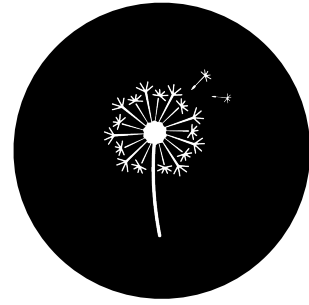


LET IT GO

So You Can Flow



You may be trying really hard to create a lifestyle **full of opportunities and successes**, but you constantly feel like you **are at a tug-of-war with your desires and your thoughts**. Find out how you can **get in touch with your reality and achieve your goals**

The conscious mind feeds you with ideas and fuels you with creativity. It pumps you up to create a life of your dreams. However, each time you are led by your ambitions you may feel that you are immediately chased down and stopped in your tracks and prevented from designing a life of your dreams. You may lose all motivation and feel that you don't have it in you to pursue what your visions reveal to you. This is because your ego may have a tight hold on you. It's what keeps you out-of-touch with your reality and you almost never tap into this because the ego most often operates from your subconscious mind and keeps you in your coddled



up inside your comfort zone.

WHAT EXACTLY IS THE EGO?

The ego is the part of your psyche that protects your id. Your id operates on a subconscious level which represents your most animalistic urges such as desire for food, sex and impulsive pleasures. At the time of your birth, your id was developed, but your ego wasn't. Your ego most likely started to develop between the ages of three and five.

- Your ego operates both on a conscious and subconscious level.
- Your ego develops through observing the behaviours of people the closest to you when you are growing up.
- It becomes your own construction of your

identity based on your beliefs and experiences.

- It is the mediator between your id and your superego - the part of the psyche that works in contrast to your id. It holds internalized morals and provides guidelines for judgments. This develops between the ages of five and seven.
- Overtime, your ego may begin to give you a false image of your reality by resorting to fear-based thinking and leading you to react to situations with anxiety.

HOW TO SPOT THE EGO

The ego is not easy to spot unless you are in a complete state of self-awareness. Many of the times, the ego is masked behind judgments, limiting

WHEN EGO IS LOST, LIMIT IS LOST. YOU BECOME INFINITE, KIND AND BEAUTIFUL

beliefs, opinions, anger, jealousy, worry, fear, anxiety, depression and people pleasing. Although, you are aware of these feelings, behaviours and emotions; you feel they are justified because for years you have been conditioned to protect your id rather than to observe your overall identity and control your responses. Here is what to become more aware of:

- **When you're genuinely happy;** it's coming from a place of awareness and inner truth. When you aren't feeling fulfilled or satisfied with a situation; it's led by the ego.
- **You are holding onto beliefs and opinions about yourself** that aren't true of your current reality.
- **Rather than processing** certain situations, you react emotionally.
- **People pleasing** prevents you from being yourself, exercising your beliefs and using your voice
- **Self-criticism and blame takes over** your mind space and guilt sinks in keeping you from self-reflecting and understanding the root of an issue.
- **Attachment to outcomes and situations** rather than being unattached

WHAT ARE THE CONSEQUENCES OF AN OVERACTIVE EGO?

The consequences of having an overactive ego if left untamed can lead you towards chronic illness.

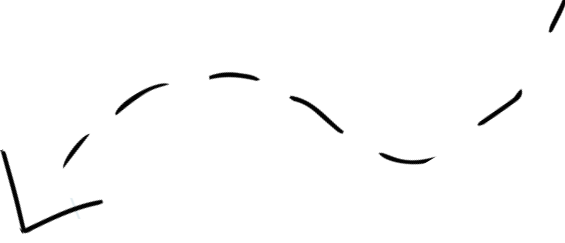
- **Acceptance seeking** - you will constantly be seeking approval from others and become obsessed with others think of you rather than moving forward with your own ideas.
- **Comparative** - constantly trying to be better than others and compete rather than foster a collaborative relationship.
- **Perfection** - exhaustion and stress caused by unrealistic expectations.
- **Showcasing excellence** - becoming the centre of attention by placing focus primarily on one's own self.

LETTING GO OF THE EGO

You need to detach yourself from opinions, judgements and beliefs that do not represent your reality. The ego needs to be nurtured rather than nourished. By nurturing your ego, you respond to uncomfortable situations by introspection rather than internalization.

Begin to recognize the source of every thought and emotion as they come up and also accept your flaws and limitations. Give yourself permission to be yourself and to reveal the authentic you by opening your mind about how you see yourself and others.

Separate yourself from the false identity that your ego has created for you by re-programming your mind to reinforce your value system and to align your beliefs with your behaviours.



ARE YOU LIVING YOUR LIFE BEING CONTROLLED BY YOUR EGO? (IF YOU AGREE WITH MOST OF THESE, YOUR EGO MAY JUST HAVE A STRONG HOLD ON YOU)

- You feel the need to 'win' an argument rather than to practice active listening and accept others ideas and viewpoints
- Hearing or participating in gossip elevates your self-esteem
- Limiting beliefs prevent you from fulfilling your goals
- Jealously when others do well/succeed
- Comparing yourself to the accomplishment of others
- Setting up unrealistic expectations for yourself
- Many things will not feel good enough, you will always want more
- Criticizing/blaming yourself
- Constantly speaking highly of yourself without recognizing others in your company
- Feelings of anxiety and depression

HERE ARE 10 WAYS TO CONTROL YOUR EGO

#1 Discover your higher purpose. Live your life on your own terms and do what you want to do without feeling that you have to do something on a grand scale to make a difference.

#2 Learn to forgive. Let-go of feelings of hurt, pain, abandonment and anger. Accept what you can't control and forgive others for the uncertainties they caused you. Make peace with your inner-self. Learn to release negativity and to focus on elevating your happiness.

#3 Live by your values and take ownership of your boundaries. It will bring you into alignment with core beliefs and self identity.

#4 Practice gratitude. Place your focus on what you have rather than wanting more. When you are grateful for all the great things that are in your life, you begin to feel more secure and attract more happiness.

#5 Meditate. Spend 45 minutes each day and focus your thoughts on your goals and ambitions. Cite a script recognizing your strong qualities.

#6 Be honest and open about your views and opinions. Share ideas respectfully and be accepting of everyone's beliefs without compromising your inner peace.

#7 Collaborate rather than compete with others. Learn to share ideas openly for the benefit of everyone rather than for just yourself.

#8 Surrender your need for control. Let-go of expectations and be unattached from outcomes. Go with the flow and focus on having fun while trusting whatever the outcome is will be for your highest good.

#9 Don't overinflate situations that go wrong or right. Be humble and focus on doing your best.

#10 Show empathy and compassion rather than anger and frustration.