



b. When Ego is Lost

My yogi tea bag tells me “when ego is lost, limit is lost”. What it doesn’t say is that if this happens too abruptly it is brought to Psychosis, experienced by many as Mania, which comes with great risk yet where Psyche demands to be healed. Such “yogic” statements are like butter without the toast yet yearn for their ultimate union.

Everything you experience comes of your own mind. All limitation you perceive with the mind a reflection of the linear limitations of the placement of Consciousness in the mind. Psychosis is an attempt to stretch one out of rigid philosophies and beliefs, the state of being consumed by that which you have consumed, the conditions and the putrid airs of the collective consciousness. Ego itself is a limitation of the mind, an exploitation of sorts, in that it has not yet opened to the greater bandwidth of the Conscious Ego, that which is at the controls of your ship yet governed by the Cosmos, not unlike an egg becoming a fetus and eventually a self-sustained human once one conceives of their Mother *What is* and Father *I Am*, the ultimate Union.

In the absence of this immaculate conception comes the painful consequences of bad judgment which brings fear of the unknown in the Western Mind. When the learning from these mistakes is not taken in, one actually begins to fear the Known more than the Unknown. And so the fortress of ego was built. Let us scale it now, bit by bit.

In your development as a Person, it was at times important to turn your back on alternatives, adapting to societal conditioning. This choice let those parts of your unrealized Self gather in the shadow to strengthen the developing little ego. Without a developed ego, the starting point of Individuation, there would be no Consciousness of the Self finding you now. This process is akin to the protocol of Ceremony, of which the first is to Respect Yourself. People who respect Ceremony also respect themselves enough to prepare for ceremony in a proper way. Furthermore, Ceremony is not confined to a single event. It is a reminder to carry yourself in a sacred and respectful way everyday, ever mindful that Respect is the awareness that all things are equally entitled to their connection with Creator, the common centre.

Ego is an essential and powerful transformer for Consciousness and crucial in human development that one may encounter transcendence. Within you resides Ego and Soul, which can be at odds with one another as to whose “territory” or jurisdiction you belong. This conundrum is known as the Cross, or Spiritual Paradox, the split within you; one geared to survive as you are and the other to transcend. Note that *transcend* does not mean to “leave”; it is a Jungian term describing the state of union of apparent opposites. One can just as easily “transcend” in being crucified, lying on the grass or ingesting DMT (which grass contains by the way.)

At first the bringing together any two aspects, like the bridging of the physical and spiritual, looks like a battle. And indeed many battles have been played out under the sign of The Cross. Yet as Spirit gains the confidence of the little ego, things that once seemed impossible become natural, enabling you to enjoy the true freedom of the awakened mind; like opening all the windows on that first warm spring day.

The importance of allowing the little ego to develop arises in what I term *Eckhardt Tolle Syndrome*. As the “new age spiritual teachers” became more and more well-known at the turn of the century (Y2K), a child might often have heard its parents talking on the phone or at gatherings, watching CDS, listening to audios and then youtubes on the internet about how the ego is bad, how one must overcome the ego. Fine for a 30 or 40 year old but devastating to the 8 - 12 year old whose ego was still in development. The result of this is a flock of now 20 somethings steeped not only in confusing new age lingo but an ego that was beaten back before it had a chance to develop, leaving this generation without knowledge of boundaries, which lessens the chance to come to know the little ego as the part of Self that feeds on limitation. Without the ability to see thing clearly, one cannot know what they are feeding on as to cut off that supply. As such, though Eckhart and his fellows did “bad mouth” the little ego, he also took it upon himself to corral it, to serve it up on a platter for us upon the table of Enlightenment that might get a good look at it without destroying it. For a healthy ego will get us at least ½ way to Transcendence, the balanced dance of ego and soul. Gabor Mate has done the same, serving us Trauma on platter. Before learning the Art of Differentiation the smorgasbord might have look like a bucket of vomit. But you can see differently now, in that way without eyes.

A guide before me once told, “you have to make a mess before the clean up can begin”. As it is, ego excels in making messes, spilling things and knocking over the furniture. Ego is that which keeps us human, the soil in which the Soul may blossom from, just as a cow fertilizes that which will eventually be its food. And as we clean up our misunderstandings with ego, the Conscious Ego steps in to arrange the furniture with Feng Shui so you are less likely to make more messes and more available for the clean up. Further along we will enter the Mistakes Wheel to enable you to fulfill your obligation with the little ego and make your move to the Conscious Ego. It is enough now that you are aware of the role ego played in making mistakes, which is highly permissible, encouraged even in the South of the Mistakes Wheel.

That said, a new web has been strung with a fresh set of spiral and linear pathways, all relative to one another for each is connected, with which to attract and catch that which nourishes us. Take a deep breath here before going on, as if you needed to be told that.

Let us now explore this new set of relationships. Limit differs from structure. Without structure there can be no spontaneity. The Human being is formed of a physical body, an invisible Mind and mostly incomprehensible Soul. It is also said that we have an animal body and plant mind. Within the Soul exists a fire known as the spark of Spirit, which illuminates the triune Self. Another way of looking at it is that you are an Earth Lodge, made of 12 poles as your council, and containing a sacred cosmic mirror that can only reflect the primary person and an internal fire. As there are countless unique yet similar webs are there many imaginative ways that the life of a Human Being can be viewed, no

one way being more right than another yet a viewpoint of Connectivity, no one worse or better than the other.

Sometimes what appears in this sacred mirror is the Sacred Clown, yet in someone whose undeveloped ego walks Difficulty right into Trouble for it knows not of the boundaries between them, this important traditional role is usurped as “identity”, particularly by many unwitting young menfolk in the west who have not yet received initiation. And for reasons beyond our comprehension, Jealousy and Envy appear amongst the womenfolk, which displace their connection to moon.

In both genders the natural skills to strengthen ego to contain Consciousness are completely absorbed in the comforts and pleasure of the body. As such the adolescent ego is generally always looking to get laid, its “egg” searching for the right conditions in which to grow itself up. Because of its importance in the process of Transcendence as the catalytic energy connecting humans with the Sacred Mystery, Sexuality is placed in the center of the Medicine Wheel. Often the little ego thinks it can “short-cut” to this place. But this is not possible without understanding the forces and powers inherent in the Four Directions. But the little ego is pure Stubbornness and can come up with the most interesting conversations and actions to “engage” people towards consummation but really all you are saying is, “I want you to sleep with me”, or “I want you to agree with me”. Bird dances mimic this in us, as the great Sacred Clowns they are. But the ultimate in acceptance is not without its shadowy side of rejection, which inevitably follows sex that is not deeply rooted in Love. But it is all the same to the undeveloped ego for it has no mind for feelings.

The spider moves to the outer edge of the web where something has been caught. It is the Body, which was never meant to travel alone, without the Mind let alone the coal of its warming Spirit. But there was no room for these things in the painful void created by a soulless civilization and so the Soul took solace in the Wilderness, as isolated and without contact as the last Amazonian tribe. For this reason did Consciousness have no choice but to send a little piece of Ego with us, a protective clothing as we foraged our way through a civilization that allowed the little ego to displace the Soul, also referred to as the Diaspora. Yes, it was all part of the Plan, the one that rings us out so thoroughly, painstakingly expanding itself to contain Consciousness despite attempts to beat it back. This was never done to hurt us. It was done to help us become stronger and grow until we could reclaim our Memory of what things are, where they came from and how they are to be used to celebrate and feed the Holy in Nature, from which life and death eat and are eaten. Without that Memory, obliterated by “trauma”, personal perceptions and pursuits of the modern world, one cannot know where they are and so never feel at Home, “lost”.

Now that this has been wrapped in her protective sticky silk yarn, we move to another part of the web’s structure. The little ego commonly blooms around the age of 8, at which time the male child traditionally takes its first Vision Fast, spending one day and night alone in the Wilderness, for it was considered that the male version of the vehicle was more susceptible to egoic over-bloom than the female. In this fast the Conscious Ego makes first contact with the little ego, and Wisdom walks with the little ego toward Death, guardian of the West, which comes to work with them at around 11. In following

these ways, the body is made capable of inculcating all 11 senses, which include thinking, imagination, nothingness, understanding and balance. In the uninitiated, the little ego goes into over-bloom, like an overgrowth of algae bringing about red tide, making toxic all but the basic 5 senses. With such limited sensory capacity, one is left to explore their world with a certain, undisturbed confidence that breeds Ignorance, which may stay with them their entire lives.

So the development of the little ego has two faceless foes; one the beating down of it before it can develop and the second, receiving no Rite of Passage, which can put one between a rock and hard place. It also puts the little ego in the place of having once been ones "imaginary friend" only to be called the false ego or demon in the over-age adolescent. Imagine being a friend one moment then cast aside so cruelly, as if you never existed. Perhaps your little ego made a stink about it and so we promised that we would never again abandon or betray its loyalty. And so tempered from its tantrum, the little ego stayed ever at our side and Death never got a chance to share its teachings with us. The result is the wandering and flailing of a misguided body getting stuck in its own web as it discovers how not to live life, which is a valuable lesson, a part of the Plan. In the old days, ones Conscious Ego formed between the age of 19 – 23, and in fact, it still follows this plan but due to misinformation, often ends up in psychosis. But it needn't be so hard, or sticky. In the absence of taking the Rites it just takes time, now our most valuable resource, for the little ego to surrender to the Conscious Ego, 100%, when it is strong enough to do so.

True Victory comes of not having things go your way.

As said, the little ego is much more frightened of the Known than the Unknown, which is a lovely sign of where its development is at in you. The Conscious Ego is well aware that to sit in the Unknown requires great strength and so sometimes guides the little ego to stumble into the Venus flytrap of the Four Noble Truths, where once in, there is only one way out, which is Through. For the word Noble indicates that which is incorruptible.

Much of our suffering is actually the suffering of the little ego as it goes through the metabolic assimilation process towards the Conscious Ego. Finding being "caught" highly distasteful, the little ego accesses its power to reason, and grows spikes to slow down the process, like those on a porcupine. When the porcupine is hit with a stick, their quills, or spikes, rise. In Sufi traditional this is seen as the awakening of the Soul. In humans this "spike" may be also experienced as Manic episodes directed by Psyche to heal herself.

For some a spike can be great discomfort or even disease, in particular colon and crones disease. In others it draws life out to a point of Boredom where Time has a chance to contemplate ones purpose. But these time-outs are short-lived in a civilization that worships "busy" and forgot to honor Time as a deity to be fed. In all these distortions the little ego forgot where it came from, confusing the yolk that created it for a binding yoke. And its loyalties too became as confused as lost soldiers on a desert island who didn't know the war was over and like a lone little boy in a wolf suit, it wandered wildly into the fantasy of being a King crowned with its own thorns, which a porcupine can also be seen

as, the quills of which adorn the shining elk-skin dress of White Buffalo Calf Woman in rainbow coloured sacred designs.

We are indeed going out of our way to present your little ego with an obstacle course here, rather than have it get lost. The ego is familiar with this tactic as it has gone out of its way to police us, that is to say, serve and protect, yet got out of control, carried away with its own power as to turn the body into a police state. Do you not see this occurring in your outer reality? And how it is Time to purge that which does not serve, as they say, that which cannot differentiate between Reality and Illusion, the worlds of God and Man, as to see them as two sides of the same coin.

The Conscious Ego sees the thorny crown as made of stars, a sign that it is Time for the third Noble Truth to be awakened; Suffering will be alleviated. This is done through the medium of Sacrifice, which is to exchange. And the exchange, payment required, is Surrender to the Mother of What Is and the Father of I Am. With their guidance, one is both free of limitation and guided by boundaries as for the Conscious Ego to be made CEO of the body-mind organism, and all without getting lost.

In the absence of the Rites of Passage and only Time on our side, this can come at any age from 18 to 88 in the uninitiated. At this drawn-out stage it is common for one to *feel* lost, confused, for has the little ego been your guiding light, your genie in the bottle answering every beckoning desire of the physical and emotional body, and so stuck in the Second Noble Truth. Yet one day it realizes, it was never doing this alone, that it was mistaken, for it was always the Mother who was providing our physical and emotions needs.

Another way to understand the relationship of the little and Conscious Ego and keeping Psyche happy during the transition is the through these words from Carl Jung:

Every man carries within him the eternal image of woman, not the image of this or that particular woman, but a definite feminine image. This image is fundamentally unconscious, an hereditary factor of primordial origin engraved in the living organic system of the man, an imprint or "archetype" of all the ancestral experiences of the female, a deposit, as it were, of all the impressions ever made by woman; in short, an inherited system of psychic adaptation. Even if no women existed, it would still be possible, at any given time, to deduce from this unconscious image exactly how a woman would have to be constituted psychically. The same is true of the woman: she too has her inborn image of man.

So does the little ego find itself in the Conscious Ego, waning as your Spirit begins to wax, flooding the Conscious Ego with its warming waves of light. When the little ego resists the Conscious Ego Depression may come to call. In fact, Depression is the first responder at most "accident" scenes, where things collide. The early signs of its onset are a lack of interest in your appearance, feeding and bathing yourself; in short, a failure to care about anything. When you notice this happening, pay close attention to yourself. You must persevere to care for yourself to assist the Conscious Ego in parenting your little ego to meet the resistance, to be the change it wishes to see, the transition to its Higher Self. If you fail to be successful in this, the next step in the process is Mania and ultimately

Schizophrenia, which takes one very far away and ever more difficult to bring Home in one piece.

Transitioning to the Higher Self is a process of knowing thyself that may appear to leave you and come for you again and again in the blink of an eye that is the sun setting and rising as you travel the Medicine Wheel. Does it ever end? I don't know. But doesn't it help to understand that these things, Depression and Schizophrenia, can just as easily come and go. Just because you experience them, does not mean you are them. This is only so in the watery mind of the Child. The Old Ones say:

*Just as quickly as good things come to you,
will they leave you.*

The Old Ones also say, *It Is All Good*. All things, like Depression are "good" when one knows what they are and how to work with them and that it needn't become a constant companion. Now, how will you know that you are experiencing enlightenment? That is a very good question. Think of it this way. Have you had chronic pain in your body and one day you woke up and noticed, "Hey, I don't have that pain any more but I don't remember when it actually went away". So it is with enlightenment. The pain and perceived limitations of Life simply go away, and one is able to choose a myth that allows you to learn through pleasure instead of pain, done in the South of the Walk of Wolves later. For now you are likely still running in the Circle of Foxes, all parts of the Medicine Wheel you will be walked through in this Course.

Back to the subject of ego now...the Cactus shows us how the Conscious Ego turns spikes into beautiful music as medicine. A rain stick is made from the skeletons of the Cactus with the spikes turned inward to make soothing sounds. This sound assists and inspires the stubborn little ego to reunite with its Father, the Conscious Ego as to meet their paternal ancestor, Rudra, the state of full Egohood, in which one possesses a thousand medicines.

Conscious Ego also works closely with Awareness, the pouch that contains the thousand medicines that calmly and powerfully keep you on your toes from the inside out as all come to be in service of Consciousness and guided by Spirit, the "I" and "Am" of the primary unconscious Soul Intention of What Is.

As your medicine pouch grows, Boredom and Frustration can be excellent indicators to let one know that it is happening, just as Confusion is an indicator that the Soul is in transition to the potential of Nothing and Depression or Mania an indicator that the little ego is resisting, or not adequately developed for Consciousness. When one rests in the place of Adult, the place of Responsibility, one sees these things clearly and eventually that there is very little emergency to respond to, giving the "flight or fight" system a well needed rest. And when one realizes there is nothing to loose, Consciousness streams into the thyroidal Thalamus to balance the entire Endocrine System.

In fact, when all is in Right Place, no thing can lost or bound, for all things will know themselves, freeing you to make it up as you go with the unlimited imagination. If you

feel you are lost or bound, fear not, just be still. The forest knows where you are. Let it find you.

Here is a video on this subject for your enjoyment.

<http://www.youtube.com/watch?v=EVNDg50vI8E>

I also recommend viewing the 49 minute film, First Contact now "trending" on Netflix.

And some words from the Dharma teachings on Courage for the ego to cross over.

*The Brilliant chariots of Kings
are destroyed
So too the body dies.
The only aspect of Life
that goes on living
is awareness
and the truth that it brings*

Resources:

Carl Jung - "Marriage as a Psychological Relationship" (1925)

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