

Lesson 50: The Ego-Mind and its Perception of Fear

The lesson you are about to read is in a sense a continuation of Lesson 49, Living A Liberated Life although it is not entitled Part Two. The reason for the continuation is to further emphasize the effect of the ego-mind where the matter of psychological fear is concerned as this is an emotion that carries with it unpleasant tangible and intangible results experienced on the human and psychic planes. The ego-mind has a natural tendency to perceive future fear but does so for very valid reasons which will be explained in the course of this lesson. After reading and absorbing the contents of this lesson you should be able to take away from it a new perspective in regard to knowing how your own ego-mind operates and what you can do to change its ordinary course of action.

In order to address the matters concerning the ego-mind and its perceptions of fear it is necessary to briefly explain the role it plays in your physical experience but more importantly is to describe the role it does not play. The ego-mind is an exterior aspect of your consciousness. It is responsible for your sensory experiences; it assists in the formation of your personal identity, and it brings to your conscious awareness the necessary survival mechanisms needed to operate on the human plane. The ego-mind is very decisive in what it will and will not accept in terms of your reality. In a sense you could say that the ego-mind appears to run the ship and reigns supreme over all of your exterior experiences, however, this is not altogether true, there is much more behind the mask of the ego-mind that is mostly overlooked. There is a truth to be told that once it is revealed it will set you free from the bondage of the superficial powers of the ego-mind.

Traditionally speaking the ego-mind and its methods of operation have been perceived as a separate unmanageable and unwelcomed aspect of your identity that rudely imposes on the nature of your personal reality. The ego-mind is described as man's worst enemy and is viewed as something one needs to learn how to overcome or abandon, as the case may be. However, this is an erroneous perception of what is true about the ego-mind and the distortion must be corrected if you are ever going to learn how to live in harmony with your ego-mind.

Contrary to popular belief, the truth is that there is nothing about your ego-mind that needs to be overcome and certainly not abandoned but what it does need is to be reprogrammed. In order to reprogram the ego-mind you must first understand its method of operation. Consciously speaking, you exist in a series of time sequences that occur on a moment by moment basis. Your form your realities during these time sequences in the course of your day to day activities. The problem is that the realities you form generally tend to follow along the path of habit, that which you already know and have come to expect as an ongoing reality in accordance with your belief structures.

So while you are having your physical moments in the present you are basically living off the memories of past events which then become your future experiences but under similar or entirely different conditions, events and circumstances. Because of the strong reliance on past experiences, which acts as the catalyst that sets the stage for all future experiences, the ego-mind is virtually challenged to dwell in the present while being forced to exist in a perpetual state of past and future tenses. It looks upon the history of your personal past events and makes the assumption that the future will not be any different because it has been told so by none other than you, consciously or unconsciously, by your thoughts, words and actions. Consequently, when the ego-mind is challenged by your hope or desire for internal and external change it will immediately feel threatened by the imposition of a potential environment in which it is not accustomed to operating in. The ego-mind does not necessarily like to change the rules of the game on the stop of a dime.

Your own belief structures are part of the equation that sets the stage for what will become your future experiences. When these experiences reach beyond the stage of being current experiences they become your past experiences. These experiences are circular in that they continue to reoccur in an array of different settings but still contain within them the overall tone of your past experiences. These are the experiences your ego-mind tends to reflect on in determining your future experiences. Once you can accept the fact that you set the wheel in motion through your own set structures, i.e. your mental attitude, your thoughts and feelings and of course your perceptions, can you expect to initiate any internal or external changes that will have a positive effect on the nature of your reality. Consequently you set up the psychic and mental framework in which your ego-mind is instructed to operate in. The boundaries and parameters that have been set in place are not the result of your ego-mind as this is not its function but is the result of many internal and external factors that influence and affect you throughout the course of your life which your ego-mind supports and adapts too. In this respect you can see then how your ego-mind functions in tandem with the psychic and mental structures you set in place. Your ego-mind operates within the confines that you have established for it and follows your rules according to the habitual choices and decisions you make.

However, there is another side to the coin that is generally left unexamined and worse yet is the unrealistic attempt to abandon it or overcome it which ultimately makes matters worse. The truth is that your ego-mind is far more integrated with the whole of your being than you realize and that it truly does desire to fully understand its environment and is very capable of adapting to changes in your environment but cannot do so with the flip of a switch. It needs time to integrate changes in what has become a habitual environment. When you make such choices and decisions that bring about change you must afford your ego-mind the opportunity to slowly integrate these changes into its very core. As your ego-mind becomes more aligned with your purposed

intentions it will come to accept the integration of its new environment more willingly and will support that intent. You can see then how it is not a matter of overcoming or abandoning your ego-mind which realistically speaking is not something than can be done in the truest sense of the word. Again, this may sound contradictory to the prevailing mindsets and attitudes where the ego-mind is concerned, nonetheless, it is vitally important to understand the role the ego-mind plays in helping to form the nature of your personal reality.

It is at this point where the perception of fear enters into your reality. Because you base your current and future experiences on your past experiences there is a false perception of fear built into the equation. This is a natural tendency on your part but is a rather destructive one that should be overcome for your own good as well as for the good of the whole since everyone is intricately connected to one another. What affects your reality affects the realities of others or more accurately stated you affect each other's realities. Once you can accept or grasp the significance of the dangers of living with a negative state of mind where past events are concerned you can perhaps begin to see how that perpetual state of mind can not only affect your reality but can and does affect the realities of those whom you are not even aware of. In short, the realities you wish or hope to create are encumbered by fear; fear of the past and especially a fear of the future. Once the feeling of fear seeps into the confines of your mind it saturates the ego-mind to the point where the ego-mind is inhibited in every sense of the word. The ego-mind loses its ability to provide you with a sense of confidence, courage, ambition and initiative to pursue new avenues of experience in the now. A gap is formed between the past and the future in which the now is all but eradicated from your perspective. When this condition becomes your reality you not only live off the memories of the past but you focus on your fear of future events, thus you leave a wide psychic and psychological gap between these two points. The result is that you are not living in the now but that you are in state of limbo; anxious about the past and fearful of the future. Fear brings along with it a host of even less desirable feelings such as anxiety, worry, dread, discouragement, lack of spontaneity and creativity and an array of phobias. In fact the creative flow of energy that streams up from within your inner self is actually blocked and is unable to manifest on the physical plane, ultimately it leaves you with a false feeling of failure and your ego-mind is perceived as being the cause of your perceived failure. Once you have experienced the feeling of being a failure it is very difficult to rise up from out of the ashes of believing you have failed.

When you become a slave of negative habit which you do consciously and unconsciously you tend to hover on the edge of doubt, you postpone or delay initiating an endeavor that you know from within you should pursue, not just because of fear of failure but because of your fear of the past and your fear of the future and even a fear of success. Past events become a roadmap for your perceived future events; you become oblivious to the present time because you are so focused on the negative energy of the past and the

probability that the future will be more of the same just cloaked in different circumstantial garb. How many times have you or someone you know said “what’s the use in trying?” Your mental state of mind, that is, the mental attitude you develop along the path of your life is in truth the catalyst that forms the foundation of all your realities, thus your ego-mind reinforces what you believe to be true and not the other way around. What you accept in your mind as your truths becomes the tangible and intangible experience of your realities. In turn you program your ego-mind to accept these same truths regardless of the fact that they are deeply embedded in various distortions and skewed perceptions. Your ego-mind cannot be expected to promote positive experiences in your reality when everything about you is in direct contradiction to the attributes needed to have positive experiences. In this sense you can see how your ego-mind is not the horse but is really the cart behind the horse.

Now before moving on to the next phase of this lesson it is equally important to take into consideration the whole of your experiences. Life is after a learning lab in which you learn how to manage strong feelings and emotions and the consequences of them which manifest in the realities you create or cocreate. The problem does not lie so much in the experiences themselves but in how you consciously choose to handle them by accepting the lessons there to be learned or to deny that you had any part in how your realities manifested. The more you push away from learning the lessons you apparently need to learn the more likely it is that you will remain in a perpetual state of always needing to point fingers of blame at the people, places or things you perceive brought these experiences into your reality. If you could but remember a simple analogy which is that every time you point a finger of blame at someone or something there are three fingers pointing back at you, they are your own fingers. This simple metaphor is to remind you that you have much to learn about yourself and the roles you play in manifesting your realities and that the focus should be on you and not on other people, places or things. The present time has a way of bringing to the forefront the issues you need to give your attention to, work them out as needed and then move on having learned what needed to be learned and do not give your past experiences any additional energy.

There are very productive ways to help your ego-mind integrate changes or alterations in its environment that when implemented by you, consciously speaking, makes for a much smoother transition. When you desire to affect a significant change such as wanting and needing to change or alter the conditions of your reality you cannot do so within the confines of a limited and/or opposing mindset. You simply cannot hold onto the same negative mental frame of mind, the same disabling thoughts and beliefs or the same distorted manner in which you view yourself and your circumstances and expect to implement any degree of positive change in your reality. A positive change in your reality requires a change from within, perhaps many changes depending on the condition of your mental state of mind, the beliefs you adhere to, the thoughts, feelings

and emotions that drive you and the perceptive lenses you view yourself and your circumstances through. There are things you can change right away and there are things that will change over the course of time. The manifestation of these desired changes are generally subtle at first. However, the fire can quickly burn out when the changes desired are not manifested immediately. For this reason it is necessary that you commit to the pursuit of making changes where they need to occur on a step by step basis and as you do you will notice the alterations in your ego-mind. You will notice that your ego-mind is falling in line with your desires, hopes and intentions but if you continue to focus on your past experiences you will hit the wall every time. You will have a great deal of difficulty if your focus and energy is exerted on past events. Past events carry with them an energy that is either positive or negative depending on the nature of those events but even more so it is mostly dependent on how you view those events. Whatever in your reality needs to be altered and changed it will be revealed to you but only when you have a willing and cooperative spirit that is open and responsive to the necessity of change as well as the investment of time.

In your efforts to assist the ego portion of your mind to overcome its natural tendency toward fear and the propensity to attract fear along with all its relatives into your reality, will require you to become a diligent watchman of your thoughts, feelings and emotions, beliefs and perceptions. Each of these spills over into your sensory perceptions in which you perceive your conditions, circumstances and events to be more or even less than what they truly are. If you use the analogy of a farmer who keeps a watch on his field of crops, nurtures and fertilizes them and then harvests them at their peak, so then should you also keep a watch on your field, your energy field that is; the harvest of course are your actual experiences and the quality of them. Your particular energy field contains data or code that represents your set structures which is comprised of your mental attitude, your thoughts, feelings and emotions as well as your beliefs and perceptions. It is your internal and external roadmap that leads you to either desirable or undesirable experiences. You have heard it said that a house divided against its self cannot stand. These are very profound words that have an even deeper meaning and significance than you might be consciously aware of. Think of yourself as having two houses or structures that form your identity as well as your experiences. One of these structures is the essence of who you really are; it is the knowing and intuitive self that resides within you. It is not attached to your mind nor does it form its identity from your mind and nor does it rely on your ego-mind for its existence. The external structure is the aspect of your conscious mind in which your ego-mind is housed. Your ego-mind serves a very valuable purpose in the creation of your realities when it is programmed to work with you and not against you. People who think or believe they have overcome their ego-mind have essentially learned how to integrate their ego-mind with the higher mind of their inner self. Your conscious mind is the mechanism that allows you to experience the realities that you create or cocreate and its sense of perception is linked to the

thoughts and beliefs you cling too. Thus you form your identity in concert with your own beliefs which are then housed in your conscious mind and your ego-mind acts as the protective mechanism. Through the identity you form you become one with your mind as if your mind itself mapped out your identity for you. The proof about this situation is truly in the pudding, for when you alter or change you own thoughts or feelings, beliefs or perceptions you in turn change your mind-set. The conscious and unconscious mind can only control what it had been told. It operates within the parameters of your own thoughts, feelings, beliefs and perceptions; it is the storehouse for all of these psychological functions.

You cannot abandon your ego-mind because it is an integral part of the whole of you. You cannot dissect it from your being but you can learn how to co-exist with it in a state of harmony so that your ego-mind is not constantly colliding with your higher mind. To achieve such a state of harmony you must learn how to live in the present in which you no longer focus on the past and you do not live in fear of the future – you bridge the psychological and psychic gap. Remember that your thoughts, good or bad, right or wrong are a form of energy and they will return to you a physical manifestation as a future event. This is a psychic event that occurs outside of your conscious awareness. The future, of course, exists in the next second, minute, hour, week, month, years and everything in between. In every sense of the word you are what you think, therefore, it is not your ego-mind that is your adversary but rather it is your very own thought structure that is truly your adversary. As you change your thought structure as well as those other psychic and mental structures attached to it, i.e. your feelings, emotions, beliefs and perceptions, your ego-mind will not only stop perceiving fear but it will alter its propensity to fear and attract fear in the future sense. The more you perceive future fear and fear your fears the more likely you are to experience them as like will always attract like. The sooner you face your fears the less your ego-mind will freely engage in its propensity to fear and to attract fear in your reality. As you face your fears the differences in your mental attitude will be reflected in the conditions of your personal experiences.

Your reality then is formed by you and you alone; therefore, your ego-mind is like an instrument panel that you give direction to. As was stated above you set in place the parameters and the boundaries in which it has no choice but to operate in. When you fence in your ego-mind and prevent it from reaching its fullest potential you have no one to blame other than you own lack of knowledge and awareness but even you are not to blame because you cannot know what you don't know. This kind of knowledge does not involve your intellect; it is a knowing that gets absorbed into the fabric of your being. Once you have been exposed to this information the seeds are then planted in hopefully what will become fertile soil and as these seeds begin to grow and take root within you it is up to you to keep a watch on your field and weed out any misconceptions and false delusions. You must keep a watch on your thoughts because the power of manifestation

should not be disregarded or underrated. In all cases you will reap that which you sow and it will not be the fault of your ego-mind because your ego-mind is just following your orders.

In closing we hope that the informal extension of the last lesson has helped to enlighten you further in the sense that you have a much better understanding of the role your ego-mind plays in the development of your life experiences and the propensity the ego-mind has to attract fear into your reality. If you should have any questions, comments or wish to share a personal experience please feel free to do so.

Many Blessings,

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Recommended Reading:

The two books listed below are fairly close in proximity to the real condition of the mind and the ego-mind. However, the author misses the mark in that he treats the mind to some degree as if it were your worst enemy or your primary adversary. This is truly not the case and this should be taken into consideration if you are inspired to read either of these books. They are listed as recommended reading because in many ways their contents are fundamentally correct. However, if you desire to have a more profound understanding of the true nature of the mind and the ego-mind it is highly recommended that you read Seth Speaks, The Eternal Validity of the Soul.

The Power of Now, A Guide to Spiritual Enlightenment by Eckhart Tolle.

Practicing The Power of Now, Essential Teachings, Meditations, and Exercises From *The Power of Now* by Eckhart Tolle.

Seth Speaks, The Eternal Validity of the Soul. A Seth Book by Jane Roberts.