



Guy Steven Needler

WHAT THE

EGO

IS

AND HOW IT AFFECTS US



Agenda

- ☀️ *A Common Definition of What the **EGO** Is*
- ☀️ *What the **EGO REALLY IS***
- ☀️ *How the **EGO** is created*
- ☀️ *How the **EGO** affects us*
- ☀️ *How to battle with the **EGO!!!***
- ☀️ *Questions & Answers*



A Human Definition of WHAT THE EGO IS



What is the Ego - Human version

- ☀ People with a **BIG EGO**, are considered to think:
 - ☀ A lot of themselves
 - ☀ Are ambitious.
 - ☀ Highly materialistic
 - ☀ Not in control of their thoughts.

CONVERSLEY.....



What is the Ego - Human version

☀️ People who are considered to have **LITTLE OR NO EGO** are :

- ☀️ Are introvert
- ☀️ Lacking in ambition
- ☀️ Not very materialistic
- ☀️ Are generally in control of their thoughts.



What is the Ego - Human version

In both of these cases.....

- ☀ The **EGO** is the controlling factor in our daily incarnate lives
- ☀ The size of the ego alludes to the level of control the **EGO** has on us.

So, if the **EGO** has control of us.....

what is it exactly?



What Is The FCO!



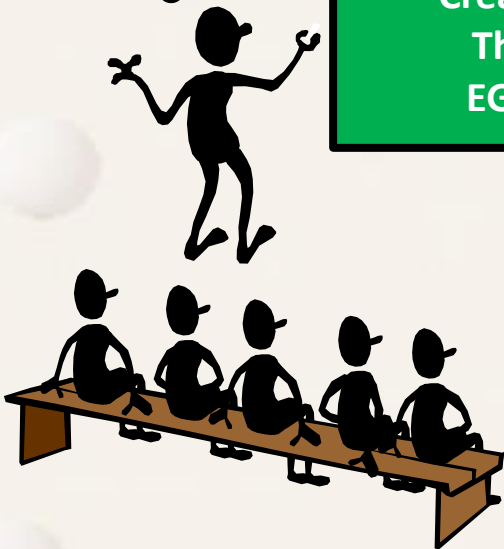


What is The Ego

~ *Let Me Explain* ~

The ego is a temporary creation

Incarnation
Creates
The
EGO





What is The Ego

*It is created as a result of an aspect
(soul) of our True Energetic Self
(TES) being separated out from the
TES*





What is The Ego

It is projected into the lowest frequencies associated with our multiversal environment, to Experience, Learn and Evolve in an accelerated way





How The **EGO** Is Created!



How the Ego Is Created

*To experience evolutionary acceleration
the aspect (soul) must enter into the
frequencies*

*In the way they are best experienced
'as if it were part of them'*





How the Ego Is Created

To do so it needs to associate itself with a vehicle which it can animate energetically.

This vehicle is, in our instance, the human form





Our Structure Whilst Incarnate



True Energetic Self
(TES)





Our Structure Whilst Incarnate

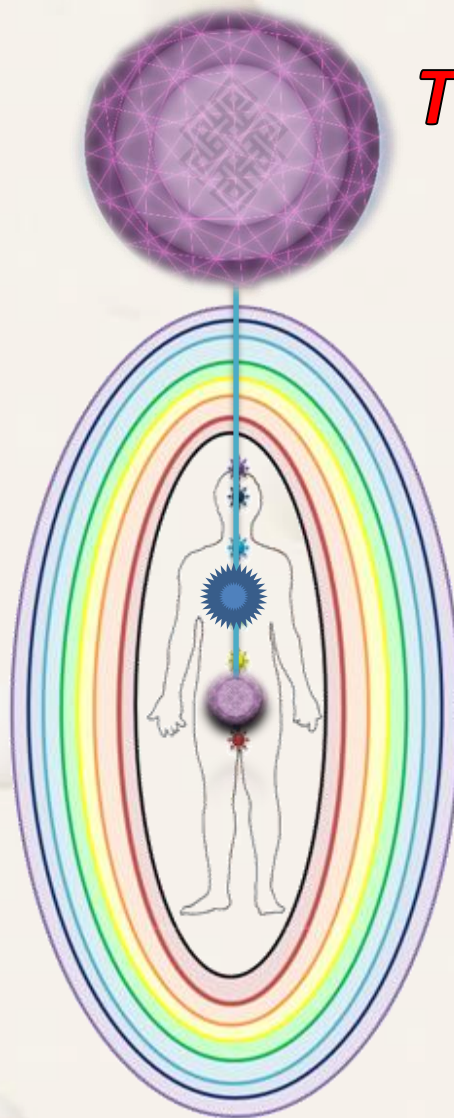
*True Energetic Self
(TES)*

Chakras



Seven Auric Layers

Ketheric Template
Celestial Body
Etheric Template
Astral Level
Mental Body
Emotional Layer
Etheric Body



- Step Down Energies
- Auric Layer
- Energetic Templates
- Gross Physical



How the Ego Is Created

The energetic “step down” function allows partial communication between the aspect and the TES

Whilst associated with the lower frequencies that make up the human form





How the Ego Is Created

*This condition of being
in
“partial communication”
or almost
“zero communication”
is what creates
the Ego*






How the Ego Is Created

*The sentient energies that are the
“aspect” (soul)*

*associate themselves in an isolated or
individualised way with the gross physical
“the lower frequencies”
that make up the human form*



My Ego
Says
My Body is
What
I am



How The EGO Affects Us



How the Ego Affects Us

The Ego

*is a temporary or transient condition
because it can only exist whilst the
human form is operational*

and

When we are not self-realized!!





How the Ego Affects Us

**When the human form demises (dies)
it dissolves**

**The experiential memories of what
we are whilst incarnate are not lost
because they are always transmitted
to the to the TES in parallel with the
experience itself**





How the Ego Affects Us

The ego can also be dissolved if we work on our spiritual development and regain contact with our TES

The ego knows this and does everything in its power to stay in control, “alive” for as long as it can

It will work hard on arresting our spiritual progression.





How the Ego Affects Us

As incarnate aspects of our TES our main role is to become spiritually self-realized whilst incarnate

Resuming communication with our TES in the process

Working in the physical whilst not being of the physical

In this condition there is no room for the ego and it dissolves.

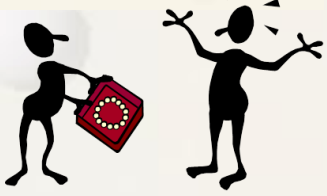




How the Ego Affects Us



*The ego is
patient, sly and resourceful*



*It uses convoluted methods to fool us
into thinking we have mastered it*

*It infuses us with feelings of self-
consciousness, failure, depression,
success, materialism, status and pride*





How the Ego Affects Us

Success and pride are two emotions the ego uses with skill

They are the result of being pleased with our spiritual progress

When it uses these to the best of its ability we can “think” we are making spiritual progress



“when in effect we are not”



How the Ego Affects Us

*The Ego uses our display of:
Humility*

Desire to be of Service

Desire to receive no reward

As a way to make Negative EGO!!!!



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How the Ego Affects Us

*Notice how some of
the most spiritual people
have
the biggest egos!*





How To Battle With The Ego

The very moment we think that we have mastered the ego we have lost the battle

The ego is back in control of us and our thoughts

We lose some of our spiritual progression as a result





How To Battle With The Ego

Stay aware

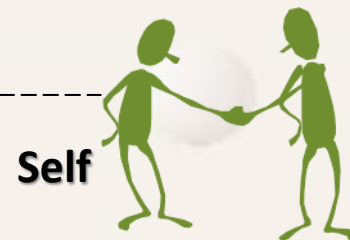
Stay observant - observing yourself in a passive and non-judgemental way

Look for the signs of the ego rising

Act upon it and continue your spiritual progression



Observer Self



Self

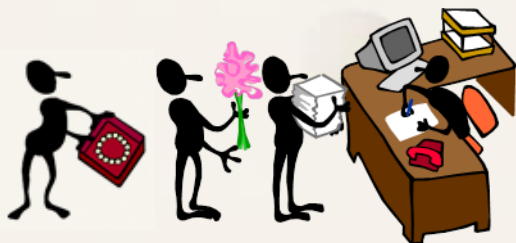


How To Battle With The Ego

Remember

NO ONE IS SAFE FROM

THE



EGO

NO ONE!





Questions and Answers

ANY
QUESTIONS?



Questions and Answers

ANY
QUESTIONS?



Questions and Answers

ANY QUESTIONS?

energy (Source, Origin) into low frequencies here on earth through beings, humans, animals, products
transfer meditation state like feelings into the physical ...
consciousness from pure state of being (where we are) into physical.