

## Ego

I was given this on my travels and keeps me focusing on just being in the source, my fear of the ego and people who I am connected to feeding my ego, gets me defensive and realises that I am taken out of the source and don't want to feel that way, so often feel like withdrawing...

Ego is something that is part of all of us. It's the part of us that wants to be something we aren't and to have all those things we don't have!

Our ego can hinder us when it blanks out the reality of a situation. When we only want to hear our point of view, or we can't accept information given, only because it's not right at that time. It will also put you in a defensive or aggressive position to get what you think you want, rather than what you actually want. When you want to control others because you don't feel in control of your life. When you haven't got an open mind to other's suggestions and only believe you have the answers, for we all have a part to play.

