



Unwinding your Core Ego Identity Process

This is a process to help identify and loosen patterns of ego identity. Working with these questions can help you unpack deeply held knots of suffering, allowing you to become more aware of the ways you create and maintain your personal story of separation. These questions invite you into regarding whatever you grapple with as a gateway into deeper direct awakening. What seems to be in the way IS the way. In this perspective, no experience is inherently bad but rather an entry point. The key to working with these questions is to take it slowly. You will get the most out of the process if you go as deep as you can with each question, not moving to the next stage until you are truly ready.

THE INQUIRY: Diving into deeper awareness.....

What am I currently GRAPPLING WITH? (pattern/ situation that persists in your life)

With WHOM/ WHAT? (the territory where it manifests – Relationships? Body? Creativity? etc)

What FEELINGS does this elicit? (emotional feelings and sensory feelings)

How OLD do I feel in this state? (first time you remember feeling this way)

What do I feel SEPARATE from? (feels not available ie love? Inherent Value? Strength? Capacity? Support? Joy? Peace? Clarity? Wisdom? Power?)

What do I make this MEAN ABOUT WHO I AM? (the conclusion that we identify with: 'I'm not good enough/wrong/bad/nothing/worthless etc) that lands us in state of **ego-deficiency**.



When I identify with ‘I’m...’ (your version of ego deficiency) what do I DO?

How exactly do you try to REJECT this?

How do you GRASP for a different experience

How do you CHECK OUT = your defence strategies)

Who/what do I BLAME?

(where you project this, and come back up to the surface of personality)

What does all of this help me AVOID?

(what is this story providing that you think you need?)

Unwinding Practice

The following are some pointers to help you to cultivate greater capacity to open through the layers of your more challenging experiences, to access greater depths of wholeness. You will find this most useful once you have begun to identify something within your process. Instead of trying analyze, repress or act out your experience, these pointers are designed to support you in diving INTO whatever is arising to contact deeper truth. Learning to compassionately soften your defensive habits, you can unfold more directly into what and who is truly here:

WELCOME SUPPORT

Call upon spirit of unconditional love and acceptance to be at the fore-front of your awareness, by prayer, chanting or whatever means works best for you. Welcome whatever spiritual references, enlightened beings, supportive people in your life and symbols of strength and truth that help cultivate within you the support and courage to you need to dive deeper. Feel that which your body rests upon, and relax into that as though relaxing into the arms of Love Itself, breathe and receive the blessing of oxygen as support of life itself. See if you can let that felt sense of loving support open up in belly, heart, and head centers.



CONTEMPLATE ALL WHO MIGHT SHARE THIS EXPERIENCE

Consider other beings on this planet and throughout history that might have grappled with this same experience, fear or difficulty. Ie: Who else on the planet might be grappling with feeling not good enough? Powerless? Lonely and frightened? Welcome the spirit of all who have ever grappled with this to explore coming home into deeper truth with you. Dedicate your inquiry to the liberation of all.

SUSPEND ALL BLAME

Acknowledge that the real knot of your suffering is not really caused by external circumstances or what someone did, but rather, is your sense of dis-connection, the negating self-concepts, confusions and defences of your ego structure, that keep you feeling dis-connected from God/ your true nature.

STOP FEEDING YOUR STRATEGIES OF PROTECTION

Use the power of your WILLINGNESS to stop trying to REJECT this experience, or GRASP for a different one. Just be wiling to **BE HERE** un-defended with whatever is arising for a moment. *Whatever your experience is, vow not to abandon yourself in this place.* Just like in a difficult yoga pose, go to where you can go, stay there and breathe into it.

MEET THE EXPERIENCE MINUS THE STORY ABOUT IT

Just be CURIOUS about whatever is here without trying to change it at all. Focus on *OPENING and SOFTENING, ALLOWING* the experience to unfold without trying to get anywhere in particular. If this is hard and you are feeling overwhelmed, focus on the sensations of the experience:

- **Location:** *where is the nexus of this happening in the body?*
- **Temperature:** *it is warm, cool, hot, cold, a combination?*
- **Texture:** *it is rough, smooth, sharp, lumpy, stringy, sticky, solid?*
- **Mood:** *what flavours of emotion flow through these sensations?*
- **Memories:** *what age do you feel in this place? If any memories come, just allow that without reaching for anything.*



Whatever you discover, just keep OPENING, SOFTENING, ALLOWING whatever is here to be here, without trying to analyze or rationalize your way out.

NOW ASK: “WHAT’S HERE NOW?”

(Often, the surface discord has passed, and there is temptation now to just come back to the surface.....but see if you can continue inquiring)

Just continue opening, softening, allowing and unfolding with curiosity into the experience as it is now.

ASK “WHO IS HERE?/WHO IS IT HAVING THIS EXPERIENCE?”

Don’t grasp for a mental concept - Just soften, open, and notice the SPACE and the AWARENESS in which all of this experience has been happening. Stretch out in this space. Be open to meet possibly a new sense of who you are and what’s so here.

From this awareness WHAT’S TRUE? WHAT WANTS TO BE KNOWN?