great faith to let go of the old ideas to which I had clung so long, at a time when I wasn't experiencing even a hint of divine love, bliss, or security. But having given up on Sir Ego's ability to provide these, I put my faith in the Wise One who was whispering to me that these goals were attainable, and the only grails worth seeking. With each new opening of my heart, I found encouragement and assurance that this path was incomparably better than the one I had formerly followed.

As I learned to take control of my inner state, I gradually understood that no one could prevent me from attaining divine happiness – that it was mine already, and that only Sir Ego and my own closed heart were standing in the way.

There was no one to blame, and no cause for anger. My growing understanding that offering unconditional love, forgiveness, generosity, and service to others was a portal to divine blessings created a growing faith in me that there was no lack in the universe – that I was not in competition with my fellow knights for a limited quantity of happiness. My craving for love and safety found increasing satisfaction in the Divine, as I let go of the false promise of bliss, security, and love in outward objects.

My new, higher perspective caused a permanent shift in how I understood truth, reality, my life's purpose, and my options.

Early in my recovery from addiction, I had to fight against the insistent thought that I was being denied my basic right to wine-bliss. I was jealous of others who could drink in moderation, and I mentally clung to the thought that there would be a day when I could drink again without

repercussions. But as my understanding evolved, those desires simply melted away. The reason I don't drink is because I am seeking much greater fulfillments, and wine simply isn't part of my path. It no longer interests me because I am very clear that it is an obstacle and a detour. Because my physiology still has a toxic resonance with the vibration of alcohol, it would be a dangerous diversion, although the slip would be temporary, because the Wise One is always ready to help Sir Ego when he falters.

I was jealous of people in seemingly happy romantic relationships. Why was I being denied this basic right? Yet as I worked on my inner state, I thought, *"I really don't want the kind of relationship I would attract in my present level of consciousness."* Like attracts like, and I prayed not to have another relationship until I was sufficiently purified to be able to learn through love and not through pain and fear.

I don't feel a lack of love, because I have filled the hole in my heart with love for everyone: my children, my parents, my coworkers and friends, the store clerks, and the guy who cuts me off when I'm driving.

Sir Ego believed that my ex's money was buying me security. But it turned out that it only paid for years of legal fees while he continued to fight me! On my side, I had to give up fighting for a fair divorce settlement, because I couldn't fight for my children and for money at the same time.

As a newly single parent, I struggled financially to provide a home for my children, even as I was fighting for custody.

I came to understand that I had been deluded to imagine that money could ever buy me security. The money had been swept away, yet now that I was following the Wise One, I found that I was never lacking.

There were times when I was down to a few dollars in my pocket, yet I always had just enough. Through pay raises and a bankruptcy, the Divine showed me that it had ways of making up what was lost. I began to see that money was a flow of energy, and that when I clung to it, the river

stopped flowing, but when I surrendered the money battles with my ex, it flowed.

In the past, when I had placed my faith in the material world for my security, it was imperative to stay in the marriage, because I didn't understand that there was a security of another, eternal kind. I didn't understand that my bondage to the material world was the source of my suffering. With money as my false grail, I made poor financial decisions, and I was furious when my relationship and my apparent financial security were endangered.

In time, I learned to trust in the divine flow of abundance, and to relinquish my financial battles. I now trust that there is no lack, and that abundance is magnetized to me by my own generosity and selfless service. When I attune myself to the divine abundance of energy and magnetism, I control its flow through my life.

Sir Ego has his false idols and addictions, but the Wise One's world is above those concerns, and they dissolve in his presence. I have entrusted my care to the Script of Creation and its abundance, its divine love, its hang-over-less ecstasy, and its benevolent power.

Prompts for Contemplation and Journaling

The Wise One's goal is always the same:

- See where your ego is still holding onto its fears and delusions.
- Turn your attention away from those worldly concerns and false solutions and toward inner, divine solutions instead.
- Open your heart and your inner energy pathways, while removing any blockages that may be preventing from allowing the Divine to flow freely through you.
- Be receptive, open your mind, and offer up your sacred cows to receive wisdom and expanded consciousness.

- Align your mind, ego, body, and will to share the Divine in harmony with your uniquely appointed role in the Script of Creation.

Use this table to help you assess where you are stuck in a particular situation.

Step	Advice to Sir Ego	Wise One's State
Recognize	Pause Now, or Pay Later	This is the Moment of Choice: exercise your free will to choose love or fear
Relax	Open Heart Good, Closed Heart Bad	Let It Be
Release	Feel it, Don't Fix it	Feel the depth of Pain of the Delusion of Separation from the love, joy, and Security of the Creator
Receive	Ask what is the Truth that Dispels this Delusion?	I Was Blind, but Now I See
Respond	Await Right Attitude, Right Action, Right Words, Right Timing, Right Person	Every Offering of Love Resonates Forevermore

Ask your Ego about any addictions and false idols that may be challenging you:

- Are you free to choose this lifestyle/person/job, etc., or are you feeling trapped by it/them?
- What kinds of bargains are you making to keep this thing that is not healthy for you?
- What do you fear that is keeping you attached, and what kind of faith would it take to overcome the fear?
- What would your life be like without this person/thing in the short and long term?
- Is your life in an upward or downward spiral? If downward, where is the bottom?
- Are you willing to make a U-turn and tap into a divine power that can overcome any obstacle?
- Can you see your pain as an offering of energy that is helping you learn to help others release their own pain in similar situations, instead of viewing your pain only as your personal suffering?
- How can you use this experience to help others?

15. THE WISE ONE PARENTS HEROICALLY

PARENTING IN THE IMAGE OF THE CREATOR

When Sir Ego takes on the role of raising children, his understanding of the relationship will be deeply impacted by his own private script. Being the kind of hands-on, take-charge fellow he is, it means that he will have a profoundly misguided tendency to usurp the Creator's role in the raising of a child.

It is extremely difficult for him to realize that the Creator has not put Sir Ego in charge of the care of His children.

It has been said that parenting means relinquishing control of a person you would gladly give your life to protect and defend. This is how the Wise One parents – with perfect love, while allowing His children to learn their lessons, even painful ones. But Sir Ego disagrees, because control is hard-wired into Sir Ego's script.

The sacred bond between parent and child means that the parent's ego feels the child's pain as if it were his or her own. The emotional bond between them is meant to ensure that we will care for the helpless baby, even at the cost of our own self-preservation. Most parents will heartily affirm that they would lay down their lives for their child.

As I began to separate myself from Sir Ego and follow the Wise One's ways, I found that I was being called to perform a painful sacrifice. I had to lay all of Sir Ego's fears and emotionally attached concerns on the railroad tracks for the sake of my children's higher well-being – at what was perhaps the most difficult time in our relationship, while I was being challenged to confront and conquer my own demons in order to regain joint custody. Later, I had to confront even more internal demons to parent them wisely through their major depressive events.

The all-consuming responsibility that Sir Ego feels for the infant must slowly disperse as the child grows or it cause Sir Ego to abuse his power, especially as the children grow into their own power. Sir Ego will too often

feel that it is his role to create a perfect child and control the child's world so the child may have a perfect life according to Sir Ego's script. This script was unwittingly written in an attempt to re-do his own life, but without the pain – to re-parent his wounded inner child.

In a holy parent-child relationship that is guided by the Wise One in accordance with the Script of Creation, the parent-child dynamic becomes a beautiful garden for the nurturing of unconditional love, acceptance, forgiveness, and grace. Once we as parents understand that the Wise One knows our children's well-being far better than we ever can, the bond between parent and child will motivate us to seek the Wise One's counsel in every circumstance and become our own best self.

This is how I was blessed to come to understand my role in the relationship with my children. During my difficult time, my own pain was as nothing compared to the suffering of watching my children's anguish. But being forced to study my own suffering brought me profound insights about the nature of the one true Parent of us all, our Creator, and the depth and fullness of His unconditional love.

I realized that my fears were a signal, telling me that I had distanced myself from the Creator and was no longer relying on the Script of Creation to parent my children. *Fear is the absence of Love*. This new understanding became my guiding light.

Because the Wise One is in tune with the universal consciousness of the Creator, it can bypass Sir Ego's faulty understanding and communicate directly between our soul and the souls of our children. Even when I was forcibly separated from my children, our hearts and souls remained connected with an unbroken flow of prayers, forgiveness, and love – which may have been outside our conscious awareness.

Later, at the time of their struggles with depression, we were separated outwardly as their egos explored their independence and they were no longer interested in much of what I had to say. Nevertheless, I sensed that we were still united under the Wise One's care, psychically, energetically, and through our hearts' love and prayers.

The greatest evidence that our Wise Ones were still in unbroken communication was that we strove to meet each others' needs. In time, we even mutually accepted their father without judgment.

To be sure, there were plenty of wounds, triggers, and mental health challenges from the past, piled atop the always-fraught teenage individuation process. Still, I found that all the years I had worked to master Sir Ego's reactions had prepared me for this final exam.

RE-PARENTING OUR WOUNDED INNER CHILD

The Wise One will help us parent our children. Instead of resisting or denying our children's unique karma-riculum, which we know nothing of, we must come to understand that the Wise One is helping them to recognize their own inner guide.

The Wise One knows that the divine soul in each of us has the power to overcome all obstacles. We must recognize and honor our children's higher Self, which is leading them – as it has led us – through their challenges. During my first life review during the dark times after my teenager's first suicide attempt, I realized that every piece of the thousand-piece puzzle of my life was part of a beautiful divinely perfect tapestry. Therefore, this must also apply to them – their challenges were part of their perfect karma-riculum.

Sir Ego is prone to project the pains of his own wounded inner child onto his offspring and try to fix it there. Whatever our wounds, we long to protect our children from them. It's a major reason why teenagers so stoutly resist their parents. While we're talking to our teenagers about the wounds we want to help them avoid, the teenager doesn't know what the hell we are talking about – but we sure aren't talking about them.

Before we talk about scary topics with our teens, we would do well to ensure that the Wise One is at the helm, and that Sir Ego isn't just talking about his own wounded inner child and wanting to inflict his own private script on them.

Make sure you're healed and whole before you try to help your children. Otherwise, you won't be giving solutions but only fears.

When I responded to the dramatic emergency of my child's suicide attempts, I didn't have time to process my own fears, so I kept Sir Ego busy praying silently, allowing the energy of my fears to flow, yet holding the inner tunnel open to a higher consciousness.

My teenager was profoundly grateful for my silence. He didn't want or need parental word vomit in his time of distress. This moment was about him, not me and my fears and wounds. You have the Wise One's full permission to suppress your fears in an emergency, if that is the highest response you can bring. Even so, it is *always* best to keep a small part of your awareness calling for the Wise One's help and your anguished heart open, even if only a tiny sliver.

In between emergencies, there were regular meetings of the Wise One, Sir Ego, and my divine guides to identify the highest solutions to the present dilemmas.

Each time I chose the Wise One and surrendered Sir Ego's defenses and fears, the new habit was being strengthened that made it easier to choose wisely the next time.

Eventually, the balance shifted. Where, in the past, Sir Ego had consumed me, now, the Wise One held center stage. Where Sir Ego had defined me, and the Wise One was an outsider, their roles were now reversed, and Sir Ego was on the outside and moving steadily away and becoming quieter.

Now, I could be a witness, watching Sir Ego and allowing my past triggers to weaken, fade, and release without taking action.

During these metaphysical meetings, Sir Ego would speak first, because he couldn't contain himself when he was triggered. Meanwhile, the Wise One would observe quietly, then ask, "Why do you care?" – gently guiding Sir Ego to a better understanding. I was testing spiritual

principles in the laboratory of my heart and mind, and finding an unshakable attunement with Truth.

As I accepted divine love as my one and only longing, I began to align my will with that higher source and form of love. I realized that the only thing I could control in each situation was my own consciousness.

Paramhansa Yogananda said that when we become fully Self-realized, our ancestors and descendants receive a blessing for seven generations in both directions. Our families are empowered to rise as we expand our consciousness, because we are united by bonds of divine energy. Any effort in a divine direction is the most helpful thing we can do for our families, by learning to live in the Wise One attuned to the Script of Creation.

I knew that my own striving was the highest gift I could give my children – to stay on the path of love and forsake fear. When Sir Ego felt alone, lost, uncertain, and rejected, this stubborn faith allowed me to take a God’s-eye view and let the ego surrender to the Wise One’s equanimity, acceptance, and detachment.

I was astounded – formerly, it had seemed impossible, especially in everything pertaining to my children. Yet I was able to find an eternal reassurance that this latest trouble, too, would pass, and that my children were perfect, divine, capable, and securely held in the arms of Eternity.

I learned about the Tao, the Middle Way, and the path of unconditional love that runs like a delicate thread, but very powerfully, between Sir Ego’s fearful extremes.

At this point, I had developed sufficient awareness about what was going on between my ears that I could observe the ping-pong game between my opposing ego-reactions. And the Wise One could find the sword of Truth, just in the middle, that cut through the chatter.

In response to the crazy teenage tornados whirling through my house, my fix-it thoughts vacillated between extremes of permissiveness and

control, codependence and apathy, boundaries and laxity, release and angry enforcement, powerless defeat versus anxious clinging, and hopelessness and over-engineered expectations.

I came to think of the problem as Sir Ego's motto: *"This is how you have to be for me to be okay."* In other words, the way you are right now triggers me, and Sir Ego needs you to be different, to align with his script, so that you won't continue to trigger me.

But now I understood: how you are and my internal state are not co-dependent; they are two different things. Whenever I felt myself being triggered, I went step by step through these practices so that I might receive wisdom and a true solution.

Recognize. Relax. Release. Receive. Respond.

I came to see that Sir Ego was feeding me illusions of control over my children, and a false understanding of what was in their best interest. This is often known as helicopter or bulldozer parenting, where the parent tries to protect the child, first from skinned knees at the playground, and later from a B in AP Lit that might downgrade their Harvard application. We don't want them to feel the pain of their life lessons, so we try to prevent them, soften the blow, absorb the shock ourselves, or deny the reality of the legitimate grief over a divorce, a death, or broken dreams.

It's a powerful illusion that begins the moment we conceive and immediately begin believing that we must be perfect parents and create perfect adults: Pregnancy Yoga, Baby Mozart, breastfeeding, gentle parenting, time-outs, Montessori, whole-grain bread, *Sesame Street*, piano lessons, soccer, Advanced Placement classes, varsity team captain. And finally, we will release them into the world as perfect adults with no dysfunctions or damages, with perfect, trouble-free lives.

For a long time, as parents we insist on ignoring the plain truth that we don't have a big enough padlock to keep out childhood cancer, car wrecks, autism, poor grades, sports defeats, and first-love heartbreaks – and that these are required courses in our children's karma-riculum.

It isn't our job to create perfect eighteen-year-olds who will be heavily recruited in sports, earn perfect grades, go to the best college, have brilliant careers, make perfect marriages, have perfectly healthy habits and faultless finances, and live happily ever after.

It simply isn't our job. It's outside our power – and for good reason. Regardless of our efforts, the child's karma-riculum will be written by the Script of Creation – the great Teacher. The Wise One knows that they are safest in the arms of the true, eternal divine parent.

Even though my delusions about control were dispelled early-on, I'm sure that all parents will wish, sooner or later, in this life or another, to have a holy relationship with their children. Two key reasons why adult children and their parents have challenging relationships are: 1. The parents continue to think they know best and try to control and manipulate the child; and 2. The adult children are now aware that their parents have faults and have made mistakes for which they haven't taken responsibility. Either way, all of these two-way judgments are toxic.

Each day, the Wise One lets out the leash a little frather and lets them make their own mistakes. Yes, it surely is our role to command the three-year-old to "get your jacket!" and enforce it, but it isn't nearly as appropriate for a ten-year-old.

I learned to test the air with a question: *What would I say to a coworker?* (Hint: not "Get your jacket.") I would say "It's cold out, you might want a jacket." A respectful, friendly, thoughtful suggestion, no more. And if they don't get their jacket, let them be cold and remember next time.

The Wise One knows that childhood is coming to an end. And while we are wholly responsible for meeting the newborn baby's material needs, we have neither the power nor responsibility to meet every need as they grow. They have their own karma-riculum which we know nothing about.

Kahlil Gibram said it eloquently in his poem *On Children*.

ON CHILDREN

*Your children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you.
And though they are with you, they belong not to you.
You may give them your love but not your thoughts.
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow,
Which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like
you.
For life goes not backward nor tarries with yesterday.*

The Prophet, by Kahlil Gibran

From the moment our babies grow out of infancy, we try to teach them the basics of how the world works and how to get along.

Once they enter elementary school, we can loosen the leash a bit, as the world will give them feedback on their behavior. By this time, they've learned what we think and how we act, and how we think they should act, and probably what we're going to say. Now it's up to them to begin testing what happens when they don't do it our way.

If they forget their jacket, they'll be cold. If they forget their lunch, they'll be hungry. If they don't complete their homework, they'll get a bad grade, with all of the consequences. If they treat a friend badly, they'll risk losing the friendship.

They learn from their own experiences – through the feedback they receive from the world, and sooner or later they will integrate the lessons in the same way that you and I have.

If we nag, threaten, remind, enable, cajole, or judge them to make them play their role in our script, we'll risk creating problems in the relationship, because we're forcing them to align with our Sir Ego script instead of the

Script of Creation. Never mind how our ego will justify these behaviors, in the divine scheme of things they are an abuse of our parental power.

In our children's karma-riculum, the Wise One is comfortable letting the math teacher, the cold weather, and the lost friendship be the bad guys. The child's job is to learn from their experiences and evolve into their individuality. They must be free to undertake many personal experiments – what will happen if I do something contrary to my parent's script? They are learning how the world works from an experiential perspective – and who they are via their life lessons and life purpose.

If we over-use our parental power to force them into our Sir Ego script, we will leave them with just two choices, to be rebels or people-pleasers.

If they choose to be people-pleasers, trying to match our ego's script at the expense of their inner guidance, they may satisfy the demands of our ego's script, but they will not align themselves with the Script of the Creation. And, as we've seen, codependency and enabling never go well.

If they choose to rebel, they will oppose everything in our ego's script, good and bad alike, and they will mount acts of defiance to try to reclaim their power. Either choice will result in a tug-of-war, a power struggle and no one wins a power struggle.

The solution is simple: drop the rope. Let them experience the consequences of their actions, and let the world's feedback be the "bad cop." Choose your battles – fight the ones where the child's safety is at stake – not your private preferences. Fight for the Script of Creation, knowing that it cares for our children in more ways than you ever could, and never for our own private ease or our narrow preferences.

It was heart-wrenching to watch my children endure the consequences of their actions. It was only because I had already slain my ego-dragons at work that I was able to stand in the Wise One while my children confronted me with pain in their eyes and disgust in their voices. I knew that their behaviors weren't a reflection of me, but of their inner state. Having won

similar battles, I was able to let Sir Ego stand back and let the Wise One's compassion flow freely.

Each time I heard the inner whisper, "Don't take over and make the monkeys extinct," I would stop and watch Sir Ego's desires and intentions. In outer silence and inner stillness, I was able to gaze unflinchingly at Sir Ego's inner workings.

As I quietly watched Sir Ego's desires struggling for expression within me, I saw that he was willing to invalidate, reject, manipulate, extort, and overrule his children – just a little – in a socially acceptable way – more or less.

Many times, I felt him tending toward behaviors that were strikingly similar to my ex's manipulative ploys – at lower volume, but with the same intent. I felt the ego's burning desire to *do something* to stop or redirect the painful events that were unfolding.

And then, in a flash, I understood. I saw the loving eyes of my toddler shining into my heart with angelic love; then I saw the angry, tearful, disgusted eye-rolls of my teenager children. Angels and demons – this is the eternal duality of the ego's world. Sir Ego imagines that if he can create a heaven on earth for his children, he will see angel eyes again, and never have to suffer an evil eye.

Hmm, let's be real and get this straight. Sir Ego wants to try to shield his children from their invaluable, divinely guided karma-riculum so that he won't have to experience the ups and downs of the journey, which he mistakenly interprets as his own parenting failures.

Meanwhile, the Wise One looks at the newborn and the teenager alike with awestruck wonder and sees a divine peer with the capacity to learn every lesson in his or her karma-riculum and fulfill his/her life purpose in the Script of Creation. Even so, Sir Ego sees his newborn as a lump of clay to be sculpted, and his teenagers as a home-improvement project: a self-assignment to fix the leaky roof and broken windows, the bad attitude, the poor grades, and the messy bedroom.

I remembered a demonstration that a pastor gave during a sermon. The pastor invited a member of the congregation to come up onto the stage. He then gave the volunteer a glass of water and bumped him so that the water spilled.

The pastor said, “Why did the water spill out of the glass?”

“Because you bumped me,” the subject replied, indignantly – blaming the pastor.

“No – why did the water spill out of the glass?” the pastor insisted.

“Because I couldn’t hold it steady when you bumped me!” – he tried again, blaming himself.

“No! *Water* spilled because water is what was inside the glass when it got bumped. And when an outside force bumps us, what comes out is what is in our heart.”

The demonstration has stayed with me over the years, and now I understood. My children were indulging in disrespectful and confrontational attitudes because there was disrespect and conflict within them, not because I was a bad mom.

With this understanding, my feelings shifted from defensiveness to compassion. *A Course in Miracles* states that every utterance is either a call for love or an offering of love. When someone calls for love, Sir Ego is tempted to respond with his own call: *Don’t disrespect me! Don’t talk back! Don’t treat me that way!* But the Wise One always responds with love, from a shifted perspective that changes everything about the encounter, where we are both communing in a holy moment, but where the ego would only see an unholy mess.

During the step of receiving, each of my encounters with Sir Ego and the Wise One required that I be patient, open, and receptive, and avoid reacting until the Wise One had pierced deeply through Sir Ego’s fears.

I began to notice that Sir Ego was primarily concerned with his own past disappointments and failures. He was consumed with his own wounded inner child. Most of all, I worried that my children might suffer addiction and abusive relationships, exactly as I had. I didn't worry about leukemia or teen pregnancy, because those particular triggers weren't on my radar.

Naturally, I didn't want them to suffer the pain I had experienced, but those other kinds of pain weren't among my own personal triggers. Hmm, this made me curious, and I made time to look more deeply at it.

I deeply feared that their father's maladaptive behaviors would destroy my children, as they had very nearly destroyed me. Sir Ego wanted to get it right and make sure they wouldn't suffer as I had. My fears for my kids seemed reasonable and I had a great deal of resistance to releasing them. At the time, I had no idea that my teen's suicide attempts were not caused by my ex, but by his own budding gender identity crisis. Wow! If I had followed Sir Ego's false understanding, I would I have given my son terrible advice, invalidating him and resisting his reality.

The present situation stimulated my emotional abuse triggers. I was trying to work with those triggers as a way to heal my own past – if I could get it right this time, perhaps my children wouldn't have to suffer as I had.

My fears caused me to assume that I understood what they were going through, when in fact I was reliving my own past and trying to fix it through them. No wonder they rejected Sir Ego's words that issued from my mouth! I was coming from a very different place, assuming that they were in same place with me, with the same problems, the same feelings, and the same solutions. Why had their situation brought up this trigger for me? Clearly, so that I could release it, and not so that I could project my fears onto them and try to fix my fears by fixing them!

My counselor noted that even if I understood exactly what my teenagers were going through, the last words they would want to hear from me would be, "I understand." They didn't want to be like me – they were

struggling to find their own individuality as a natural part of her growth, and they wanted to be *not me* and try that out for a while.

I witnessed my twins going through their individuation together and judging each other mercilessly in the process. In every moment, they were silently saying, *I don't know who I am, but I know I am not you!* So they changed their hair color, glasses, and friends to distinguish themselves from each other. Although this was hurtful to Sir Ego, the Wise One knew to stay out of this temporary disconnection, for fear of flailing about and doing poorly conceived actions that would make the monkeys extinct. Today, as adults, my children have a wonderfully close and healthy relationship.

CHANNEL SELFLESS LOVE AND DIVINE HEALING

Recognizing that my children's karma-riculum was unknown to me, and that it was most certainly different from mine, freed me to get out of fix-it mode.

This is a common narcissistic trap for parents: thinking that we know what's best for our children, and craving the experience of feeling that we've succeeded in producing perfect adults – even though we have no clue about their past, their karma-riculum, their inner worlds, or their current scorecards.

In my life, I'm stunned to see how, at the time when I looked the worst and had hit rock bottom in a jail cell, I was actually having a profoundly positive awakening.

Parents have a great deal of power over their children, physically, mentally, and emotionally. With such power comes a sacred responsibility to submit to the Wise One's guidance.

Sir Ego is extremely willing to abuse his parental power, feeling that his parental duties call for controlling and manipulating, misguided behavior.

After my teenagers' multiple suicide attempts, we enrolled in a nine-month counseling program of Dialectic Behavior Therapy, which is considered the gold standard for impulse-control issues including attempted suicide.

I resonated well with the program, because it had been developed by a Buddhist psychologist and embodied the mindfulness I was learning to practice. A key component was developing the ability to hold dualistic thoughts: "I have a weakness now, and I'm working to improve it." "I feel that I can't go on, and I know how to cope with this feeling and let it pass." These flexible perspectives effectively replace our black-and-white, all-or-nothing, do-or-die thinking and impulsive behaviors.

The counselor shared an insight that would become a polestar for me, whenever I lacked clarity.

Sir Ego is prone to normalize abnormal behaviors and overreact to normal behaviors. It's normal for a teenager to experiment with swearing, drinking, smoking, etc. – these battles often do not need to be turned into bitter encounters with their parents that would further damage the relationship.

On the other hand, parents must not normalize extreme behaviors that might be signaling a cry for help. The trick is to determine when the teen's actions have crossed the line and have become dangerous. The Wise One is sensitive to the nuances, whereas Sir Ego is quick to judge and blindly react. I was consistently amazed when the Wise One would say just the right words, at just the right moment, with humor and kindness – and my teenager would receive a message that was wrapped in love.

I walked the razor's edge for a long time with both of them, and I constantly had to remind myself that *I could make the monkeys extinct*. Choosing love over fear, moment by moment, helped me navigate this treacherous territory. The Wise One knew that I couldn't force my kids to get up, get their act together, return to school, and make their lives work. I would never be able to push them hard enough to get them through the daily rigors of school and homework. It would have been like pushing a

wet noodle. They had to find the inspiration and determination within themselves.

As I've noted, they both reached a point where they had no choice but to withdraw from high school and begin independent study. They resisted, and for each of them, there came a day when I had to say, "The school counselor called and said that you'll receive an F in several classes if you don't transfer to the independent school program tomorrow. I accept whatever choice you make."

Despite Sir Ego who was silently screeching in the background that an F would be the end of the world and destroy any hopes for their future, I said, "I am more interested in your health and well-being than school. I don't care if you take an extra year. I don't care if you want to accept a bad grade that might affect some of your future college opportunities. These things are not important to me. You are important to me. I have faith in you and I know that things will work out no matter which decision you make."

I had to mean it when I said it, from a totally purified state. Teenagers can read the energy of our hearts far better than they can hear our words, and they can smell hypocrisy coming a mile away. This is why Sir Ego is so ineffectual with teens.

Thus empowered, they accepted the challenge, transferred to independent school, and completed the requirements to transfer back to their original school. They graduated on time, with honors, and were both accepted by their top-choice colleges, graduating on time and with honors. Wow!

A miracle had happened, no doubt. No ego-influences could have brought about such a breathtaking result. In fact, what happened is that the Wise One in all three of us merged with the universal consciousness to heal, evolve, and help us meet the challenges. And butterflies burst forth in all their dazzling beauty.

During the teen years, Sir Ego is blossoming in all his colorful exuberance. Teens are constantly comparing themselves to everyone around them and hoping to find themselves superior. They find fault with everyone – parents, siblings, teachers, coaches, friends, teammates – even as those people are judging them through school grades, sports evaluations, GPAs, Facebook likes, and groundings.

The teen years are a critical time for Sir Ego to try things out and attempt to understand who he is apart from the forces that have so far molded him. But he needs a safe port in the storm: an unconditionally loving parent, a cheerleader, a supporter, helper, and polestar. I needed to be the calm center of the cyclone, like my mother had been before me. This was everything for which the Wise One had created my ego. I could do it!

I needed to accept their depression and know that it would pass. The Wise One understood that something was happening in their darkened bedrooms deep within their souls that wasn't for me to know. I stopped resisting and let the depression run its course. It served a purpose. It was a sacred hibernation, a break from the monotonous treadmill of life where deep truths could be pondered and integrated. I honored their time-out and knew that it would be far better for it to happen in the safety of my nest than in a college dorm. Sir Ego's fears protested, *"Will this never pass?"* And love knew the temporary nature of all things and asked, *"How can I support you in this process?"*

In my quest to be only love and transcend my fears, I found that it was a question of attaining a sufficiently high perspective. If I still felt fear in certain situations, it was the Wise One's job to draw my consciousness higher and expand it wider. When the issue of suicide was before me, my fears seemed to stretch out to infinity, yet I was able, in time, to soar high enough to see the situation through the Creator's eternal eyes.

My children and I are eternal beings. We are bound by a love far greater than my human love, infinitely and eternally. We had each agreed to join a quest that would extend beyond human lifetimes, that was magnificent

and extraordinary and that would end in the heart of the Divine from which we had come.

This is the Truth, the Truth that set me free, the Truth that allowed me to release my fears and triggers and keep my heart open wide and my love free-flowing. It sustained me for the seven months between the first and the last suicide attempts, when my child's life hung precariously in the balance.

I wasn't ignorant of the enormity of the grief I would feel if my child succeeded at suicide or experienced permanent brain damage. I had lived through it with my mother and I had survived, yet I had suffered in Sir Ego's victim-consciousness. Never again.

If my fears were to be realized this time around, I would make my grief a sacred offering to the Creator, letting Him feel the illusory pain of separation through me. I would experience the most excruciating, agonizing, unbearable pain a mother can know, expanding my grief to all mothers who had lost their children. As each person purifies his or her fears, the entirety of human fear decreases. In this way, Christ's passion transformed a vast universe of fear into an even larger universe of love.

Reflecting on what my daughter Chris said to me during our conversations about why she took the number of the pills she had taken, I was struck by her profound reasoning – “Maybe enough to die, maybe not.”

She repeated my words to her from when our cat had died accidentally: “When the Creator decides it's your day to die, you die. No matter what the cause is, no one is to blame.”

She had challenged the Creator with the ultimate question: “If there is a purpose to this life, let me live. If not, let my suffering end.” She had thrown herself on His mercy. Most of us are unwilling even to look at these deep questions, the only ones worth asking. Would we stake our lives on our own understanding? Were we sure that there was someone or something that would answer? Sir Ego wants to hide from these issues, cowering behind his shield. But the Wise One knows no fear at all.

To question the Creator, to demand to know the meaning of the life He created, was not a rebellion against His power or an affirmation of the hopelessness and pointlessness of life. It was a legitimate question which it is our common birthright to ask.

Camus writes in his essay *The Myth of Sisyphus*: “There is but one truly serious philosophical problem, and that is suicide. Judging whether life is or is not worth living amounts to answering the fundamental question of philosophy.”

I had asked the same question on many occasions. My children had always been my potent answer. Love could provide a will to live that fear and guilt couldn't. I could not use guilt to stop my child's suicidal ideation.

One evening, as I sat on the patio contemplating the cosmos, Chris came out and sat beside me. Tears flowed down her cheeks; her pain was raw and exposed. Her only words were, “I don't want to live anymore.” There was nothing to work with, to validate, to fix, or solve. My hands were tied. There were no words to be said.

I kissed her and whispered, “I love you, infinity, infinity, infinity.”

I don't want to hear these words. I don't know what to do. I need this to stop. Sir Ego was exasperated. I realized that when I closed my heart so that I wouldn't feel the pain, she felt that I was closing my heart to her, resisting her, judging her, invalidating her, and refusing to accept her. The Wise One says that we must do the opposite: we must open our heart as wide as we can and summon all the love we can, no matter how great the pain, which simply wants to be released and purified.

So I sat with her, opening my heart a mile wide to allow the Wise One's love to come through, feeling eternal, unconditional love for Chris and praying for her, knowing that this was more real and more effective than any amount of words. I was present to her pain to bear witness to it. I did not resist it because I knew that she would feel resisted and invalidated.

I did not pray that she would go back to school or that her despair would vanish. Mine were not prayers that would disrupt her process, abort her mission, or short-circuit her lesson so that I might feel better about the situation. My prayer was always the same in all circumstances, because Sir Ego does not know what is best. *Please protect, guide, and bless Chris. Fill her heart with light and love.* She asked me to lie down with her until she fell asleep, and I knew she felt my unspoken prayer and the depth of my love. It had broken through the wall that she had raised between us.

I felt that Chris would be all right. But I also knew that our bond of love was eternal and that it was not dependent on our bodies. I would love Chris for all of eternity. So I was able to release “me” from the equation. This would not be about *my* fear, *my* pain, or “How could you do this to *me*?” If I had to bear the pain of every mother who’d ever lost her child, I would not have that moment of pain until it was happening. I would not dwell in that fear of the possibility of future pain; and the Creator’s grace enveloped me in a shield of protection and peace.

Eventually, I realized that this unconditional love was the only thing that could truly positively impact her. This is the one thing worth living for. This is the one thing we desire more than anything else. This is the one thing her gender identity crisis seemed it would take from her – the true love of her family.

I learned about selfless service because my children needed so much maintenance and support, and they temporarily had so little to offer in return. I needed to go to every doctor’s appointment, drive to counselor appointments, pick up the one food Nicole’s tummy could handle at eleven p.m., go to the psychiatric hospital and sit in silence, and advocate for my children at a school where the administrators were inclined to treat their life-threatening concerns as attendance and discipline problems rather than health issues. I worked all day, served all evening, and collapsed like a zombie during sleepless nights.

I noticed that Sir Ego was tempted toward resentment. The Wise One inquired about this and found that Sir Ego was feeling that his heroic service was unappreciated, and that not only was he not getting praised

and rewarded for it, he was getting dumped-on. Sir Ego revealed the scorecard that he had been secretly keeping just outside my awareness, and I began to study Sir Ego's need for compensation for his efforts, so that I could pluck out those weeds.

In return for my efforts, I got more teenage attitude, eye rolls, angry outbursts, tearful panic attacks, very little domestic help, doctor's bills, judgment from my employer – invalidated, uncompensated, and so on and so on. Each time, Sir Ego, no longer a victim, bowed to these calls for love. My children could not give me what they did not have; their cups were empty. I understood what my mother had taught me so long ago: only I can determine if I let the judgement from others affect me - if they are laughing *with me* or *at me*. If I'm laughing at my own humanness, my own quirks, and my own uncoolness, then it's *with me*.

I continued to serve and do whatever was needed, finding love in the act of serving and forsaking expectation of a result. It wasn't about me; it was about what was required of me, and I learned to comply joyfully, grateful for the opportunity to serve my children in this way. It only glorified our love when I stopped getting or expecting *payment* for my services.

It was painfully obvious that my children couldn't possibly repay my efforts in their current circumstances. They couldn't even care for themselves, much less my wounded ego. Nor should they have to, as I realized. The Wise One did not see these relationships in the context of Sir Ego's complex barter system.

In releasing the triggers, I was able to deconstruct Sir Ego's system of give-and-take, which was based on its fears of being invalidated and lacking love. In its place, the Wise One's love flourished and flowed freely without attachment to a particular response. I gave because my children needed my service, and I gave with a full and open heart, abundantly. Then I cherished each eye roll, because it underscored the importance of the love I was giving, and the empty cups I was filling.

An outsider might have looked at my behavior and deemed it overly permissive. The Wise One and Sir Ego had many conversations about this. In the end, it came down to fear or its absence. Permissive parenting results from fear of rejection or noncompliance by the child. The permissive parent gives and serves to get the child to interact nicely or comply with the parent's requests. Submissive people surrender out of fear, or to manipulate the other person into a more pleasant interaction. Abandoning fear took me out of these games. I saw them as Sir Ego's scorecard and symptoms of his fears. This was fear disguised as love in a codependent mind. I learned to surrender attachment to results and serve from a fully open heart, without fear or expectations.

In all of these ways my heart was opening, expanding, and releasing.

It was far more important than any material pursuit. I was modeling a new understanding to my children. Where Sir Ego imagines that we can teach our children to serve by forcing them to do chores or volunteer, I discovered that my selfless service spoke much more loudly to their hearts.

I asked them to choose a few chores they would do each week, and I was grateful if they did them. Their reward was their inner gratification. I accepted every effort with gratitude instead of judgment. Our relationship was more important than whether the dishwasher was loaded in my perfect way. Fighting over chores would only have built resistance and increased their guilt. I would rather see a single act of service offered willingly, than ten grumbling acts of coerced pseudo-service.

Instead of offering them love with small "I" and fraught with frail feelings of insecurity, control, and random expectations, I discovered love with a large capital *L*. I no longer saw my children as my possessions or as achievements meant to enhance my stature. My love for my children became luminous, expansive, boundless, infinite, and eternal. I saw them as goddesses of light, my equals on the spiritual path, bound to me in joy for all eternity. Even in the bleakest times, the highest love shone through, yielding a greater intoxication than any drug, and continually affirming my trajectory.

Ironically, Chris's suicide attempts had nothing to do with my ex's emotional abuse; they were symptoms of Chris's own physical dysphoria. As I've noted, I am profoundly grateful that I didn't try to fix it, as my efforts would have been directed at the wrong problem.

This showed me that the Script of Creation is able to crystallize our lessons with infinite variations that are perfectly customized for each of us. The same circumstances may hold different lessons for two of us, and different circumstances may hold the same lessons for us both. The moral is that it is not mine to know which lessons are for whom, and that I need to stay out of other people's business, because Sir Ego's fix-it efforts are never even remotely as effective.

Imagine my joy when Chris told me that he was proceeding with hormone therapy and gender reassignment. This was infinitely better than his self-destructive attempts to fix the problem. It was an actual solution. I didn't know how the Script of Creation would play out for this transition, but I trusted it to be for the highest good of all. Yet it took me just ten seconds to go through the five steps from a trigger to saying the words, "That is going to be an interesting journey, and I support you every step of the way. How can I help?"

Chris was able to transition smoothly because he received only support and encountered no resistance from his family. He has blossomed into the most successful, wise, serviceful, compassionate, fearless Emergency Room RN you will ever meet. His story tells you everything you need to know about him. His journey has brought him a tremendous expansion of both compassion and courage – an all too rare combination, yet ideal qualities for a nurse.

In his freshman year of college after the suicide attempts, but in the first steps of the transition process, he signed up for a Freshman Experience class where the professor asked the students how they knew *who* they were. Some students described their hobbies and interests, their career aspirations, or their dream travels. Chris said, "You have to go through the dark place."

The professor responded wryly, “This – coming from the person who has ‘Outrageously Happy’ tattooed on a forearm.” But Chris’s experience was his wise teacher, and I believe it’s true that to become outrageously happy you may often have to go through dark places.

I see Chris, and by extension the LGBTQ movement, as a harmonizing of the masculine and feminine within the individual person. I’ve seen Chris’s masculine traits emerge and blend with his feminine origins in a best-of-both-worlds harmony. Rather than a polarization of masculine men and feminine women, the new evolved person has yin and yang in a more finely balanced cooperative harmony; thus they can move more freely between assertive and receptive, between being and doing, from logic to intuition in their response to a present situation. It is my hope that our society’s understanding of the beneficial aspects of this new, more harmonious way of being will help it evolve from a patriarchal to an egalitarian society, with increasing understanding and less conflict.

Chris’s twin sister graduated with a major in Global Disease Biology shortly before the COVID pandemic began – which I thought sounded suspiciously like the Script of Creation at work. She got a job on the cutting edge of the clinical trials for COVID therapies and dealt with COVID patients daily. Because of the prevailing mayhem in medical institutions, she took on responsibilities far beyond her novice status, but within her capabilities. She scanned charts, greeted patients, and advised doctors on which patients were good candidates for each trial. She worked with the nurses to get labs, she worked with the patients and their families to get clinical trial consents, she worked with pharmaceutical companies on compliance with their trial regulations, she worked with the hospital pharmacy to obtain drugs, and finally she sat with the patients to observe the administration of the drugs.

She could have sat outside the room and observed, but she understood her patients’ fears, so she sat and held their hands during the infusions – all of which will look splendid on her medical school applications. She hopes to become a gender reassignment surgeon, and I cannot imagine any star that will be beyond her reach, given the obstacles she has overcome.

I could go on all day about my flourishing, thriving, prospering, compassionate, and mature children. But I think I've given you hard evidence that attests to the miraculous power of the practices I'm preaching. When we align our lives to the Script of Creation, it is able to benefit everyone in the highest possible way. My children's healing demonstrates that one person's true love overcame all of the yucky stuff from our troubled past and their dad's toxicity. Love overcomes, always, in everything.

My profound awakening to the notion that parents and children are peers on the spiritual path facilitated personal breakthroughs at two key times. During the *Radical Forgiveness Miracles* weekend, I internalized the truth that neither I nor my children were victims. Before coming into our present lives, we had agreed to learn certain wholesome lessons. I had made a soul agreement with my ex, and now I was nearing the end of the contract.

Our children had chosen to come into our family, knowing that it would facilitate their karma-riculum. Our birth circumstances and our race, religion, financial and social status, nationality, gender, parenting skills and weaknesses had set the stage for each person's tumultuous learning experiences and ultimate life purpose.

As adults, we can define ourselves as ego-victims of our childhood or as seekers on a quest to find the Wise One's counsel and learn our life's highest lessons, understanding that the Wise One alone can permanently heal our inner children's wounds.

In keeping with the Script of Creation, our children force us to confront our need for the Wise One's help, especially as they enter the teen years and begin to stimulate every one of our triggers.

We've set the stage for their triggers and lessons, and now they return the favor by setting the stage for us to reparent our wounded inner child. It's a Prime Time for learning, when the Wise One waits patiently for us to invite him to come I and heal and deepen the relationship with our children.

Meanwhile, Sir Ego is continuously tempted to try to manipulate the children into compliance with its narrow understanding, so they will never be painfully triggered as we are. Sir Ego's antics become a serious obstacle to developing healthy relationships with our children as they enter adulthood. Meanwhile, we trigger them, and they trigger us. Now, throw in the child's new spouse and his/her relatives who will never be perfect enough, and our family relationship issues multiply exuberantly. And how much more fulfilling would they be, if we could learn to step back, pause, and invite the Wise One's healing help?

As I learned to parent from the highest place of unconditional love, total acceptance, and selfless service, I knew that I was discovering – and reflecting – the way the Creator parents us. I shared the Creator's goal of raising children who've matured in their understanding and have consciously chosen to enter into an eternal relationship with me – and together, through our inner communion and our external actions, to explore the boundless love, creativity, and bliss of our unique relationship with Him.

Prompts for Contemplation and Journaling

The Wise One's goal is always the same:

- See where your ego is still clinging to its fears and delusions.
- Turn your attention inward, away from those worldly concerns and false solutions, to higher, true divine answers.
- Open your heart and your inner energy pathways, and remove any blockages that may be preventing the Divine from flowing freely within and through you.
- Be receptive, open your mind, and offer your sacred cows up to the Divine to receive Its true wisdom and expanded awareness.
- Align your mind, ego, body, and will power to share the Divine in harmony with your particular unique role in the Script of Creation.

Use this table to help you assess where you are stuck in a particular situation.

Step	Advice to Sir Ego	Wise One's State
Recognize	Pause Now, or Pay Later	This is the Moment of Choice: exercise your free will to choose love or fear
Relax	Open Heart Good, Closed Heart Bad	Let It Be
Release	Feel it, Don't Fix it	Feel the depth of Pain of the Delusion of Separation from the love, joy, and Security of the Creator
Receive	Ask what is the Truth that Dispels this Delusion?	I Was Blind, but Now I See
Respond	Await Right Attitude, Right Action, Right Words, Right Timing, Right Person	Every Offering of Love Resonates Forevermore

Ask your Ego about its parenting challenges:

- Are you able to separate your child's feelings from your own, or are you merging your feelings with theirs?
- Are you supporting your children with an open heart, and without attachment to specific responses or results?
- Can you remain anchored in your own center when your children are being triggered?
- What is your ego's script for your child? How wide or narrow is the range of acceptable behaviors for them in your script?
- Are the children trying to adapt to or rebel against your script for them?
- Is your script for your children based on the good things you wish for them, or the things you fear for them?
- Does your ego's script for your child relate to your own life's experiences?
- How does your own parents' parenting style relate to your parenting style?
- What happens when your children refuse to comply with your script? Is there a win-lose or a win-win outcome?
- Can you imagine your child being happy and successful in a lifestyle that is foreign to you?
- Do you accept that your children will have ups and downs in their lives that they will need to resolve without your help or guidance?

- Can you see your pain as an energetic stimulus to help others release their pain in similar situations, instead of only seeing your pain as your own narrow personal suffering?
- How can you use your experience to help others?

16. THE WISE ONE FACES DISEASE FEARLESSLY

THE EGO'S SCRIPT FOR DISEASE

Sir Ego's script doesn't include disease. "Illness may might be okay for others, especially people I don't know, and I can feel sorry for them, of course, but it's definitely not all right for me or for those I love."

Sir Ego's script is based on "making-it-go-away," because I don't want disease to trigger my fears of pain and death. Without an eternal view of life, the ego's strongest, most deeply held fear is its fear of pain, death, nonexistence, annihilation, nothingness, and the possible meaninglessness of it all.

Thus, Sir Ego doesn't want some random doctor to release the monster from its lair and fill us with dread. The body is Sir Ego's home and his armor, and he feels betrayed and exposed when the body seemingly turns against him.

The gap between Sir Ego's script and the Script of Creation is the cause of all our stress, anxiety, and depression. Sir Ego feels anxious when he sees all of the ways the world can stray from his script. He feels stress when he's unable to make the world match his script. He feels depressed when he realizes his powerlessness and his utter inability to enforce his script upon creation. The wider the gap between the scripts, the greater the stress, anxiety, and depression. This is the root of all disease.

When Sir Ego is thoroughly committed to manifesting his script and disturbed by every least deviation of the script from his reality, his stress and anxiety are bound to grow – because the Script of Creation and Sir Ego's script are bound to flutter apart continuously. But when Sir Ego can face his circumstances with equanimity and align himself with the Wise One and the Script of Creation, his stress, anxiety, and depression immediately decrease.

Disease feeds on fear. This much is known from countless scientific studies. The gap between Sir Ego's script and the Script of Creation can

become even wider when disease is involved. When we get sick, the ego loses control of its own happiness. Anxiety, stress, and depression flood in to feed the disease, and in his panic, Sir Ego reaches for the pills that calm the symptoms but may spawn new ailments. And so we fall into the spiral of medical care, and away from the harmony with the Script of Creation which alone can bring permanent balance and healing.

Sir Ego feverishly tries to return his body to the before-disease state, instead of learning to accept the truth of the present moment and arrive at a new understanding with the Wise One's help. Because Sir Ego is wholly consumed with defending his script against the malady, he is unable to ask or understand what the disease is telling him.

“Why has the Script of Creation brought this disease to me? How can I harmonize my body, mind, and soul and heal the disharmony I'm feeling, of which the disease is only an outward warning sign?”

The best response is to build our faith in the Script of Creation, so that we can let the Wise One guide us to the right medical or alternative interventions and remedies. Doctors, surgeons, and healers don't fix anything; they can only prepare the body to remove obstacles that are preventing our miraculous, intelligent, natural, divine healing processes to proceed.

The most effective response is to work on our understanding, and identify with the eternal part of ourselves so that it can care for the physical aspect of our being.

We must seek the Tao, the difficult Middle Way that can facilitate true spiritual and physical healing. We can tell when we are reaching for Sir Ego's ineffectual false solutions if we are feeling extreme fear, or its opposites, pink-clouds of denial, or fanatical grasping for treatments.

When we turn and offer ourselves wholly to receive the Wise One's counsel, we find solutions coming to us that are divinely balanced, respecting the destructive potential of disease while seeking appropriate, divinely guided physical tools of healing, and responding also to the inner,

spiritual message of the disease which is urging us to release our fears and regrets and replace them with faith and love.

THE SCRIPT OF CREATION FOR DISEASE

Please allow me to share my journey with breast cancer, as I believe it can serve as a real-life, practical example of the principles and practices I'm discussing.

When the tumor was confirmed as malignant, my first thought was that it was a nothing more than a trigger that had grown bigger and stronger over a very long time, urging me with increasing insistence to let go of the energy patterns that had caused it.

I thought of it as a little boo-boo that just needed its Divine Parent's healing kiss. So I continued to do the same spiritual practices I always did, although there was no denying that this would be a mighty big test.

It took some time to get through the initial stages of recognizing, relaxing, and releasing so that I could begin the work of receiving and responding to the situation.

Several times, I found myself identifying with Sir Ego, standing at the edge of the abyss and contemplating the cornucopia of horrors that might befall me. But then the Wise One plucked me back from the edge and reminded me how easy it would be to let myself fall, and how hard it would be to get back up. It was a pity party I *did not* want to attend! It wouldn't be any fun, and it wouldn't move me forward.

I realized that my habitual pity parties with their themes of everyday irritations were perversely comfortable, but that this one wouldn't be comfortable at all. It could only take me down a black hole that might turn out to be bottomless.

Then and there, I resolved that I would *not* go into the black hole of catastrophizing, blaming, shaming, or being angry, terrified, or guilty. And I have not. Whenever I feel that my energy is starting to wander toward the cliff, I pull it back into my center.

Along the way, I have gathered a full armory of weapons – empowering affirmations, prayers, and rituals that help me bring my awareness back to the Wise One, back to the Divine, and to the truth that I am a divine being who is having a physical experience for my benefit and the benefit of others.

I find uplifting spiritual music to be a powerful aid, because the divine vibrations are able to sneak past Sir Ego’s defenses and infuse me with the consciousness of the higher, eternally healing reality that unites us all.

With these tools at my daily disposal, I soon found that I was no longer a helpless casualty of downward-pulling energy. The moment I sensed its dark gravity, I would work relentlessly to raise myself beyond all traces of its negative influence.

Colin Tipping, the author of *Radical Forgiveness*, lead of a retreat that brought me great breakthroughs. Colin told us that his forgiveness work began with cancer patients. Among the many insights he gathered from that work, he found that a great heartbreak almost always precipitated a breast cancer diagnosis, and that *forgiveness reduced the rate of recurrence for all cancers*.

These insights gave me a starting point for my own conversations with my little boo-boo, to try to hear the message she had come to give me. All disease is a messenger, including cancer.

I had always expected that cancer would feel like the body was betraying me, but I didn’t feel that way at all. Instead, I felt great compassion – whatever this lump had come to tell me, it was a boo-boo that was ultimately meant to heal me, an energetic remnant from the struggles of my past – and I was deeply determined to heal the boo-boo by releasing those past wounds.

It was a battle scar of the noble struggles I had fought for myself and my family. It was a repository, a fortress where great hurt, pain, and fear had accumulated, allowing the rest of my body to function through the ongoing traumas in my life. It was a crest of courage and honor for my

noble sacrifice. It was directly over my heart, energetically protecting it during the dark times of my life!

The core work of releasing fear is forsaking Sir Ego's script and aligning ourselves with the Script of Creation. It entails accepting any possible outcome with the understanding that it is for the highest good of all, and our shortest path to higher consciousness.

This was something I hadn't understood as I witnessed how my mother was so accepting of her diagnosis and terminal prognosis. Now I had the opportunity to re-live the experience from a higher plane of consciousness and heal those memories from my past.

For just a moment, I peered directly into each possible outcome: a benign mass, a malignant mass, a lumpectomy, a mastectomy, chemotherapy, even death.

To each specter, I asked these questions: *Is this the divine will for me? If so, I accept it...resistance is futile. If this menace materializes, am I still a holy being of light...a child of the Creator? Is my eternal self threatened? Is the Script of Creation using these circumstances to guide me out of the material world's 3D delusions and into 5D enlightenment? Is this experience aligned with the journey that I agreed to before I came into this incarnation? How can I align my will, energy, power, and light with this possibility in the highest way for the most sacred outcome?*

Affirming my immortal soul, my perfect divine life plan, and the truths they were bringing me, I dismissed the fear of every new cancer specter with the vigor of my faith. I denied that the material realm is the only realm – I denied that the material realm is a real realm. I will have no need to look upon these shadows again, for they hold no power over me.

Most important, I was determined to hear the message, learn the lesson, and release the energy of this hardened trigger. This would be the most effective way to ensure that it wouldn't metastasize or recur.

As I've said, ignoring the message of a trigger invites it to keep coming back, with increasing volume and energy until we've learned the lesson – this is a cancer recurrence! Pay attention!

My medical doctors and my kids didn't understand my decision to take time to release the energy and not rush fearfully into surgery. I wanted to love the little boo-boo for her service, and for bringing important issues to my attention. I wanted to have deep gratitude for our communication before she was surgically removed.

Instead of facing challenges head on, Sir Ego likes to waste lots of energy wishing and worrying. But the Wise One does neither – “I will not *wish* for something easier than what I have to face each day. I will not *worry* that something difficult may await me in the future. Each day I will face what is happening with courage, resolve, and dispassionate non-attachment. I will ride the wave I am on. I will use all of my focus and energy to confront this day's challenge and not waste my time *wishing* for something else instead or *worrying* about something else.”

I contemplated the biology of malignancy from a quantum physics perspective. Admittedly, I'm not an expert; nevertheless, a sure intuition guided me to the relevant train of thought.

Malignant cells go rogue, reproducing in a way that is out of harmony with the rest of the body. They form a dense mass, growing wildly and invading other healthy tissues. But our biology has an immune system, a natural defense of T cells and other entities that seek and destroy malignant cells continuously.

It isn't that cell disruption only occurs rarely, but that on this occasion my natural defense system allowed the growth to continue for a good reason. These were the mysteries I asked the little boo-boo to explain to me – why it had formed and why it was able to overcome my body's natural defenses.

I felt that the answers would unveil secrets for how I could come back to harmony. I envisioned that the thoughts that influence my body had

allowed the growth to develop, and had restrained the immune system's defenses.

These were the questions that I asked the little boo-boo:

Why did you form, and why isn't my immune system eliminating the danger? Did the years of stress, and the stress hormones, cripple my immune system? How can I reverse the damage? What message are you trying to give me? What do you need me to see, to understand, to explore and internalize before you can return this body to wellness? How can I validate this experience and bring it to completion, with restored health and harmony? If this is revealed to be a genetic predisposition, indicating karma from a previous life, why did I choose these genetics when I came into this life? But if it is the result of a toxin in my environment, why did my higher Self choose to expose me to it – to take this job, to live in that neighborhood, and consume that substance? This inner conversation is about the soul's reason for causing the imbalance; it isn't about the physical causation.

Perhaps my alcohol addiction had contributed to the boo-boo, and the question was why I was on a self-destructive course, and how I could heal it. Perhaps my toxic, destructive relationships contributed to the boo-boo, and the question was why I had invited these foes into my life, and how I could heal the damage.

Past events and feelings were stored in the boo-boo because my ego hadn't known how to process them at the time. Now the Wise One can process the events and emotions from a higher consciousness and release them permanently. This was the journey I was embarking on.

Recognize, Relax, Release, Receive, Respond.

I am on a journey to heal my spirit, mind, and energy and I am confident that a physical healing will follow. Maybe my physical body needs surgery, but that will be incidental, since the body isn't who I am. I am the one whose thoughts shaped the body, held the trauma, and wields a power to release the old energy and heal.

The journey was profound and transformational in so many ways that it seemed I'd achieved a lifetime of spiritual growth in two months. Though I was assembling the puzzle from pieces I'd been collecting over several years. I am grateful to each of the people who gave me a piece of the puzzle.

The puzzle was becoming more exquisitely clear and exalted as each piece fell in place. I can see now that the first piece arrived months ago.

I received an enlightening paradigm from an energy healer who is gifted in a variety of modalities, wisdom traditions, and attunement with divine teachers.

Just as the world and our country are comprised of many people, our bodies are comprised of many cells. Like a person, each cell has its own level of consciousness. My healer friend said that while many of my cells' consciousness had ascended with my present, higher consciousness, many had not. Many of my cells still held the old, ego-matter-3D energy and negative patterns from my much more egoic, unhealthy times.

When I take my seat as the 5D quantum sovereign being who governs my body today, it is my choice to keep those lower vibrations, or ask them to leave. Until I assert that choice, they'll stick around.

We may imagine a magnificent, powerful waterfall of light and divine energy flowing into our crown chakra at the top of the head and washing away the sediment, soot, and broken pebbles. As they are cleared away, I thank them for their service and for helping me when I was living in a lower vibration. Now that I no longer need their service, they can return to wherever they came from, to be redeployed in service to others whose vibrations they match.

It was a helpful thought-train for the situation I found myself in. I worked insistently to make it inwardly real and let it empower me to regain sovereignty over my mind, ego, body, and cells, as I united them with the divine will for my ascension. Sovereignty over my body doesn't mean sovereignty over the universe!

This was the framework for my conversations with the little boo-boo: *What is your message for me? What kind of energy are you holding? Why are you holding it? How can I help you release it? What do I need to release? Whom do I need to forgive? Would you prefer to heal and raise your energy to match my new level, or to leave my body and help another in the way you're helping me?*

One evening as my daughter was preparing to go to the hospital to administer a midnight treatment for one of her COVID patients, she told me the patient's story.

He was an elderly, homeless diabetic man whose feet had been amputated...and now he had COVID. I saw such tenderness in the way she spoke about him and how she had joked with him. I might have expected her to find him unworthy of her midnight efforts, so I was surprised and inspired to witness her passion and commitment. In that moment, I saw her divine light shining into the darkness of this world. At that moment, I knew what a passionate and inspired doctor she would become. At that moment, I understood why she had come into this life: her purpose and her mission.

The following morning, I continued to feel inspired by her loving, serviceful calling, and in the next instant I saw my own mission. I saw myself agreeing to all of the challenges and lessons I would face in this life. I saw myself understanding that I had compassion for human suffering, and I agreed to help, knowing that I would have to suffer as I prepared for my mission.

"I am noble. I am willing to do what it takes to help my fellow knights transcend their fears, their pain, and their suffering."

This was it. This was the jump to warp-speed, from Sir Ego's tiny steps away from self-loathing to the Wise One's awareness of our divine mission. I saw myself in this new light. I saw my past in this new light. I saw my weaknesses in this new light.

Paramhansa Yogananda, who was a great master of yoga, said that whenever he saw that he would have to incarnate and take on a new body and personality, it felt like putting on a heavy overcoat on a hot summer day, but that he got used to it after a while.

To fulfill the mission that was divinely planned to take me through addiction and abuse, I had to be born with certain traits of body, mind, and personality, such as a tendency toward substance abuse, compulsive and impulsive behaviors, and an insatiably hungry hole in my heart. This was the heavy coat I had to put on and wear in this life.

The heavy coat was an armor that Sir Ego put on to try to protect itself from threats in the physical world. It was based on Sir Ego's belief that he is separate, special, physical, mortal, and competing with other knights for a limited supply of love and material resources. Sir Ego fights with his fellow knights to get his needs met, and his fellow knights fight him for the same love and resources, justifying his defenses and attacks.

I believe I came into this world poised to learn to loathe this system, and to recognize that it isn't *me*. I agreed to take on a set of ego and body weaknesses because they were prerequisites for the better life I was poised to embark on. I had to have dark, difficult experiences so that I would deeply desire to help others heal and grow in similar circumstances.

When I came into this life, I believe that I knew that my guides would be with me, even though I wouldn't be aware of their presence until I began to emerge from my darkest time, because my heart was closed against the pain, hurt, and fear.

In our dark times, we discover that we have divine guides who've always supported us without our being aware of them. The five practices I've described will help you open your heart and receive their help.

Even though I believe I've transcended the more destructive manifestations of these compulsions and impulses, they continue to show up in subtle ways. I may still eat, say, or do something that afterward I wish I hadn't. I realize that it's my self-loathing ego, the heavy coat I wear

that still covers my diamond body of light. I dislike these tendencies from the past and present that have gotten me into trouble many times and that no amount of effort seems to be able to erase. But I find now that I can love my divine Self while only mildly loathing the remaining fragments of my lower tendencies. It is the heavy coat of ego armor that I loathe, not my diamond Self.

I experienced a profound change in my consciousness. Before that moment, I would draw the Wise One into my 3D ego-life, but after the great change, I found that I could live from the 5D perspective of the Wise One. I could identify with the Wise One. I could be in this world but not of it. It meant that even as I continued to have ups and downs in the physical/emotional dimension, I could hover in witness consciousness. Even if the blessing of the instant wasn't with me permanently, it lit an inner light that made me aware of its constant presence, as I worked to reinforce my awareness of it and integrate it more deeply in my life.

With a wide-open heart, beyond the grasp of fear, I began a dialogue with my little boo-boo. A malignancy is a cluster of cells that are no longer operating in harmony with the body – they are reproducing and building their own little army. They are no longer fighting to defend themselves against a powerful immune army; they have gained power and have gone on the offensive.

I asked little boo-boo why she was out of harmony, and what she was protecting herself against. Why did she feel a need to prepare for battle and become so contractive, dense, and aggressive?

In my mind, I saw a zillion little arrows flying at me, which I saw as the energy and judgments of past persecutors, self-declared foes, and egoic friends of my former life, greatly intensified during my DUI and jail time, divorce, custody battles, and everyday skirmishes at work.

Sir Ego was too small – he was overwhelmed by the projectiles that were swarming at me from all directions. My ego was defenseless and confused. Even my friends and family had abandoned me, having judged me unworthy of their compassion and support. The boo-boo was the 3D

shield that Sir Ego erected to shield my heart from these misguided assaults. But now I could revisit the story from the higher perspective of the Wise One, drop Sir Ego's heavy armor, and learn the lesson.

Little boo-boo was shielding me, defending me against the arrows of past and present hurts and loneliness. I reminded her that the arrows had been fired long ago, that they were no longer being hurled in the present, and we could let them go.

I then invited all of my fellow knights to join me in an immense astral healing circle. Hand in hand, I joined all of the individuals from my past who had cast the tiniest arrows of judgment, or the big bombshells of jail time and lost custody of my children. I had no need to recall their names, faces, or crimes clearly – I simply wished to be free of all traces of resentment and unforgiveness in my heart.

I called the divine healing force of the Holy Spirit/Divine Mother to the center of the circle, to heal our relationships, cut the cords that were binding us to the past, and return each person's arrows and missiles gently at their feet, with forgiveness.

I saw myself offering each person a diamond that represented the return of their own energy, their barbs purified by divine light, transformed into healing love.

I honored each person in a new, holy relationship that transcended our special bonds of pain and judgment. Tears of love, forgiveness, and joy streamed down my face.

The next night, I again asked the little boo-boo why my immune system hadn't been able to stop her aggression. My immune system and I should be on the same side! She replied that I had asked for and allowed the assault: I had invited this with my self-destructive thoughts and behaviors, overtly during my time of addiction and toxic marriage, and nurtured secretly and hidden over time.

It's obvious, when you're drinking yourself to death, that you are on a mission of self-destruction. But it isn't so obvious that our present obsessions, compulsions, and self-loathing thoughts can be equally self-destructive. Whether true or not as bare facts of our history, they are self-destructive because they lead us away from the spiritual path and from the all-forgiving Divinity by making us feel unworthy of Its love.

Sir Ego sees my sickness as a signal that I am this weak, destructible, vulnerable, unwell body which is subject to decay, as are all things in the physical world. But I am not this body or this sickness. I am the 5D Wise One who came into this world and who accepted this journey for my better education, healing, and the balancing of my karma so that I can be free.

When I remember who I am, my mind is healed, and the healing manifests eventually in my body. The nature of the process doesn't matter, one way or another, whether the Wise One will opt to patch the leak or replace the tire. I claim my healing as my birthright, and I remove the heavy coat of self-loathing that could lead me into further self-destructive behaviors.

Now that I had the will to heal, I asked the little boo-boo where I could find the right healing power. She told me that we first needed to regain our power so that the body's natural healing processes could restore harmony with the help of medical intervention.

I realized that I had returned their power to others, but they hadn't returned my power to me.

When I reconvened the healing circle and asked that my power be returned, I felt a resistance, as if they didn't were very unwilling to comply. I realized that some of the individuals in the circle were energy vampires who enjoyed acquiring other people's energy, and that some were simply unaware that my energy didn't belong to them, and they had grown comfortable having it.

Suddenly, to my surprise, I realized that they had never actually taken my power from me, but that I had handed it to them, and that I could

reclaim it without their permission. So I commanded that my power return to me.

In the healing circle of holy relationship, everyone stands in their own power, neither giving or taking from another. Each of us aligns with the power of the Divine at the center of the circle and fulfills the Script of Creation for the healing of all. My power comes by standing in my divinely ordained place in the circle of life. This is my sovereignty. This is where the Wise One resides in me.

I thought of Dorothy in *The Wizard of Oz* who thought that the Wizard would save her, until Glenda showed her that she always had the power to go back home: *“You have always had the power. You just had to find it for yourself.”*

I had to understand that no enlightened master – no Jesus, Yogananda, Buddha, or any other enlightened being – could save me. They could show me the way, but I had to click my ruby heels together and master my thoughts to make it happen. And so I resolved to reclaim my power over my ego and all of the leakages in my energy field.

I contemplated all of the ways I had given away my power. When my mother died, I gave power to the idea of death, empowering it to create the illusion that our bond had been severed forever. For years, I was unaware of her eternal, constant presence, because I had given away my power to see and experience our eternal bond. But in time I reclaimed my power even from the grim reaper.

At the time, my intuitive friend Mary channeled a message from my Mom: “I am with you in your pain. I am with you in your fear. I am with you in your suffering. I am with you in your struggles. I am with you in your parenting. I am with you in your love. I am with you in your joy. I am with you in your compassion. I have always been with you, and I will always be with you...until the end of time.”

In my marriage, I had given away my power to my ex because I believed that what he was giving me in return was worth more than what

I was giving up. But it wasn't true. I, a being of eternal and divine worth, had given up chunks of my divine soul Self for the sake of a nice home, exotic vacations, and financial security. It was a devil's bargain, and I was fortunate to be able to reclaim my power from that delusion.

In the custody drama, I had given my power to the authority figures: attorneys, judges, counselors, courts, social workers. I gave my power to the jailers who ridiculed and judged me. I gave my power to the matrix of scripts agreed to by the many Sir Egos who wanted to define me by my credit score, my bank balance, my background check, my zip code, my skin color, my marital status, my gender identity, my sexual preference, my employment history, my driving record, my medical record, my voting registration, and so on and on. But none of these represented who I am and my true worth, and I will no longer include them in my identity. I will reclaim my power from the matrix of power and control. (Never fear, the divine will is always profoundly greater and more multidimensionally complex than anything else. There is no artificial-intelligence AI running the matrix and capable of taking over the world!)

I had loaned my power to my children when they didn't have enough power to stand on their own. The umbilical cord of energy continued to feed and support them through their difficult times as I channeled divine love to sustain them. Now they no longer needed my power, so I cut the cord and withdrew my power and my karmic bonds with my children. As a consequence, they are now standing in their own power and wearing it extremely well.

But I wasn't done. I was surprised by how long it took to realize that I, too, had shot ego-arrows across the bows of my fellow mariners. At the time, it might have seemed a valid way of defending myself, but where had it all really started? And, more important, where would it end?

It was easy to see all the ways I had given up my power, submissively and resentfully. It was harder to admit where I had wasted my power on thought-attacks against others. Sir Ego wants to believe that his attacks are fully justified, while others' attacks are not. Meanwhile, the Wise One was waiting to expose the true source of my inner pain; namely, my own

disharmonious thoughts and the tribulations I had magnetized and manifested in my life.

In time, I looked directly at the meanness in my own heart. I had hurled thought-attack arrows. (Not all of my energy had been handed over submissively!) I had hurled some thought-arrows violently, aggressively, judgmentally. I had employed guilt, shame, judgment, and blame, perhaps not cruelly or blatantly, but I had done it, no doubt.

Sir Ego might argue that my attacks were a form of first-strike self-defense, but the Wise One clearly let me know that attack thoughts are never justified. *A Course in Miracles* tell us that every defense except forgiveness is a double-edged sword, because it contains an attack. Whenever I've thought hard about this, I've found it to be true – when, for example, I examine the root causes of my triggers and the hidden intentions behind Sir Ego's behaviors.

I wondered, “How can I heal this, undo this, remedy this, and be free of this?” I couldn't take back my arrows – I didn't want them back! I couldn't undo the shots I had fired. I could negate their validity, but the lingering wounds were real, in me and in others.

What was the truth that could dispel this delusion? I was guided inwardly to a great yogi, Sri Yukteswar, who wrote a book, *The Holy Science*, in which he lists eight “meannesses of the heart” which I found to be of great value as I began interrogate my heart.

Firmness of moral courage when attained removes all the obstacles in the way of salvation. These obstacles are of eight sorts, viz., hatred, shame, fear, grief, condemnation, race distinction, pride of pedigree, and a narrow sense of respectability, which are the meannesses of the human heart. (The Holy Science, by Sri Yukteswar Giri, Verses 13-18.)

I pondered the meannesses in the way I could understand them. It seemed that each was based on an unfocused perspective, a blurred vision of truth, or a specific, delusive misunderstanding of a higher reality.

Again, I inquired, *“What is the truth that dispels this delusion? How does the Wise One’s perspective overcome the ego’s weakness?”*

Let me share what I learned about the maladies of the heart and their remedies, as I endeavored to uproot these weeds and remove them from the garden of my heart.

It can hurt to find the weeds in your heart’s garden, but don’t let that stop you from getting ready to uproot them. They were always there – others could see them, even if Sir Ego denied their existence.

Examples from my life included the guilt and shame that kept me from confronting my drinking problem, the fears that fed into my codependency with my toxic husband and kept me from simply walking away, and the pride in my own intelligence (CPA and MBA degrees!) that kept me from seeking help to stop my self-destructive tendencies.

When you become aware of a weed in your heart, you have a choice that you didn’t have before – to keep it or pluck it out by the roots.

Meanness of the Heart	Malady	Remedy
Hate	Hate is the result of conditional (manipulative) ego-love. You can see how quickly ego-love turns to hate when the word “divorce” is spoken.	The remedy is unconditional love, no exceptions!
Shame	Shame is the ego’s feeling of being unworthy of love, and somehow fatally flawed beyond redemption.	The remedy is to see our divine holiness, and the ego as an actor in a play where his mistakes and teachable moments and his unworthiness never existed.
Fear	Fear is the result of Sir Ego’s inability to fulfill his script. He has created the script as the way he will be happy, secure, and loved, and he fears anything that might interfere with this script.	The remedy is faith in the Script of Creation and walking without fear.
Grief	Grief is the result of valuing temporal things and then losing them. I lost my mother’s body, but I never lost her soul. I lost my house, but I never lost my home.	The remedy is to value only eternal things such as the intergenerational healing that I’ve described many times in this book.

Meanness of the Heart	Malady	Remedy
Condemnation	Condemnation is a projection of our shadow self onto others and trying to kill it there.	The remedy is to see the divine essence in ourselves and others, rather than the flawed ego, and to offer forgiveness and unconditional love to all.
Race Discrimination	Race discrimination is the stereotyping thought that an entire group of people who share a common characteristic are subhuman and do not deserve even the ego's usual amount of kindness and cooperation. I might add gender identity, disability status, and others to this category.	The remedy is to see everyone as divine and capable of healing and growing and fulfilling a sacred destiny.
Pride of Pedigree	Pride of pedigree is the ego's attachment to specialness and entitlement – its belief that worth is to be found in egoic qualities, skills, and achievements rather than in our inherent divine essence.	The remedy is to see each person's uniqueness as a necessary part of the universal consciousness. We are worthy by design. We are special by inclusion in the universal consciousness. We are unique in our role in the Script of Creation.

Meanness of the Heart	Malady	Remedy
Narrow Definition of Respectability	Narrow definitions of respectability are based on the ego's script, the ego's identity within the script, and the ego's role for everyone else in his script. Sir Ego judges and condemns people according to its script which is invisible to them.	The remedy is to accept everyone's ego right, exactly where it is in this moment, not where we wish it were, and to love them unconditionally, knowing that this will help them rise and become more open.

Through all the years of my journey, Sir Ego attacked others, fighting imaginary battles for worthless things because of its clinging to the meannesses of the heart.

As I embraced the remedies, my heart softened and opened, and my relationships changed. With great sadness, I realized that I had projected the meanness in my own heart onto my life, and that I had allowed it to reflect back into me through the meanness of others. Yet ultimately I was the one who had shredded her heart by projecting blame onto others, even as they returned my attacks and mirrored my own guilt and shame back onto me.

Healing the meannesses of the heart is the core lesson our life's karmariculum is intended to teach us, as a first necessary step to speed our return to the Creator's all-encompassing love.

Few of us are wise enough to let go of these inner obstacles to salvation, until we're exhausted by the pain of our delusions. When Sir Ego is finally willing to turn and look fiercely at the pain, he finds, finally, that there is a pathway that leads to the other side.

First we cover ourselves with shame, attacking ourselves for our unworthiness. Then our heart projects its meanness onto others, attracting attacks from them in return.

When I finally tired of attacking myself, Sir Ego projected my shame onto others, until finally, sadly, I realized that by projecting my weaknesses I was attracting arrows from others in a simple, equal response to the arrows I had sent out.

The state of our heart is the ultimate gauge of our ability to find a higher, happier life. “Open heart good, closed heart bad!” When our heart’s energy rises, it spawns thoughts that are aligned with the perfect love of the Creator. When we act on those loving thoughts, our heart’s energy radiates to others, and they respond in kind.

Changing our heart’s energy automatically changes many things: it changes our thoughts, the energy we project to others, and the circumstances we attract. A change of heart changes everything.

The Institute of HeartMath, a group of researchers in California, has studied the effects of the heart’s expansive or contractive feelings on our bodies and minds. Among their findings: the vibrations of our hearts can be measured at 6 to 8 feet from our physical body. Thus, no matter what Sir Ego is saying with our words, another person will feel the truth of our heart’s energy.

There is a divine energy that fills our hearts when we transform the eight meannesses. It’s source is divine, unconditional love and bliss. We are free to decide how much of our energy we will devote to removing the meannesses and fill our hearts with their opposite qualities. As we give, so shall we receive.

As long as we believe that we are separate from each other, we will allow ourselves to believe that we can hurt others without being hurt ourselves. But sooner or later, our own experience will tell us that it isn’t true. As long as we believe that we are separate, we will imagine that we are competing for a limited supply of love, joy, power, and material things.

But this, also, isn't true. As long as we believe that we are separate, we will be imprisoned in delusive feelings of lack, fear, pain, and loss. These, again, are not true.

I looked directly into the eyes of the beast, the meannesses in my heart, and I realized that they had triggered all of my mean thoughts, and that Sir Ego had responded by showering me with self-loathing, self-judgment, and self-destruction.

The energy emanating from my heart had attracted an equal response from others – an attack, or a defensive ploy such as avoidance, passive aggression, resentment, etc.

Through the divinely guided mechanism of karmic magnetism, I attracted perpetrators to help me understand and release the mean, contractive energies that were destroying me. I realized that those others were mirrors for my own internal state, and that they were simply reflecting my heart's condition back to me. The volleys of arrows we fired all started here in my own heart. After everything that had happened to me, I could no longer deny that all of my troubles had started in my heart. In fact, this was *very* good news, because it was something I could change! And I just had to figure out how.

I could trace the malignant boo-boo in my body to the effects of the habitual quality of the energy in my heart. Whether it was the arrows I had launched or the arrows shot in return, it was the cause of my little boo-boo. And the remedy was crystal clear. "You get what you give. You reap what you sow. Stop launching the damn arrows!" I resolved: "I will open my heart to the Wise One to purify and sanctify every last corner and banish every one of the meannesses." No longer were those other souls enemies to be overcome in pursuit of my ego's goals – there was only divinity, holiness, and unity among us.

I saw that Sir Ego had used my body for years as a shock absorber as part of his noble quest, and that because he had been unable to process all of the fears and emotions, he had simply stored them away – all of the

unbearable, unmanageable emotions – so that he could stand and fight the battle for my life and my children.

But now the Wise One was ready to release and heal those stored-up energies, and I had nothing but gratitude for little boo-boo, for absorbing so many painful shocks, and I knew that all of my body was to be commended – every system in my body had faithfully continued to perform despite the noxious stress hormones that flooded my body for years.

In deep gratitude and reverence, I consecrated my body to the Divine, offering it to the ultimate holy Source in service, healing, and gratitude. Because Sir Ego is no longer prancing about on his stallion, fighting his imaginary battles, I've begun to feel safe, and there's a pervasive sense of well-being that was missing in my life for a very long time.

There are many karmic forces at play in our lives, and the little boo-boo was the result of just one of them. In my former way of life I had unconsciously or inadvertently created unbalanced energies and blockages, and I now needed to very consciously apply the opposite energy to heal the wounds, integrate the lessons, and harmonize my whole physical system.

Nothing I had done was *bad*; it was simply inharmonious, born of my ignorance, lack of awareness and attempts to relive pain. The remedy was awareness and a deliberate, conscious intent to harmonize and heal.

The scars in our physical bodies exactly mirror the psychic wounds in our relationships and our energy body, and when we learn the lessons, our past is healed in the present.

We must complete the circle that was left un-closed. We must draw forth the opposite, higher energies of wisdom, knowledge, awareness, blessings, and love in order to restore, release, and uplift the trapped lower vibrations and downward-pulling life force. This process will heal our cells, our body, our mind, our relationships, our circumstances, the greater society, and the planet.

The Wise One's love melts the ego's resistance and makes room for it to meet the challenges before it, of expanding its wisdom, consciousness, and emotional capacity.

I had prayed so long to be released from this self-loathing, and here it was happening before my eyes. I was shedding the heavy coat that I had needed in the early phases of my journey to weather the battles with addiction, but I no longer needed it in the present phase of the journey. This portion of my journey required that I *drop the coat*, and because my ego was no subservient to the Wise One's commands, it was ready to comply.

As I write this, my final surgery is over and I am cancer-free and healing well. I see the removal of the little boo-boo as a laying-down of the shield around my heart that protected it when I felt continuously attacked, but that was now no longer needed.

Now my heart is unshielded, exposed, vulnerable, and open, to an extent that I can share my personal and humbling story free from guilt or shame. Rather than see the scar over my heart as a disfigurement, I think of it as a badge of honor for the noble work I have done. I feel only deep gratitude for each aspect of this journey, this healing, this expanding awareness, this new awareness of unity, and this circle of completed karma-riculum with myself, my mother, and my children.

As I walked this cancer journey with my children, I was both parenting my children and reparenting my 26-year-old self watching my mother die. I realized there were no words to help my children through this and that the Wise One would commune in energy and consciousness with them. Somehow what they were learning would probably benefit their future medical careers.

As the Wise One held the higher energy in cancer conversations with my children, I realized this is what my mother meant when she said, "I taught my children how to live, now I must teach them how to die." She was teaching my energetically to attain the acceptance and divine perspective that Sir Ego could not. I had completed the circle by teaching

this to my own children and bringing new understanding to the past pain, releasing the grief and ignorance.

Even though my children were born eight years after my mother's death, I see the four of us holding hands and dancing in love and joy for we had completed a major milestone in our shared karma-riculum. This is the long term, divine perspective Script of Creation in action. We all agreed to this powerful healing before our births.

Despite everything I've learned so far about these topics, I can still be surprised. I recently had a situation that triggered me until I realized what it was mirroring. A minor difficulty was that my washer broken, and I still don't have a new one after eight weeks of administrative bungling. The home warranty company couldn't seem to approve the new washer, even after three separate repairmen said it couldn't be fixed. And now that the replacement has been approved, I've waited weeks for the new washer to appear, despite the fact that I could pick up a new one today from Lowe's.

Deep introspection brought a clear realization that my trigger was a lot bigger than the actual inconvenience of the problems. When the Wise One asked Sir Ego why he was feeling so triggered, he told his tale of woe – it was hurtful that people didn't care enough about the inconvenience and disruption to solve the issues diligently – their neglect felt personal. No one cares about me – boo-hoo. And, of course, by simple extrapolation the great, big universe doesn't care about me and my problems, either. Big boo-hoo. And doesn't it feel that way - that the universe is indifferent to our suffering?

Looking deeper, I realized that it was just the way of Sir Ego. The people in the broken chain of solutions were just doing their jobs, unaware or uncaring of the effect the delays were having on me. At first, in my frustration, I was angry with the faceless people who were in my way.

But I realized that this was trying to teach me something. And I didn't like what I saw in that mirror. I had done the same, neglecting to fix a problem at work, maybe to avoid working with a difficult coworker.

Maybe I was loathe to ask my boss for help, or the computer gremlins were creating mischief that I couldn't unravel.

Sir Ego is skilled at de-prioritizing the needs of others – his comfort always comes first. It happens all day, every day, with a feeling of being pecked to death – the pecks are small, but they add up. Recognizing my own past indifference to others' needs, I grieved for the way that I had contributed to their suffering however unwittingly.

Realizing my mistakes, my ego would have been quick to fall into self-deprecation, guilt, and shame. I couldn't possibly know all the times I had turned away or remember the people I had injured – or know how to make amends. What good was all of this meant to accomplish? For starters, I must simply recognize, relax, and release all judgment, guilt, and shame.

Perhaps you've guessed the solution I received when I consulted the Wise One, to atone for my actions.

I prayed for each person I'd harmed, that they be blessed and made whole. I prayed for a holy relationship with each of them, so that the Script of Creation would heal us and use our karma-riculum for our highest good. That's it. Nothing more was needed.

We can't know how our prayers will play out in the Script of Creation. Nor do we need to know when our own holy relationship will be fulfilled. The Script of Creation is far beyond our comprehension in its scope, creativity, complexity, and elegance.

Perhaps even now, they've sensed a shift in the energy that connects us. Perhaps they are making amends, going beyond the call of duty because they remember how it felt when we mistreated them.

Who knows? Perhaps we'll chase them through the parking lot to give them the diapers they left in the shopping cart. Perhaps we'll meet in some other dimension or future time to complete our mutual karma. Perhaps we'll learn our lessons with other people entirely.

If you feel defeated, discouraged, or hopeless, you are trying to win the game of Sir Ego and the best you can hope for is a temporary win because the war ends in a draw. The ego has no power and no unity, and each win will be met with a later loss, netting out to zero. Only the Script of Creation continually elevates all.

The point is, we don't need to know the intricate workings of the Script of Creation. We simply need to have faith that it always works, and that it is always intent on serving the highest good of all the parties. We need to know that we can trust its eternal, unswerving benevolence, mercy, and grace.

This change of heart, this embrace of the divine remedy, washes away whatever meannesses of the heart remain in us, but only when we actively *seek* the remedy. This is why "what you resist persists." Until you change your heart, the situation will remain. Once your heart has changed, the miracle can occur and a bit of darkness has been brought to the light. A low energy will be raised, and we'll ascend a step toward our heavenly home.

Prompts for Contemplation and Journaling

The Wise One's goal for us is always the same: eternal happiness and freedom from suffering. To unite our lives with the Plan of Creation, we just need to remember a few simple principles:

- See where your ego still holds fears and delusions.
- Turn your attention from the ego's worldly concerns and take-charge solutions, and embrace inner divine solutions instead.
- Open your heart and energetic pathways and remove any blockages that may be preventing the Divine from flowing freely through you.
- Remain receptive, open your mind, and offer up your ego's sacred cows to receive true wisdom and expanded consciousness.

- Align your mind, ego, body, and will to share the Divine in attunement with your unique role in the Script of Creation.

Use this table to help you to assess where you are stuck in a particular situation.

Step	Advice to Sir Ego	Wise One's State
Recognize	Pause Now, or Pay Later	This is the Moment of Choice: exercise your free will to choose love or fear
Relax	Open Heart Good, Closed Heart Bad	Let It Be
Release	Feel it, Don't Fix it	Feel the depth of Pain of the Delusion of Separation from the love, joy, and Security of the Creator
Receive	Ask what is the Truth that Dispels this Delusion?	I Was Blind, but Now I See
Respond	Await Right Attitude, Right Action, Right Words, Right Timing, Right Person	Every Offering of Love Resonates Forevermore

Ask your ego about its health challenges:

- Do you believe your consciousness creates your body, or that the body has a mind of its own?
- Assuming that your disease has a message for you, what do you think it is?
- Are you focused on soothing the symptoms or healing the real cause?
- Are you willing to prioritize healing on a spiritual level, and allow the resulting changes to flow through your body, possibly with a different outcome than the ego's script?
- Can you have faith in your Wise One's intuition and alignment with the Script of Creation, to help you overcome fear – your own ego's fears and the fears of your loved ones and the medical professionals?
- Can you visualize your pain as an energetic offering to release the pain of others in similar situations, rather than a purely personal suffering?
- How can you use your experience to help others?

17. THE WISE ONE MARCHES FROM GRIEF TO THE GATEWAY

GRIEF

I've said that the human heart is the key to Self-realization. "Open heart good, closed heart bad." But what can we do when something so terrible happens that we are not only unable to open our heart, but we become thoroughly stuck in grief and we risk falling into ever-deeper darkness?

Emotions exist on a spectrum of the heart's vibrations. Studies at the Institute of HeartMath have shown that expansive feelings of kindness, love, and compassion make the heart beat in a smooth, harmonious rhythm, while negative feelings of hatred, resentment, revenge, pessimism, etc. make the heart beat with an inefficient, disharmonious rhythm – like a car that's running out of gas. During expansive feelings, the heart's electric power output jumps as much as six times higher than during negative feelings.

During expansive feelings, we *feel* happy, harmonious, and whole, whereas negative feelings make us feel sad, downcast, disharmonious, and unhappy. It's why we feel uncomfortable around people whose hearts are vibrating significantly differently than ours – in either direction. "Don't rain on my parade!" "Don't tell me everything's going to be all right!"

It's why people's reactions to Christ were extreme. Those who welcomed his extremely high vibrations of love, light, and joy were powerfully attracted, while those who rejected his light were powerfully repelled.

It's why our world today is so violently polarized – it reflects a great struggle between vibrations of divine light that are trying to enter the world at this time, and opposing vibrations of darkness that are clinging to their familiar, negative, cynical ways. It's a fight between materialistic ways of seeing the world and an open-hearted consciousness that welcomes the Wise One's emanations of love, wisdom, and joy.

Here's a list of feelings along a spectrum from the highest, expansive vibrations to the lowest.

- Enlightenment
- Peace
- Joy
- Love
- Reason
- Acceptance
- Willingness
- Neutrality
- Courage
- Pride
- Anger
- Desire
- Fear
- Grief
- Apathy
- Guilt
- Shame

(From <https://blisspot.com/blogs/the-emotional-vibration-analysis-frequency-chart/>.)

If your heart is attuned to low vibrations, and you aren't happy about it, your best option is to take just one or two steps toward a higher vibration – not try to leap forward ten steps at a time.

Trying to be happy when you're experiencing heart-rending grief over the loss of a loved one would be like pouring pink paint over the sadness and calling it joy.

When Sir Ego finds himself riding along with a person who's trying to live more spiritually, he will be prone to feel that it is somehow "unspiritual" to experience negative emotions, and he'll be tempted to try

to suppress them or pretend they don't exist. But neither response is helpful.

Sir Ego tends to wallow with us in our negativity, while the Wise One observes the flow of low-vibration energies without denying them, as a first, necessary step toward transcending them.

The solution is to bring in more light. Our Wise One knows that the Script of Creation allows us to have lower emotions that serve as messengers to tell us to pay attention.

Negative feelings of hurt, anger, fear, and shame aren't inviting us to pretend we have spiritual attitudes – to put on a happy face and pretend to be cheerful and pour pink paint over our dark feelings.

We need to learn to look at our emotions calmly and objectively – there really is no way to go over, under, or around them; instead, we need to set an intention to release the energy of negative emotions and generate a feeling-energy that is just one or two steps higher.

For example, as a first step toward freeing ourselves from deep depression, we may need to pass through a stage in which we feel a great deal of anger. While anger will not give us the long-term solution we're seeking, it may give us access to the energy we need to take the next step.

As we approach the turning point from negative to positive emotions, we can feed our heart, mind, and will power with thoughts, feelings, and attitudes related to higher-energy qualities of courage, gratitude, appreciation acceptance, willingness, and forgiveness. It can be a very effective way to build a bridge from Sir Ego's clinging to lower emotions, and the Wise One's invitation to ascend the spiral staircase to greater happiness and freedom.

Again, for example, we can cultivate feelings of gratitude that will help open a path from sorrow, grief, and depression, and help us understand the lessons that are embodied in a tragic loss. As understanding grows, we will

be inwardly freer to accept the Wise One's inner guidance that is showing us more powerful and permanent solutions.

Sir Ego and the Wise One both can help us learn from our experiences and start out on a journey toward an eternal, transcendent love that will never diminish, never die, never betray, never reject, and never abandon us – the unconditional, divine love of the Creator for all His creatures.

In the deepest regions of our heart, we feel the call toward the final destination. Yet we don't know if it is real, if it is possible, how to get started, or how to reach it.

In our lives we've all probably had experiences that momentarily opened our heart to a flow of divine love. But, alas, the gates of heaven swing closed too quickly and the vision of a higher vanished, perhaps leaving us feeling not a little disappointed and soured on life.

From the yoga tradition, we can borrow a useful technique for rejecting the ego's lures and finding ever-increasing true happiness. It's called "netti netti," which translates as "Not this, not that!"

Life itself uses this method to teach us. "This didn't make me happy – nor did that." Through many lives of seeking perfect love where it wasn't to be found, we slowly eliminate the possibility of finding ultimate love from people, things, or places. Not here, not there. During the long process of seeking perfect love through trial-and-error, we eliminate false idols and finally seek complete fulfillment through communion with the perfect love of our Creator.

The Wise One and Sir Ego see the journey differently. The Wise One sees our triumphs and tragedies, our joys and suffering, as helping to bring us ever closer to our goal.

Meanwhile, Sir Ego sees only the pain of disappointment. In time, he begins to think of the outward fulfillments of the world as offering him only an endless series of tragic failures, interspersed with hopeful but ultimately hopeless loves and losses.

The farther Sir Ego soars in emotional feelings of loving and being loved, the greater the crash that follows, and more bitter the feelings of loss, as each new love fades into dust.

What Sir Ego loses in the physical world – a home, a valued possession, money – the Wise One sees as a priceless lesson. “Neti neti” – this is valueless, impermanent. Only love shared unselfishly, with concern for the happiness of others, is sacred and everlasting. Until Sir Ego understands this, he will only be conscious of impermanence and loss and will continue to grieve.

It is said that time heals all wounds, but I disagree. Time eventually buries all wounds. They cannot be healed as long as Sir Ego holds onto them. They remain as triggers until the Wise One liberates them. But, make no mistake, the Wise One can liberate them.

In my older life I clung to my home and my material circumstances at the expense of my mental and spiritual health. I clearly see it now as a devil’s bargain. My return to sanity began as I realized that my mental health was separate from, and far more important than my material circumstances. We can replace material things, but the Script of Creation is intent on showing us what is impermanent and of no ultimate value, so that we can learn what has real value.

Losing a loved one, or facing death, are spiritual challenges on another level. These tests challenge us at the deepest level of our being. They are sent as invitations to us to weaken our grasp on the delusion that the physical body is our reality, and to show us that we are one with the universal consciousness, whether in a physical body or in some other astral world beyond death.

In truth, nothing is ever lost – although few people have the profound spiritual understanding to remain anchored in divine bliss and face the ultimate test of death with perfect equanimity.

Meanwhile, Sir Ego grieves over every perceived loss. Yet the great scriptures tell us that this is precisely why we left our home in eternity: to

experience the feeling of separation from our original oneness with God, and to exercise our free will and explore the not-God aspects of the divine drama with all its ups and downs, highs and lows, triumphs and tragedies.

In his long search for perfect love and happiness, Sir Ego finds that every worldly love ends tragically, whether in death or the grief of loss. As Sir Ego finds its tidy script being repeatedly swept away, he begins to feel utterly lost, bereft of his reason for living. Where is true joy? If not here – then where? Sir Ego finds himself standing at a crossroads, faced with a choice: to continue seeking a temporary happiness, which is no longer a reasonable choice at all, or to resort to self-destructive behaviors in hope of temporarily relieving his pain.

During my time of trial, I resorted to many ploys that promised to heal my pain, at least temporarily, but that only accelerated my self-destructive tailspin.

After my mother's untimely death, I went all-in with suffering. Sir Ego threw tantrums and indulged in self-destructive behaviors, hoping that they would help me deny the grief that was overflowing from the vault of my heart. I threw myself into a relationship with a man who was not capable of loving me, inadvertently proving my unlovability. I used alcohol to numb the pain and avoid the truth of the self-destructive path I was on... attempting to rejoin my mother in the grave. Later, I was essentially, unwittingly recreated the loss of my mother in the custody separation with my children. Of course, none of this was conscious. But it is emblematic of the futility and dysfunction of Sir Ego's script.

In eternity, we are forever joined in the unity of divine consciousness. Our grief over our worldly losses, including the profound suffering at the loss of a loved one, is ultimately a delusion. Yet the human reality is that it is one of the most painful, heartbreaking delusions of all.

This is where I found myself at twenty-six when I lost my beloved mother. To Sir Ego, all of the light and love in the universe was extinguished at her passing, and I had no desire to go on. More than

anything in the world, I wanted to claw my way into her coffin and return to her womb to be with her forever.

The abyss of grief seemed bottomless, the pain beyond endurance, the cruelty unfathomable, my dreams hopeless and my continued existence pointless. If not for a continuance of this love, then what? Why? How? Repeatedly I questioned whether it was better to have loved and lost than never to have loved at all.

For many years, I buried the excruciating pain and darkness in the depths of my heart, locked it securely, and threw away the key. Because of my ego's inability to endure the grief, I robbed myself of my good memories of my mother that spread far beyond the pain.

The brief moment when Sir Ego can rejoice that the loved one's suffering is over, quickly passes. The business of funeral preparations and adapting to the new reality dampens our initial shock and gives us time to begin to accept the unthinkable.

And then, Sir Ego has time to ponder why this had to happen at all, and to scream in the face of the approaching darkness that it must have been an error in the Script of Creation.

The merciful end to her suffering was far from sufficient consolation for the pain I felt. The same is true of the pain of divorce. The initial shock and the restructuring of the family can distract us, but when the dust settles, our mourning continues.

When Sir Ego's script breaks, we can choose how long we will see ourselves as victims, and when we will move on. But, among the malfunctions in Sir Ego's script, death stands alone.

While it's relatively easy to fix most of the breaks in Sir Ego's script by moving the pieces on the chess board, with a new job after we're fired, or a new beau when the latest promising one didn't work out, there's no such easy remedy for death. If we're to survive the death of a loved one,

and thrive, our entire perspective of life must change from *before* to some new *after*.

Death strikes at our very existence and our life's meaning. It demands an equally powerful existential response if we are to move through it.

Sadly, many people remain stuck in grief over the loss of a loved one for the rest of their lives. I confess that I'm more guilty of clinging to the memory of my Mom than I like to admit. I lost so many memories of how amazing she was, just because I couldn't look past my pain to my appreciation and gratitude for her. As these experiences stimulated my spiritual yearning, Sir Ego wanted desperately to know why love could exist and then be extinguished. Why would I be robbed of such a beautiful soul? What was the point of the suffering? What is valuable in this world and worth pursuing – if we know that it might be snatched away in a moment? These questions set Sir Ego on a quest for the holy grail of Truth.

If you're struggling with these questions, there are many books on the near-death experience that may convince your ego of what the Wise One already knows: that we are eternal beings. I can recommend *Proof of Heaven* by Dr. Eben Alexander, and *Life After Life: The Bestselling Original Investigation That Revealed Near-Death Experiences* by Dr. Raymond A. Moody Jr. The authors, both physicians, offer powerful, persuasive evidence and personal experiences that testify to the truth that life continues beyond death. Many spiritual teachers have said that we will meet our loved ones again, and that our temporary separation is intended, in part, to motivate us to search for the Truth that gives meaning to the loss.

The Script of Creation may present us with the untimely death of a loved one to motivate us to pursue greater truths and higher realities. My mother's death started me on my spiritual quest. While Sir Ego is attached to the loss, the Wise One knows that the same overwhelming losses are presented by the Script of Creation for our ultimate highest good.

My memories of my mother have continued to fire me with a passion to keep moving toward complete liberation from the cycles of death and rebirth, and the pain of the delusion of separation.

A Course in Miracles calls it the only problem the ego ever really has: that it imagines that it is separate from others, from creation, and from the Creator. The remedy, the Course tells us, is the Atonement – growing into the awareness of ourselves as one with the universal consciousness, and awakening from the dream of separation and the false reality of the material world.

I love how the following passage from The Course which refers to the ego's mad idea that it could be separate from the trinity of the Creator, the creation, and the universal consciousness, and how we will laugh at the absurdity of this notion when we return to the eternal Truth.

Let us return the dream he gave away unto the dreamer, who perceives the dream as separate from himself and done to him. Into eternity, where all is one, there crept a tiny, mad idea, at which the Son of God remembered not to laugh. In his forgetting did the thought become a serious idea, and possible of both accomplishment and real effects. Together, we can laugh them both away, and understand that time cannot intrude upon eternity. It is a joke to think that time can come to circumvent eternity, which means there is no time.

ACIM 27.VIII.6

After years of studying spiritual truth, I have no doubt that my mother and I will be reunited in a far more beautiful and joyful place.

A dear friend of mine has served as a channel since she was seventeen and her father died. She shares accounts of countless channeling sessions during which all of the spirits who had passed on gave their heavenly experience five-star reviews. The person who was an artist in this world was now healing with colors more iridescent than any on earth. The person

who was a singer was healing with angelic circles of song. They were no longer burdened by the body's need for comfort and safety. If they desired a perfect peach, it appeared instantly. My friend helped me connect with my mother, and while it was a beautiful experience, it couldn't fill my cells the way her human presence could.

I know that I will see her again and share an even greater love and joy, free of the heaviness and separation of our physical bodies. Still, it is scant comfort to me now. I know that she is often with me. She has come to me in dreams. But the hole in my heart remains, and the lock is still closed. Energetically, I haven't released her, and I eagerly await the moment of our meeting.

In divine truth, it's impossible to lose anything of true value. All the we can ever lose is our delusions – the futile dreams of Sir Ego's script with its false idols, exclusive special relationships, and perishable belongings.

If we allow our heartbreak to flow through us and open our hearts – if we can bear the pain – it will release us and reveal the truth that nothing of value has been lost, for our love is eternal.

Death is the most anguishing form of loss that Sir Ego can imagine and endure, because it is the only loss that Sir Ego knows he cannot reverse. If we're divorced, we can remarry. If we lose a job, we can get another one. If we lose a limb, we can get a prosthetic.

The ego can fix many things in its narrow realm. But death challenges us: will we continue to believe in separation? The ego will suffer until it relinquishes the delusion of separation in favor of the truth of unity.

To the Wise One, the experience of death is no more than dropping our heavy coat of flesh in favor of an astral body in which we enter an astral world where we will understand that we, our loved ones, and all beings are eternally united.

Pondering the loss of my mother, my ego still adamantly believes that I will never feel loved the same way again. The way she looked at me, as

if I was a delicious treat; the way she accepted every part of me; and the way my heart was open with divine love that flowed freely between us – damn! – it must be my ego that's holding my heart shut, or I could still feel the same love between us.

You may or may not be able to believe in the Wise One's eternal perspective. I can only suggest that we all resort to these spiritual practices over and over until we've peeled the onion at least to the point where we can believe, even if only intellectually, that no separation has occurred, that the deceased is in a better place than Earth, that you are still and forever will be bound to this person, and that you will see them again in paradise.

For many years, I had this understanding in my head but not my heart, as my ego continued to keep the pain locked inside the cells of my body so that I couldn't experience these truths and have a real, energetic release of these emotions.

GRATITUDE

My friend Astara is a healer and the founder of Union with the Heart. She describes the three steps of Grief, Gratitude, and Gateway. The goal is to persuade all of my body's cell-citizens to open, allow, release, recognize, and transcend the pain and liberate that pent up energy to be available for higher, more creative, more joyful work.

There is no fixed schedule for the next step. It will call to you when the time is right. I'll share what it was like for me. But remember, everyone's process will be unique.

These steps are designed to open blocked energy and allow it to flow freely until it has passed. At each step of the way, calmly take time to go deeply into the feeling and awaken the cellular awareness of it throughout your body. As you complete each step, stand up and move around, dance, massage any dense areas, pull out the cords, twist and shout, etc.

Breathe deeply in divine energy and magnetize all of the loose particles in the astral spine, then exhale, sending them down to Mother Earth in a

spectacular waterfall of grief, pain, hurt, fear, and anger – feeling the intensity of the full range of human emotions.

We came here to feel not-God, otherwise we would never have chosen to leave the Creator for this exploration.

The first step that I was guided to complete was meant to help me accept, allow, and recognize the pain that was stored deep in the cellular tissues and the heart.

Sir Ego naturally resists negative emotions – they aren't part of his script – ever! The ego has suppressed them for a long time, and they are locked tightly in tiny bundles of energy. So the first step is to trigger them intentionally to start the process of opening – which is the exact opposite of what the ego has been doing.

I went back to my twenty-year-old self and recalled all of the magical things about my mother that I had hidden away. I recalled how delicious I felt when I was with her. I recalled how funny she was, and how she somehow never took anything too seriously, especially herself. I recalled how deep our friendship and mutual respect was. I needed to go back now, however painful it might be, to these beautiful experiences in order to awaken the dormant, prodigious volcano of emotion. I spent a day recalling those memories very viscerally. I did feel gratitude, for having her as my mother and for having this experience of divine love, and for the traits I could see that I shared with her. My relationships with my own children are very much like my relationship with my mother – this realization was a happy surprise.

This was the *before*. Now I needed to look at the *after*, the moment when I understood that she was dying, the months I spent caring for her, and every thought, feeling, and emotion I had during that time. I called to mind Sir Ego's denial, resistance, fear, pain, and unwillingness. I could see them clearly as a big, dark monster that told me I couldn't get through this, that I didn't know how to get through this, that I didn't know why I should even try to get through this...a monster that I hated, but that I was keeping stored in the vault of my heart. Yikes!

I was keeping that which I hated because Sir Ego feared it. The trigger was there at all times, and when it erupted, Sir Ego had an equally gigantic tantrum that expressed as wildly dysfunctional coping skills and alternating, overwhelming anger and despair.

I hated life and lashed out at it. Unconsciously, I magnetized the same vibrations by marrying a malignant narcissist who was incapable of love, then drowning in my maladaptive coping mechanisms with wine; thus I ended up recreating a terrible custody separation with my children.

Sir Ego tumbled down a spiral of self-destruction where each failure accelerated the descent. This is how the ego grieves, and I went deeply into its story in order to activate those old energies for their release. It was liberating to look at the monster and see that it was not I, even though I had identified with it. I was separate from it, and I could let it go.

The next step was to unite myself with the gratitude of the Wise One for Sir Ego's willingness to endure these experiences. When we release negative energies, we must immediately fill the vacuum with positive, divine energies so that the negative feelings won't rush back in to fill the vacuum.

We can't jump directly over the entire distance from despair to bliss, so we need to spend time with gratitude at a halfway point, on the bridge between the two states.

The Wise One sees all of the pain and error within the context of the Script of Creation, and it does not despair. I was asked to shift to this perspective and speak with that broken inner child, that self-betrayed ego, my twenty-six-year-old self writhing in grief, and my forty-six-year-old self in jail and utterly destroyed.

This is how we heal the past in the present. Time is not real; it is a cosmic illusion – so we can go back and get into exactly the same energy, but with a higher consciousness that sees things differently, to heal the wounds and release the blocked energy.

What could I say to my younger self that would have helped it experience the events differently at the time? Intellectual conversation about the “eternal soul” hadn’t helped – I had tried it. The problem now was to deal with all of the misbehavior, all of the steps down the spiral of guilt and shame, all of the overwhelming feelings of defeat, hopelessness, and futility. I had to face-down the dark monster that had grown over the years as I added to it all of my dark energy, fear, guilt, shame, and pain.

As my Wise One tightly hugged my twenty-six-year-old self and my forty-six-year-old ego, I said, “You can do this. You think that you can’t, but you can. You haven’t given up, even when it was hardest. You are a survivor. There was nothing more you could have done. You kept going when you could have stopped. You fought for what was right, for your mom, your kids, and your own righteousness. You turned on the light to see that the monster had no power to stop you. You slayed the dragon of pain with your persistence. You kept alive a spark of hope when it seemed darkest. You had faith in divine redemption when you were surely in hell. When your ego said there was no reason to go on living, you found a reason. It is okay to live and love your life and be happy without survivor’s guilt – they want you to thrive and not be the cause of your own suffering.”

As we look back on our egoic mistakes with compassion and tenderness, even reverence, we see that it was the best we could do at the time. When I was separated from my kids, my ego had to keep pushing through, dealing with judges, lawyers, counselors, jailers, cellmates, probation officers, and many others who judged and wanted to punish me. The best I could do was to keep going with all of the egoic will I could muster. It wasn’t pretty, elegant, wise, or empowered. When you are going through hell, don’t stop! I didn’t have the awareness then that I have now, and it was the best I could do. Since time doesn’t exist, I can relive it now, having awakened the cellular memories from this higher place of awareness, and I can release all of the energetic knots, cords, and memories that I couldn’t handle then.

Gratitude, appreciation, compassion, and forgiveness are the bridges from grief to the gates of the Divine.

Let me offer some examples. My disappointing relationship with my father was healed when I understood that it was unrealistic of me to expect him to be a perfect heavenly Father, and accept him as a peer on the spiritual path.

During a channeling session with my father fifteen years after his death, we found each other in a place of mutual respect for the ego's limitations and the difficulties of parenting, and an appreciation of my spiritual growth. He had been watching! Years of animosity melted in soul union when these Earthly conflicts were transcended.

A breakup with my first post-divorce beau threw me back into despair and self-destructive reliving of the death of love. I allowed my heart to open in ways it hadn't opened since the death of my mom, and my cup ran over with love and joy. Although he was clear from the start that we didn't have long-term potential, since he was done raising kids and wasn't willing to help raise mine, I made another deal with the devil, thinking, "We'll just have fun until you find someone more suitable." And then, of course, I crashed – hard. For many years, I asked again and again, was it really better to have loved and lost than never to have loved at all?

Eventually, gratitude crept in, and I realized the gift of the relationship. I opened myself to divine love and found that the gift of love was in myself; it was not caused by him, nor could it be taken away by him. I had tasted the nectar of divine love and bliss, my own soul nature, and I was determined to come to know myself as love rather than try to find yet another object for my love.

Eventually, I came to know gratitude for my ex-husband and his role in my spiritual transformation. He was strong when I was weak; in my early recovery, it would have been easy to relapse, if he hadn't been right behind me waiting to wield the final blow by making me surrender my parental rights and lose the children, possibly forever.

Despite this epic battle, my forgiveness opened a powerful gateway, and my ex eventually came to appreciate my contributions to the family when our children were in their dark night of the soul. He saw the miracle

and knew that it had something to do with me – at least he didn't have to figure it out!

Finally, my son's suicide attempts and my daughter's nearly equivalent depression motivated me to transcend my own fears, accept them where they were, and explore the boundless, expansive unconditional love that I wouldn't have found otherwise. I'm grateful to all those I grieved for, as they helped me to open this gateway into an entirely new capacity for love.

GATEWAY

Despite the pain of so many challenges, I see the beauty that they facilitated in opening my heart and expanding my awareness. I couldn't be where I am today without each of these experiences that were perfectly choreographed by the Script of Creation. Gratitude and forgiveness allowed me to move from Sir Ego's experience of profound loss to my inner Wise One's experience of profound love, through the gateway of pain.

As I've mentioned, when the Wise One willingly experiences, and even embraces the pain of Sir Ego's suffering, a portal opens for divine grace to flow into us. The energy that was tied up in pain now belongs to the Wise One for its creative and purposeful uses.

Selfless service is a powerful tool for transmuting our suffering into a gift to all – including ourselves; as Jesus said, the giver is more blessed than the one who receives.

The fires that purify us have no better alternative; they are sent by the Divine and are perfectly created to serve the high purpose of our redemption. We accept that there will be no return to the before, and that the new after is in alignment with our higher purpose. We will now know how to love and be loved, and never again will we lose our way.

A Woman's Worth by Marianne Williamson

Beyond the illusory monster of grief, we have found the gateway to the *after*. What we learned has changed us. What we have released has changed us. We were lost and now are aligned with the Script of Creation, with boundless possibilities before us.

Our true life begins in the *after*. Parents who suffer the horror of losing a child often find renewed purpose in advocating for a cause that can save other children.

But sadly, many egos also remain stuck in thoughts of vengeance, blame, regret, guilt, and other flavors of negative emotions.

It breaks my heart to see victims of violent crimes anxiously awaiting the punishment of the perpetrator, as if it would somehow undo the crime, bring back the child, or lessen their pain. Revenge never heals us as we might have hoped it would. Let us not make our life's purpose to suffer as victims of the Script of Creation, and to keep living in our own private hell.

It is never too late to stop clinging to Sir Ego's script and join the Script of Creation. Let's say "Enough!" Enough of tears, heartbreak, and half-living, perhaps because we feel guilty enjoying our life without the deceased.

Enough. We must recognize that hugging our victimhood will only stunt our growth and delay our further growth into true, spiritual maturity. We can relax and allow the grief to come, and receive the wisdom of Eternal Life that will, in time, dull and then disperse all grief, replacing it with renewed purpose, understanding, and joy.

Prompts for Contemplation and Journaling

The Wise One's goal is always the same:

- See where your ego is still holding fear and clinging to its delusions.

- Turn your attention from those worldly concerns and solutions, to inner, divine solutions.
- Open your heart and your body's energy pathways, remove any blockages, and allow the Divine to flow freely through you
- Be receptive – open your mind, and offer up your sacred cows to receive wisdom and expanded consciousness.
- Align your mind, ego, body, and will to share the Divine in accordance with your unique role in the Script of Creation.

Use this table to help you assess where you might be stuck in a particular situation.

Step	Advice to Sir Ego	Wise One's State
Recognize	Pause Now, or Pay Later	This is the Moment of Choice: exercise your free will to choose love or fear
Relax	Open Heart Good, Closed Heart Bad	Let It Be
Release	Feel it, Don't Fix it	Feel the depth of Pain of the Delusion of Separation from the love, joy, and Security of the Creator
Receive	Ask what is the Truth that Dispels this Delusion?	I Was Blind, but Now I See
Respond	Await Right Attitude, Right Action, Right Words, Right Timing, Right Person	Every Offering of Love Resonates Forevermore

Ask your Ego about its losses and griefs:

- What was it in the ego's script that exploded?
- Do you believe that we are eternal and that nothing and no one can ever be truly lost?
- Do you believe that the bonds with our loved ones began before our birth and will continue after our death when we will meet again?
- Can you accept that the ego's grief is natural, acceptable, and that it will pass, no matter how big, ugly, or scary it may become?
- Is it all right to live a happy life without this person? Would they want you to go forward with new understanding, giving more instead of contracting in upon yourself?
- Do you imagine that you have power over life and death, and that you are in some way responsible for this loss?
- Knowing that you cannot go back to the *before*, what might your *after* look like?
- Can you see your grief as a dark tunnel that you must pass through to reach a great light and love?
- Can you see your pain as an energetic offering to help release the pain of others in similar situations, rather than as exclusively your own personal suffering?
- How can you use your experience to help others?

18.LOVE IS THE HOLY GRAIL

THE SACRED CENTER WITHIN

There is no magic pill for truth.

There is no journey back to youth.

There is no one to save your soul.

There is no trick to make you whole.

The way to peace is not through him.

It's not through her, it's not through them.

*The Love you seek is not in a house,
it's not in money, a church or a spouse.*

*The calling you feel isn't to roam
until you find your earthly home.*

*The undeniable urge inside,
isn't meant to be run from,
you're not meant to hide.*

*They told you things that made you cry,
they said the voice in your heart was a lie.
They said you were broken and need to be fixed,
they said intuition and faith can't be mixed.*

*The confusion it grew and it swallowed your truth,
the sensations of pain became all that you knew.*

*The calling was there but the sky was too dark,
the thoughts were too big and the teeth were too sharp.*

*You lay in your bed and beg for relief,
something to end all the deep, swelling grief.*

*You look for the door, the window, the key.
You desperately search for the way to be free.
The paths you have traveled, the years you have tried,
the ways you've unraveled, the tears you have cried*

*They haven't been pointless,
the search is not done,
the quest is not over,
and you ARE the one.*

*So where are the answers? Where is the balm?
Where is the place they are hiding the calm?*

*It was never out there. It was never withheld.
It was never destroyed or abused or unwell.
It lives in a place they could never break in,
in a place so pure there can be no sin.*

*The Love that you seek from the moment you're born,
the Love that you seek when you're old and more worn,*

*The Love you were told had to be earned,
led you through lessons that had to be learned.*

*It was never in them, though they may have been guides,
they led you to pain and that led you inside.*

*Finally you have arrived in the place,
the place that feels quiet and wait, is that grace?*

*The Love that's been calling you, gently, persistently,
doesn't feed ego, it doesn't move swiftly.*

It whispers, it gives, never dies, always lives.

It believes in your worthiness, knowing it is.

Where is this beautiful place you can thrive?

*The Sacred Center within,
you've arrived.*

By Ængel Rose with permission

The goal of all spiritual practices is ultimately to realize that you *are* love – that love is all that is left once Sir Ego's armor has been peeled away. As you have given, so you shall receive – love, joy, compassion, mercy, and grace can be yours abundantly.

This journey has allowed us to open ourselves so that forgiveness, unconditional love, and selfless service can flow abundantly through us. They are divine gifts, offered to us infinitely and eternally. Yet we can only receive them to the extent that we have opened our hearts, and that we have offered them to others. We are one in the universal consciousness, so everything we offer to another is more deeply owned by ourselves.

During a yoga retreat program, I had a profound experience of divine love. For over an hour, I was overwhelmed by the exalted, heart-filling experience. Tears streamed as I was immersed in an ocean of love that seemed to appear out of nowhere and everywhere at once. It was as familiar as my mother's love, but bigger, more powerful, more joyful, more playful, more intimate, and beyond any expectations. This wave was overwhelming in its power and magnitude compared to my tiny self; it was an unstoppable inevitability, as powerful as a tidal wave yet as gentle as a summer breeze. This love could mend every heartbreak and eradicate every stain of fear, regret, frustration, anger, despair, and grief. I could feel the flood saturating the parched and atrophied muscles of my heart.

With great clarity, I understood why someone would, could, and should devote his or her life to this love. This was the exalted grail. Every other goal vanished in that instant. Tiny little me was absorbed into this cosmic sea. I felt seen and known, validated and accepted, and worthy and fulfilled with a love that was illuminating and dispelling the darkest recesses of fear, guilt, and shame. Afterward, I floated on a cloud of joy, my heart wide open to each of the other program participants.

This is the destiny of each of us, to taste the incomparable sweetness of Self-realization and communion with our Creator, and the truest purpose of our lives.

SUMMARY OF PRACTICES

I have delved deeply into the nature of the Wise One, the karmariculum, and the Script of Creation. But I would like to remind you how simple – not easy, but simple – it is to align yourself with these powerful forces and change yourself, your relationships, your community, and your world.

Again, the journey from Sir Ego to the Wise One encompasses five steps that will be repeated again and again, becoming easier each time, until they have become a constant habit:

- **Recognize – The ego is in triggered mode and needs to yield to the Wise One.** Learn to be mindful of the state of your heart and mind so that you can catch the triggers as soon as they begin to unfold. Do not be a prisoner to your ego's blind passions.
- **Relax – Gain impulse control and the ability to delay gratification.** Pause and reverse the fight-or-flight response as soon as it starts to move into the parasympathetic rest-and-restore state. The fight-or-flight response gets stronger the longer you let it react. Every time, try to catch it a moment earlier than the last time.
- **Release – It's only energy, and it can propel you forward.** Learn to allow the river of life to flow freely through you so that it may take you swiftly to the other side of difficult energies, painful memories, and grievous injuries. Do not allow your ego to get stuck in the stagnant eddies along the way.
- **Receive – The answer to every question awaits your asking.** Cultivate faith that the Script of Creation is for your highest good. Expand your receptivity to allow the Wise One to draw wisdom, clarity, creativity, passion, love, compassion, and power to the situation. Be willing to forsake any of the ego's sacred cows in your pursuit of the Truth that will dispel your delusions.
- **Respond – Wait for right action to occur.** Cultivate the patience to wait until the Wise One responds, giving you the right attitude, the right words, the right actions, with the right body language, at the right time to heal the wounds, enrich your relationships, and elevate your circumstances. Each time you achieve this, you will be

filled with a sure knowing of the rightness of your response. You will feel the Creator's smile reflected in those around you, and you will know that you have created an eternal blessing that will reverberate forevermore.

Five Steps from Mindfulness to Miracles

**5D Soul/
Universal
Consciousness**



RESPOND
in the
highest way



RECEIVE
Soul Wisdom

**4D Heart/
Emotional
Energy**



RELEASE
Blocked
Emotions

**3d Ego/
Physical
World**



RELAX
Fight or Flight
Response



RECOGNIZE
triggers and
"fix-it"

Create a personal list of aphorisms that resonate with you and that will help you shift your state of consciousness. Here are some selections from my personal list that I've tattooed on my heart. Innumerable times, these phrases have turned the path of my ego's thunder.

- Pause Now or Pay Later.
- This is the Moment of Choice, with Free Will to Choose Love or Fear.
- Open Heart Good, Closed Heart Bad.
- Let It Be.
- Feel It, Don't Fix It.
- Feel the Depth of Pain of the Delusion of Separation from the Love, Joy, and Security of the Creator.
- What is the Truth that Dispels this Delusion?
- I Was Blind, But Now I See.
- Right Attitude, Right Action, Right Words, Right Timing, Right Person.
- Every Offering of Love Resonates Forevermore.

Amid the busy-ness and myriad distractions of this world, Sir Ego gets caught up in trying to implement its script – to its own detriment. Everything I had received that was part of Sir Ego's script eventually fell away, became rotten, or ceased to satisfy. Sir Ego cannot give us our deepest desire, which is to know ourselves as part of the universal consciousness, and as a beloved extension of our Creator. We are endowed with all of the love, bliss, power, wisdom, peace, and calm in which we were created. They can be hidden, ignored, attacked, but can never be altered, because they are eternal.

It is beautiful and no doubt miraculous to behold who I have become, and where I started. I was competitive, emotionally immature, reactive, entitled, self-destructive, indulgent, and lacking in impulse control – a quintessential victim. Like Michelangelo sculpting his statue of David, the

Wise One will use a jackhammer, a sledgehammer, a chisel, and finally a slim taper file to remove everything that is not our divine nature.

It is simply not true that people cannot change. It is true that egos have little power to change themselves, no matter how many self-help books they read – because they are not removing the roots of the weeds of false beliefs and distressing emotions that cause the weeds to reappear. The Wise One will collaborate with Sir Ego until we become finely crafted and well-tuned instruments in the hands of the Creator to serve as His channels in this world to share His love and joy with all.

My quest is sacred, and unique to me. Ride the wave that you're on. You are in for a wipeout, if you're trying to surf someone else's wave – the one you wish you were on, the bigger one, the smaller one, the one your buddy is on, or the perfect one you rode yesterday.

Play the cards you're dealt. At the end of my days, I will be satisfied if I have exalted every step as well as I could. Then I will know that the people and situations in my life have benefitted in the highest way from my contribution.

When we at last come to understand that love, compassion, and forgiveness are abundantly given to us, and that the openness of our heart will determine how much love will flow through us, we realize that we get what we give. The wider we open our hearts in forgiveness, the more forgiveness flows through us. The wider we open our hearts in love, the more love flows through us. When we open our hearts in generosity, the more abundance flows through us. Yet it can be so difficult to open our hearts in the face of excruciating pain. For me, it was difficult to be ready and willing to feel the excruciating pain of the custody battle and separation from my children and the suicidal ideation of my teenage child. Yet they, and I, needed divine love more than ever in those moments.

I came to see my offering of love as an act of service to humankind: that I could help to release some of the pain of motherless children and of all childless mothers, as we are all one in the universal consciousness. My heart could be a channel that would allow some of this painful energy to

vent and release, so that healing love-energy could come in its place. As our own consciousness ascends and expands, our power to act as a portal increases.

ALL THE WORLD IS A STAGE IN THE SCRIPT OF CREATION

This is why we came into the material world: to experience the opposite of our true Self and our oneness with our Creator. We came here to see what it would be like to live without His constant guidance, love, comfort, and care. Let us experience this life to the fullest, as it will make the reunion that much sweeter. Rejection, abandonment, and betrayal all ultimately reflect the perceived severing of our relationship with the Creator. When we experience them in any form, we must know that we can never be rejected, abandoned, or betrayed by the Creator, but only by other egos when we no longer match their script.

Although none of us is special, each of us has a unique role to play in the Script of Creation and the theater of humanity, for the greatest good of all. No one else can fill our unique role. If we abandon it in preference for Sir Ego's script, our role will go unfilled. No matter how great our influence, or how small it seems, it is of eternal importance for the enlightenment of all humanity. Everyone who aligns his or her light with the universal light of Spirit will facilitate the awakening of all.

Looking around us at our troubled world, we see the mark of Sir Ego everywhere. We see his self-interest, his tunnel vision, his triggers for hatred, resentment, cruelty, and fear. Now we understand that these flaws are within all of us, and that they serve us as an incentive for compassion, not judgment.

In the past few years, I became addicted to doomscrolling – marveling at how politics resembled my toxic marriage. I could predict every turn, every response, and every vain hope of the political codependents that they could change the monster, and the self-interest that seemed to give them a justification for behaving in atrocious ways...even as I had. I saw in the moment the light went on inside me that this world was a hot mess, and in

the next moment how much information was denied and buried deeply under this veneer of righteousness.

I realized that this was not *news* – it was the ego’s constant story since the beginning of time, reappearing in different forms but bearing the same underlying lies – my needs are more important than yours, therefore the end justifies the means. The rich and powerful take advantage of others and use fear of punishment to control and manipulate them.

We should change the name from *news* to *reruns*. The same cycles of self-interest, manipulative propaganda, abuse of power, cruelty, and malice toward those deemed subhuman have always been with us.

We are watching the Script of Creation as it unfolds for someone who happens to be in the public eye. We are seeing their egoic misbehaviors and the dramatic aftermaths, their unlearned lessons and their noble moments. We are eavesdropping on their journeys which are exactly like our own – a struggle over the decision to use our will to enact the ego’s script or serve the Script of Creation. It is their karma-riculum that brings them wealth, power, fame, or infamy. They are neither more or less special than I, neither more or less worthy than I, neither more or less valuable than I, and their egos are just as adept as ours at messing things up.

Do not buy into the lie that this is *news*; this is just another novel and insurmountable problem that the ego cannot defeat. United, the divine universal consciousness can overcome any of Sir Ego’s scripts and its miscreations and bring them back into alignment with the Script of Creation.

The Script of Creation that governs the workings of the cosmos is not defeated by the ego’s feeble words and actions that are born of its ignorance. What is *news* is the scientific discoveries in every field that are changing our understanding of ourselves and our quantum reality, from the micro-God particles of the CERN Large Hadron Collider to the macro discoveries of the cosmos by the James Webb Space Telescope.

Advances in medicine, physical and mental health, and healing, this is *news*. Advances in quantum physics and mechanics will reveal solutions to climate change and to our perceived energy and food shortages and many more “ego problems – alias, Wise One opportunities”. The Script of Creation holds a plan of infinite possibilities for solving each of our worldly problems, if we would but listen for them.

This is how to live fearlessly in a world that calls the endless *reruns* of negative egoic behavior *news*, and that search engine de-optimizes divine solutions that are all around us, every day, at an accelerating pace due to our ascending consciousness.

The abuses of power and the selfishness and cruelty are born of ignorance, not of evil. We cannot beat a hater with more hate; their actions are but a call for love. In return, we must offer love, only love. The Wise One knows how to love and heal others so that their higher Self may arise. Once we have claimed these soul practices for ourselves, we must share them with others who lack love, understanding, compassion, and courage.

We have learned that Sir Ego cannot change his fellow knights by punishment and manipulation, yet our society continues to legislate in this way. Laws are written that are intended to legislate matters of the heart. Consider the equal-opportunity laws. The open heart wouldn't need such laws to try to force people to behave fairly and purely; but a closed heart resents these laws and tries to subvert or overturn them.

Our lawmakers think we can heal addiction with punishment, but this not true. As my story shows, it only contributes to the obstacles that addicts must overcome as they struggle to restore their lives, in addition to their addiction. It is the heart that must be in the right place, not the law.

On the first day of my MBA program, I learned the one thing that has stayed with me all these years. It was a class called Human Behavior in Organizations. The point was that punishment does not deter as much as it motivates people to find ways not to get caught next time – while rewards are effective in motivating the desired behavior. This rang so intuitively true to me that I almost applauded. Yet, Sir Ego gets short term

compliance with his script, so he wields the sword of punishment without regard for the long-term damage he inflicts.

We have tried to legislate people into behaving better through equal opportunity laws and punishment for hate crimes and corruption. But punishment encourages the perpetrator to hide his crime better so that he won't get caught. It does little to encourage the intended positive behaviors. Thus these laws have had little impact. Until we reach our brother's heart, we will not see him change his fundamental perspective. As he receives divine love, forgiveness, mercy, and grace, it becomes his to give to others.

What I learned was that my husband didn't change no matter how much I tried to change him; in fact, my efforts just increased his resistance to my requests and demands. However, once I changed myself and the rhythms of the dance between us, he could no longer dance the old steps, and our relationship had to change. Judging and resisting him just backed him further into his corner in self-defense or enraged him to come at me more combatively.

When I calmed myself and stepped toward him, it created a safe space between us for him to step toward me as well. The healing of our relationship and its impact on my family is a miraculous model of how love and acceptance overcome fear and anger and show where true power lies. The power of the ego is no match for the power of love.

Once we have become adept at the practices for ourselves, we become instruments for this work to benefit all of humanity. First, we benefit personally, and then the circle of love around us expands and our family and coworkers benefit. Then, like a chain letter, the healing begins to spread exponentially as each healing facilitates ten more. As we open our hearts and minds, we become portals for the dark and painful energy to be released, like lava flowing through a vent on the side of a volcano. We become channels for healing love, joy, wisdom, and peace to come in and fill the void in our broken world and broken hearts. All are given the gift, although some feel unworthy and will wait a long time to receive and integrate it.

Just as the monkeys face extinction from our unwise or negative thoughts, so our loving and positive thoughts reverberate through eternity and touch people we will never know. This is the interlocking chain of atonement whereby we walk hand in hand with our brother to our heavenly home.

The love we give reverberates throughout all time and many dimensions and affects many people we will never become aware of. We will not be aware of the impact of a blessing we offer to the grocery store clerk, but we can be confident that the benefit extends beyond the two of us to our families and friends in eternity. This tiny act is eternal while most of Sir Ego's acts will turn to dust.

During my father's lifetime, I had a troubled relationship with him. My father was quick to judge and punish people, especially his children. It was as if he carried a rap sheet, a list in which he carefully noted our crimes and debts – and he spoke of them often. Many years after his death, my friend channeled him so that I could finally release my pain and create peace in the relationship.

Feeling that he had been watching my catastrophic failures around my mom's death from the other side, I feared that he would be keen to admonish me. Instead, he spoke with awe about how he had watched my forgiveness and love heal my family, and he said that he wanted that kind of life for his next incarnation. He expressed that his entire next life would be different because of the love I had chosen, and our relationship was instantly healed. Even though none of the facts from the past were altered, my understanding and emotions around them were uplifted. This is how the past is healed in the present. All of my feelings for him now are loving and grateful.

It is my hope that you will see the power and eternal impact of the path that I've laid out. There is nothing Sir Ego can do that can even come close. As you align your will with the Script of Creation, possibilities will arise that Sir Ego could never create or even imagine. Your lessons will lead you toward your purpose and the greatest fulfillment – for you and those you impact. Your role in the Script of Creation has been carefully custom-

designed just for you, and aligning yourself with it will create the most fulfilling and satisfying life you could have. Be receptive to the infinite possibilities that lie before you, for your ego cannot see them. The magnetism of an open heart and the Wise One's consciousness will draw opportunities, synchronicities, inspiration, collaborators, and resources toward you.

As I look at the world stage from the perspective of Sir Ego, I feel fearful and powerless. I witnessed the same dramas in my marriage. Sir Ego rules from his throne of worldly power, and many may fall victims in his theatrical drama. We feel powerless in the face of heartless corporate, governmental, political, and economic systems, but no matter how much worldly power is wielded by how many countless egos, they cannot rule the realm of *my* heart and *my* Wise One. I alone am free to rule those realms and follow the highest quest that was individually designed for me. As each of us grows in our spiritual power, strongholds will fall.

The collective society also has ego scripts that it endeavors to force upon the world, and we see that the inherent conflicts will create stalemates, gridlock, and chaos. Certain groups of the rich and powerful have some ability to enforce their script upon a select group of people, but their power is temporary and diluted by the opposing forces of the other rich and powerful people.

Claim your own power to live in truth despite the lies and turmoil. Live in your truth, vote with your dollars at the store and your ballot at the ballot box. But, more importantly, do the right thing each moment. Find your life purpose and live it, fearlessly. Don't be entrapped by the bystander effect whereby one does not do what they know to be right because they leave that to "someone else".

Here's an illustration of the bystander effect. A high school teacher walks into the classroom and commands the students to put their chair in a circle. In the center of the circle, he places a goldfish in a bowl of water. He takes the goldfish out of the bowl and places it on the table where it will certainly die if left there. He tells the students that they must stay in

their seats or they will receive an F in the class for the semester and he leaves the room.

Most of the shocked students sat in their chairs pitifully watching the goldfish writhe about, but too afraid to act. Finally, one person accepts whatever consequences may befall her and gets up and puts the goldfish back in the bowl. The teacher returns and says “See what the world has done to you, how you have been conditioned, what you have become. You were willing to let this tiny fish die rather than get a bad grade. What is a grade compared to a life?” This is the unspoken power of the matrix, our own silent restrictions, limitations, and constraints.

Sir Ego is willing to sit there and let others be hurt if it is in his best interests to do so, if he feels triggered. There are far too few times when a bystander intervenes when many people are present in the event of a violent attack, a corporate abuse, or a crime. The Wise One is not willing to stand by and accepts its karma-riculum and does the right thing. Even if it is outside his comfort zone, even if he must break social norms to do it, even if no one else is doing it, even if he may be punished for doing it, even if it is painful and difficult.

The Wise One accepts responsibility for his karma-riculum above anything in the material world or its governing matrix. The Wise One takes his power back from the matrix and is the hero of his own story. Be the hero of your own story. Have Sir Ego step aside with his fears and allow the Wise One to come forth with his power, wisdom, compassion, and light. Step into your highest purpose in the Script of Creation, each moment.

You have come here, at this time of awakening, with a noble purpose. Do not waste another trigger flailing about in the quicksand of emotion. Use this next trigger as a stepping stone to your highest life, to your wildest dreams, to your ultimate fulfillment.

For the Script of Creation has a remedy for every ill and an enlightened solution for every woe. The Creator limits our power so that we may not annihilate another soul. We cannot create or destroy matter, we cannot defy our karma, we cannot expel ourselves or others from the heart of the

Creator. We cannot defy the Creator and the Script of Creation. We *will* return home eventually. Therefore, whatever we are allowed to do is acceptable and can be remedied within the lesson plan that has been laid out for us.

Our seemingly unsolvable social, financial, environmental, and criminal problems are simply gridlock – a stalemate of many individual Sir Egos who cannot agree on a script. Despite the beating of war drums announcing a fight, this is not how these problems will be solved – not in ego-consciousness of fear, division, conflict, and self-interest.

We are making the greatest strides in science, medicine, physics, cosmology, and many fields that will solve tomorrow's problems in innovative, creative ways we cannot imagine today. They will be the result of the inspiration, intuition, creativity, and genius of our higher selves that will continue to bring forth miraculous solutions from the quantum field of infinite possibilities. The ego gridlock will be transcended by many souls fulfilling their divine purpose. The Script of Creation assures this. Love always wins. Amen.