

# Ego & True Nature

Monique Martineau for Coaching, Keynotes & Workshops

*Ego is believing thoughts that arise and deriving a sense of self (identification) from them.*

~ Eckhart Tolle, Bestselling Author, A New Earth & The Power of Now

## EGO

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**Core:** Fear

**Body:** Contracted, tense, rigid, lifeless

**Experience:** Dis-ease

### **Mind / Emotion:**

Argument with reality

Resistance / conflict / struggle

Trapped by limitations of mind

Beliefs

Attachment

Judgment

Blame

Separation (me/us)

Don't have enough

Not good enough

Control / push / worry

Give up / avoid / deny

## TRUE NATURE

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**Core:** Wisdom, Unconditional Love

**Body:** Relaxed, vibrant, energized

**Experience:** Well-being

### **Mind / Emotion:**

No argument with reality

Acceptance / flow / ease

Freedom from the mind

Knowing

Detachment

Discernment

Accountability / compassion

Unity (all, inclusive)

There is plenty

I am good enough

Awareness+Attention+Action+Acceptance

Awareness+Attention+Action+Acceptance

## Example

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EGO ~ Lost in the argument with reality. Believing limiting thoughts.

**(Inner struggle)** I'm upset; I could lose my job.

**(Attachment / resistance)** I can't afford to lose this job. I don't want to look for another job.

**(Judgment / blame)** Management isn't doing a good job. The government isn't either.

**(Separation)** I'm right. They're wrong.

I **don't have enough** security, money, or power.

I'm **not good enough**. I need more approval or respect. Or, I don't seem to have what it takes.

So I will try to **control / push** to get what I need. Or, maybe I'll **give up**, watch TV and overeat.

TRUE NATURE ~ Like water flowing down stream, it finds its way around obstacles.

I practice **accepting** the situation, while taking wise action to support myself.

I begin to **detach** from the idea that job uncertainty must be stressful. Good can come of this.

I use **discernment** for a broader perspective. Management is under pressure from above. They're only trying to survive. The fearful ego is innocent there too. **(Compassion)**

I am **accountable** and take responsibility for myself.

**We are all** doing the best we can, based on conditioning, personality, and level of presence.

Actually there is **enough**. I'll take appropriate measures. I seem to manage. I'll be fine.

**My worth** is not determined by my job or whether management terminates me.

As my **awareness** increases, my **attention** becomes focused, I take wise **action**, and **accept** reality as it is. Resistance is futile.