



### Stone b: When Ego is Lost

My Yogi teabag tells me, “When ego is lost, limit is lost”. Ego, in its immature state, is a strong conviction that you are your persona, a conditioned personal identity. Ego is a mode of consciousness but very limited due to the conditioning, limiting one to exist on about 5% of who and what you really are. Talk about scarcity.

This yogic statement is also a Koan of sorts for the immature egoic state is basically one of being lost and calling that home, calling that normal. In this state, everything you experience comes of your own mind. All limitation you perceive with that mind is a reflection of its own limitations. 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 as a limitation of the mind is an exploitation of sorts, for limitation lives where we are unaware of our Self; feeding on all the images and ideas in the head so long as one has not yet opened to the greater bandwidth of the Conscious Ego, that which is aware it is at the controls of your earth bound ship yet governed by the Cosmos; an Ego not rooted in “I have to do everything myself”. Basically the immature *little ego*, as we will often refer to it, is not unlike an egg that, rather than becoming a fetus and eventually an Individuated Being, demands to make more and more eggs. For the little ego is most comfortable when everything else is just like it, a very limited fear-based concept of Sovereignty and key obstruction to the fullness of True Responsibility.

In the absence of this Responsibility comes the painful consequences of bad judgment which populates 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, that rather dormant phase of Human Development, it was at times important to turn your back on alternatives, adapting to societal conditioning. This let those parts of your unrealized Self gather in the shadow to strengthen, fortify the stronghold of little ego, that perhaps it might stand out, find itself in the spot light in which it can no longer hide. Indeed there is no where that Consciousness of the Self can't find you. Remember: the ultimate source of satisfaction in life is to recognize yourself as consciousness. Understanding this is akin to Ceremony, of which the first protocol is to Respect Yourself. People who respect themselves 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, the “bedroom” of the Immaculate Conception of *What Is* as your Mother and *I Am* your Father.

Ego is an essential and powerful transformer for Consciousness, just as transformers on a hydro pole conduct energy to your house. This energy can be challenging yet crucial in human development that one may encounter transcendence. Soul, a watery transmitter of Transcendence, can be at odds with Ego 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, in which Paradox excels. And 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 incomprehensible 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 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 dubbed “millennials” without knowledge of boundaries and so quite incapable of making decisions, which lessens the chance to come to know the little ego as the part of Self that feeds on limitation. Yet without the ability to see things clearly, one cannot know what they are feeding on and so prone to cut off that supply, or stand by as it happens.

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 we might get a good look at it without destroying it. For a healthy ego will get us at least 1/2 way to Transcendence. Gabor Mate has done the same more recently with Trauma, serving it to us on a platter. But without knowledge of ego, it simply becomes fodder for it, forced to be puked up in ayahuasca ceremonies over and again. Indeed, before learning the value and Art of Differentiation, the smorgasbord of Enlightenment might have looked like a bucket of vomit. But you can see differently now, in that way without eyes.

As it is, ego excels spilling things and knocking over a glass of milk, the furniture even. In some way, ego is that which keeps us in the human condition, the soil in which the Soul may blossom, 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. But this too changes, moves on.

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 a 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, lodges, are there many ways that the life of a Human Being can be viewed, no one way being more right than another, no one worse or better than the other. This is the view of Connectivity.

Sometimes what appears in the internal 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 by Identity, particularly by many unwitting young menfolk in the west who have not yet received initiation. And from this, Jealousy and Envy appear amongst the womenfolk, which displace their connection to moon.

In both genders the natural skills to work with Connectivity 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. But is this tactic more like constantly blowing up your own playground. 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 accept/sleep with me”, or “I want you to agree with me/be like 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 overdeveloped ego for it has no mind for feelings. Sometimes the best medicine is to be told, in that childish way, “Get lost!”.

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 and refreshment of Soul. It is said that Sanity is “body in body, mind in mind, life taking care of itself”. But with the myriad of distractions of Civilization mind and body wandered. Indeed over and again throughout time, we have seen human “civilizations” destroy themselves because they weren’t civil enough to know God within. And at times the light of Spirit all but went out, for the people started drinking Chaga as tea for improved health instead of using it to keep a coal alive. And 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 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. Eh Ma Ho! 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”. And here we have the great conundrum in terms of overcoming ego.

Now that this “catch” 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 time of isolation 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 as to quell distortions of Immortality. In following these ways, the body is also 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 in its early stages before the age of 8 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. Later on the little ego, having once been ones “imaginary friend” is deemed 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. This is at the root of most abandonment and betrayal issues/nueroses. Perhaps your little ego made a stink about it and so you promised you would never again abandon or betray its loyalty; signed a contract with tonnes of unread clauses. And so tempered from its tantrum, the little ego stayed ever at your side and Death never got a chance to share its teachings with you. 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 at this age. 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 be so vulnerable.

*True Victory comes of not having things go your way.*

An overdeveloped little ego is much more frightened of the Known running out than the Unknown, which allows Rhetoric to get a strong foothold. Too, it is a 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. It is to be noted that the word Noble indicates that which is incorruptible. And Noble representative of one on the path of Liberation, which requires the abandoning of various “fetters” or distractions.

Much of our suffering is actually the process 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, albeit stilted, and so 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 and one may get “stuck”. In Sufi tradition this is seen as a part of the awakening of the Soul. In humans this “spike” may be also experienced as Kundalini rising too fast or Manic episodes directed by Psyche to heal herself, or as we are currently experiencing en masse, a spike protein.

For some a spike can be great discomfort or even disease, in particular colon and Crohn's disease. In others it draws life out to a point of Boredom where Time has a chance to contemplate one's purpose. But these time-outs are short-lived in a civilization that worships “busy” and forgot to honour Time as a deity to be fed. And so as with the pandemic (from the root Pan – denying spirit), may be forced upon us. For in all these distortions the little ego forgot where it came from, confusing the yolk that created it for a binding yoke to be avoided. 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, yet crowned with its own thorns, a novel corona, 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 universal boundaries as for the Conscious Ego to be made CEO of the body-mind organism.

In the absence of the Rites of Passage and only Time on our side, Surrender can come at any age from 18 to 88 in the uninitiated. Ironically, as the little ego gives up its Tyranny 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 as for one to be stuck in the Second Noble Truth, in which you discover you having been shining the lantern from the inside. Yet one day you realize, it was never doing this alone, that it was mistaken, for it was always the Mother who was providing our physical and emotions needs and the Father our mental and spiritual.

Soon the little ego will find itself *in* the Conscious stage of the Adult, your Soul waning as your Spirit waxes, flooding Ego with its warming waves of light. When the little ego resists Ego moving into Consciousness, Depression may come to call. In fact, Depression is the first responder at most “accident” scenes, where things collide. The early signs of the onset of Depression 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 Higher Self.

Transitioning to the Higher Self is a process of self-care in 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 Depression and Mania 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.*

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. It is already there. It just gets cloudy, comes and goes. Then 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, possessed of 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.

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 to receive Consciousness. When one rests in the place of Adult, gets comfortable with Complexity, 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. So is the North also the home of True Responsibility, which is rarely called to action. And when one realizes there is nothing to lose, 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>

And some words from the Dharma teachings 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*

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