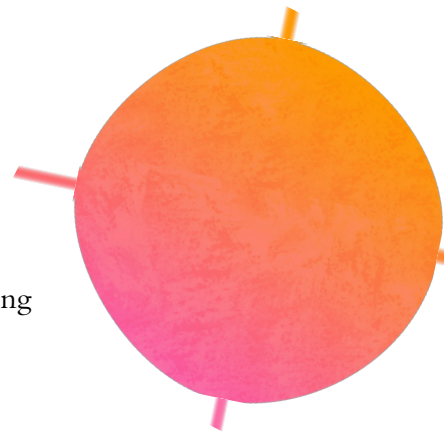


## THE SEPARATED EGO AND YOUR AUTHENTIC SELF



When we start creating an identity, a subconscious balance act between daring to be fully true and creating adjusted personalities starts.

When we dare to be completely true, we live our true self.

When we act from adjusted personalities, we live out of the separated ego.

The adjusted identity is based on fear. This fear comes in the shape of feeling inadequate, not feeling accepted, not being part of the community.

The true self is based on total acceptance and harmony between ourselves and the rest of the world. The fundament of the true self is love – love towards your own organism and love towards all other organisms and the whole.

Balance between the authentic self and the separated ego comes and goes through life. It is a life-long struggle for all individuals to find and live their true self.

The struggle to live more our true self is basically a fully internal process. The aim is to make aware on the inside what comes from the separated ego and what comes from our authentic self.

It can be very stimulating – a fun and exciting process.

It is built on the self-awareness of the individual – to observe on the inside where the impulse of mental, physical, emotional and intuitive signals come from.

”The aim” is to, in the moment, be able to identify the origin of the impulse. Does it come from adjusted personalities or your authentic self?

It takes observation: meta awareness and meta meta awareness.

Example:

I am about to tell my sister that I do not wish to eat that much food.

Because I know she thinks I eat too little food, I can observe in myself that I want to add a sentence: “I had so much food earlier that I want to have less now.”

This sentence is based on the fear to be criticized or questioned against my will. This sentence and the impulse before the sentence comes from my separated ego.

My authentic self would just have expressed “I do not wish to eat that much food.”

This internal process is stimulated in each moment by something outside of ourselves. The power to stimulate the process lies in all external meetings.

When these stimuli provoke us, internal conflicts that have been forgotten or hidden are evoked. To avoid handling our inner feelings, we often lay blame on those who have caused the reaction.

This is how we create external conflict that really are about internal impulses and processes.

# SEPARATED EGO AND AUTHENTIC SELF

