

SUPER EGO

Superego is an advanced form of EGO characterized by extreme arrogance, thinking you know better, fantasy and racing thought loops. Most beings spend the majority of their time in superego although they are unaware of it. Superego presents itself mostly in those that are very educated.

This is one of the biggest flips is that those who are more “educated” have greater amounts of EGO than those who are undereducated. This is because the more education we receive, the more programming and the more in the mind we become. If we look at some of the professions that require the most education we will see where the problem lies.

For example: to become a doctor, one must memorize and learn tons of information that is based on linear thinking, the past, and analyzation.

So many doctors know all about pain, illness, disease, and medications, but they know nothing about energy, emotions, or how to connect with their patients on a heart based level.

They have no intuition, which is why they often get so many things wrong. We look at lawyers, who spend 3 years focusing on analyzing a situation from one million different angles.

There's always an "answer" or a debate about an answer. It's an endless loop of the mind.

The Dark convinced us that the more education we have, the smarter we are, when in fact it is the opposite. The more education, the more in the mind, the more advanced the superego.

However, this can also present with those with no education or less education. Those with this programming always think they are smarter than others, they always think they know better and they have the answers. They constantly worry, analyze and think about things in their mind, with no ability to feel their hearts or their intuition.

They are always seeking the answer to something. We see many who have psychotic breaks where they are hearing voices or hallucinating, this is an extreme version of Superego.

To dissolve this programming, it takes dedication and extreme discipline with yourself. Whenever you begin analyzing something, running it over and over again in your mind, trying to find the answer or worrying about the solution, stop and take an ice cold shower.

Cold showers stop the mind because the body immediately focuses on the shock of the cold. The cold water also resets the symptom, flushes out the lymphatic system, and calms the nervous system. If you are unable to take a shower at that moment, then say out loud “I cut chords with everyone, everything and all events.” Do this as many times as you need until the thought loops stop.

If this is one of your core programmings and you often find yourself in this energy, then you need to shift your focus on your body, its sensations, the feelings and emotions you are having, and your breathing. Slow it down, FEEL, and let go of thinking.

Anytime your mind wants to think it knows something, wants to figure something out, say out loud “I don’t know shit.” Surrender to NOT knowing, because it is within the not knowing that we know everything.

SPIRITUAL EGO

Spiritual EGO is the fantasy version of spirituality where one thinks they have attained enlightenment when they haven't. Thinks they are above others and lacks accountability. This appears in any religious community and/or spiritual community. These beings are in the mind trying to understand God, spirituality, and energies.

They are not feeling, they are thinking. The easiest way to spot a spiritual EGO is that they are convinced they have no more transforming to do, they have reached enlightenment, and have no ability to take accountability and reflect upon themselves.

This also presents in the information that is put out by any channeler or spiritual person. If the information holds any attachment, fantasy, or feels or seems complex, then it is Spiritual EGO. Love and 5D is very simple, there is nothing complicated about it. We see this also in the areas such as quantum physics.

Quantum physics is the cross between science and spirituality, however, it is based in the mind. It is trying to rationalize and find a linear thread that explains everything. True reality is so multidimensional it can only be felt and understood through the heart, in a simple way.

To transform this, we must remember that no matter how much we “know” or how much work we’ve done, there are always more levels to expand into. Our work is never truly done, and as long as we are here on Earth, we will constantly be transforming until the entire planet ascends into a higher dimension.

The higher the level we reach in terms of the consciousness, the greater levels of accountability, reflection, and letting of belief systems that will need to occur.

SPIRITUAL DISCIPLINES

Utilize these spiritual disciplines to assist with breaking your programming and can be used for 30 days to anchor in consistency and discipline.

EGO DEATH CEREMONY

MIRROR AFFIRMATIONS

DAILY MOVEMENT (YOGA, WALKING,
STRETCHING, RUNNING, DANCING)

DEEP BREATHING COLD SHOWERS

CUTTING CHORDS

MEDITATION/STILLNESS

SUN GAZING

JOURNALING/AUTOMATIC WRITING

GROUNDING

LISTENING TO MUSIC

GRATITUDE JOURNAL

TALKING TO YOUR ANGELS

CREATIVE EXPRESSION

HOLISTIC WELLNESS

Utilize some of these holistic healing and wellness options to help the body physically purge the density, pain and toxins and ground you as you are transforming your EGO.

LEMON WATER

APPLE CIDER VINEGAR

FASTING

GARLIC CLEANSE (7 CLOVES FOR 7 DAYS)

ONE SPOONFUL OF COCONUT OIL PER DAY

NO SUGAR

COLLOIDAL SILVER

TURMERIC

BLACK COFFEE

ORGANIC TOBACCO

LOTS OF WATER

RED MEAT