

My Ego, My Servant

Ego Bashing. There are many excellent teachings from a variety of sources that also contain a theme of what I call “ego bashing,” for example, *A New Earth* by Eckhart Tolle. Some religions have forms of it, as do many Eastern traditions. We are told the ego is a deceptive “false self” and the source of personal and even world calamities.

Yet, the egoic self is essential for interacting in society—just as our bodies are essential for experiencing life in physical form—and a healthy ego can facilitate revealing our Inner Truth to others. Problems arise when we *misidentify* with our egos or bodies or thoughts or roles or bank accounts or community status, etc., thinking at least temporarily these things or processes really are who we are. But they are not.

In Ellen Meredith’s book *Listening In – Dialogues with the Wiser Self*, the ego is described as a “mechanism rather than a consciousness” and as an “instrument for creating a distinct Self.” It is a “created Self, representing you to the outside world.” (Pages 71, 67 and 72, respectively.) The book describes the characteristics of a healthy ego, including the ability to differentiate between one’s role and one’s essence (page 74).

Each of us is a unique expression of the Source, a singular event in the Universe, an expression which includes our much-maligned egos. I say make peace with your ego by “reminding it” of your core values and that the Spirit within is in charge of your life. My ego, the servant of my Soul.

I recommend Ellen Meredith’s excellent book many reasons. She is not only a wise channel but is sensible and humble about receiving information from unseen sources: “To this day, I am not certain whether inner teachers in general and my council of entities in particular are a separate consciousness or some part of my own mind and imagination. I have decided it doesn’t matter. The training and teachings I receive from them are interesting, useful and admirable” (*Listening In*, page 10).

Finally, an excerpt from my *Stories and Sayings of Jahtu Ahwahn*: A young man told Jahtu Ahwahn, “My friend’s guru says the ego is our enemy. He says the ego must be done away with.” Jahtu Ahwahn replied, “Tell your friend to ask the guru just how he would be able to teach his followers if he himself had no ego.”

Good fortune to us every one, bodies, minds, egos and all.

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