

## **The Ego Tamer**

### **Issue Number 26**

#### **LESSON 26**

The ego gives you a false sense of relief in order to keep you faithful. The Higher Self offers nothing false, only true peace.

#### **EXAMPLES**

The ego can tell when you are at the brink of examining the cause of your upset in order to resolve it once and for all. It will protect itself by giving you some small tidbit of relief, thereby distracting you from identifying and handling the cause.

The ego will trick you into thinking you've won a fight, or succeeded in beating someone you've been competing with, or made just enough money to get through the month. You will have a sense of accomplishment and relief; a brief moment of "being on top of it." But soon the next fight, competition or bills show up and it starts all over again.

The ego will even replace one upsetting thought with a less upsetting thought letting you think you outsmarted it. Again, it's a temporary win, because the next time you have the thought, you are just as upset again.

#### **Ask and It Is Given**

There is some benefit to improving your outlook by finding more and more positive thoughts. In the book "Ask and It Is Given" by Esther and Jerry Hicks, there is a process called "Which Thought Feels Better?" and it is a powerful way to improve your mood. All mood-improvement processes are worthwhile.

**However, the intention of the process is to no longer need it.**

#### **It's that Mastery of Fear thing again!**

All the processes designed to make you feel better can end up becoming the very things that make you feel worse if given over to the ego. Anything you become reliant on is just a replacement for what you are trying to escape; a change of addiction, but an addiction nonetheless.

All fear-inducing exercises designed to help you overcome your fears do nothing but give fear a position of importance for which you must attain mastery. Mastery

over fear is the ego's way to distract you from true freedom from fear.

To be free of fear, you must face the cause of fear itself. There is only one way to do that; look the ego in the eye. Looking the ego in the eye is like shining light into the darkness. It will simply disappear.

### **But I Face My Fears!!**

If you think, "But I face my fears!" and you still HAVE the same fears, then you are asking the ego to help you face your fears. Big news here buddy, that ego ain't gonna show you how to get rid of itself. It's gonna trick you into thinking you've mastered it, and you're gonna keep on mastering it for the rest of your life until it kills you.

The real problem is not looking the ego in the eye. The real problem is imagining living a life without fear. Fear has become such a regular part of our lives that living without it is more scary than knowing how to manage it.

**Want Out? Great.**

**Here's the EXERCISE**

First, go back and re-read all The Ego Tamer Newsletters #1-#26. Do the exercises. They are designed to separate the ego from your normal mind chatter, and help you open up to listening to your Higher Self.

Then, release yourself from guilt. Guilt is the substance the ego is made of. Without guilt, there is no ego, no fear, no attack, no defense, no victims, no war, no debt, no anything negative. Guilt cannot be released through the ego. It does not disappear by justification or generosity. In other words, you can't buy release from guilt or make it go away by denying it's there.

Guilt can only be released through identifying, re-examining, re-interpreting, forgiving, and re-creating through the Higher Self. Then you will feel true peace.

*More about release from guilt in the next issue. Also, my eBook Taming the Ego is an instruction manual on release from guilt. It's due out in March 2007.*

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This is the first in a series of eBooks designed to free you from guilt and fear, to Tame the Ego using Calm Assertive Energy. It takes about an hour to read and will last a lifetime.

### ***A Reminder***

Contact me if you have any trouble with anything you find in The Ego Tamer Newsletters. I will be happy to walk you through any blocks you have. There is no charge for this. I do it because I want to.

If you want release from guilt and fear FAST, do the **Ego Tamer Retreat** at your next opportunity (we'll offer them quarterly), or sign up for **Ego Taming Transformational Coaching** with me.

email: [wendewylie@yahoo.com](mailto:wendewylie@yahoo.com)  
phone: 510-406-4529  
web: <http://www.RealLifeSkillsWorkshops.com>

I welcome your input,  
feedback and insights.