

## WHEN EGO GOES REIKI FLOWS

Cute little saying but are you taking it seriously. One of your greatest challenges here on this Earth is to know the true you and to overcome the effect of your ego.

After leaning Reiki and trying to live by its principles – trying to be what your would consider “a better person” and we soon start to understand that this reprogramming that awaits us takes some effort, our ego will experience a threat because of a necessity to change certain lifetime habits that keep us on lower consciousness levels. And once the ego gets familiar with the rules of the game, it learns how to distort these rules so that you can rationalize avoiding other tools for consciousness growth. At every stage, your ego is your challenge!

Let's demonstrate this through a very simple example. Let's suppose that you become annoyed when someone asks you to repeat something you just told him. Your ego kicks in, fogs any attempt not to react emotionally and puts your consciousness on a power level by introducing thoughts:

- if the other person had given you enough of his attention and realized the importance of your words, they would have been able to hear you clearly the first time.
- the person should learn to respect you enough to pay attention when you speak because what you are saying is important
- you should show your irritation in order to help the person develop better habits of attention

Your ego at that time doesn't permit you to remember that your uptightness is a sure sign of wanting to be in a position of power and control. Both are addictive tendencies that create a duality and alienation between yourself and the other person. All of us from time to time ask people to repeat what they have said.

Every time you are reactive, you need to step back, understand how your ego is prompting you and then react from a feeling of love, forgiveness and understanding. How do you do that?

### **Reprogramming Reactive / Automatic Responses**

Don't confuse your ego with responsibilities and duties in your job. There are times that you may have to take a step to inform a staff person that they should do something in a certain way or advise a client of the best possible path. That's your job. You're being paid to know.

It's very important that you learn to automatically spot these reactive power related actions / addictions in your day-to-day, moment-to-moment flow of consciousness. They occur at the smallest level:

“Why don't you sit there”

“You may want to decorate this way.”

‘You should choose that brand.’

“We should go here for lunch”

“We should fill our time this way.”

There is a fine line between making suggestions that would benefit others and doing so because you feel that your suggestions are the best and wish to demonstrate that through an influence of decision.

Ego asserts itself on the smallest of levels. It's easier to see how you blew it when the situation is bigger. Perhaps you had a major disagreement or argument or perhaps you responded to someone's "stupid" remark and then regret what you said. These are easy lessons because they are so self-evident. The problem is, the larger issues that may teach these lessons are somewhat infrequent. The smaller lessons happen all the time. Your ego may tell you to concentrate on the larger issues – it would be easier to do this wouldn't it, but the way to make major changes is to examine the small incidents.

You can recognize this addiction for control and influence by developing a keen awareness of your ego signals: irritation, anger, jealousy, confusion, boredom, defeat, fear, resentment, or any upset in one way or another. Once you recognize these “ego signals” then you can start to reprogram your reactions.

- We may get irritated when someone tells you something we already know
- You may be annoyed when you find that someone didn't follow your past suggestion
- You may be meditating and become annoyed when someone is not sensitive to your desire for silence
- You may be busy and someone is not aware of your need to concentrate and finish a task
- You may have a certain responsibility and another person does not recognize that you're entitled to make decisions.

It is necessary for you to tell yourself that you have been trying to handle these situations all of your life by using dominance, pecking-order forcefulness, emotional uptightness, barter, gifts, and other manipulative techniques. These power methods have not yet enabled you to create a fulfilled and beautiful life. Now it is time to switch over and use only love and expanded consciousness as your guides whenever the actions of people do not fit the programs that you have conditioned into your head.

You need to realize that each situation is a part of the “nowness” of your life. The game is to emotionally accept the unacceptable. You are trying to liberate yourself from your addictive traps. So you use all of these experiences to grow in consciousness. If you do get trapped into the unloving power level behavior, you just consciously see the drama for what it is and you resolve not to get trapped again. If you stumble, just get up and go on. Don't become addicted to not stumbling. Use each fall back to the Power Level as a gift from your life to help you become more conscious and accepting.

## Growing In Consciousness

The energy you put into your growth toward higher consciousness can be increased if you deeply realize the enormous price you are now paying for your lower consciousness addictions—a toll in lost happiness, lost peace, lost love, lost serenity, lost wisdom, and lost effectiveness. If you put half the energy into expanding your consciousness than you do into living out your programmed addictions, you would soon begin to live in the warmth and beauty of higher consciousness. The level of consciousness at which you operate determines what you notice and what you don't notice. Your programming influences whether you see it all clearly or see it through distorting ego filters —whether it grabs your consciousness or is simply seen clearly for what it is.

Always remember that the individual with higher consciousness is the one who is most flexible, who avoids fixed patterns, who flows in every life situation so as not to get involved in addictive irritations. The individual with higher consciousness creates a peaceful world in which to live. This can be done regardless of whether or not you are with people who are consciously working on their growth. It takes two people to have an ego battle. But it only takes one person to create the peace and love of higher consciousness!

Love and peace are not only your goals, they are also the methods you use to get to the goals. Always realize that it is only the programming in your head that is separating you from the beautiful feelings of higher consciousness every second of your life. Happiness is there waiting inside of you and it becomes more available every time you reprogram one of your addictions.

### **Try this exercise**

Thanksgiving may be an opportune time to begin practicing non-reactive, non-judgmental, non power-centered behaviour. You may be with people that you love and really drive you crazy at the same time.

Practice listening to yourself and being aware of a reactive nature. For example:

### **Conversations:**

- How will you react when someone says something that you disagree with? You're allowed to have an opinion. But are you voicing it and believing that they should also have your opinion and that their stance is not appropriate / realistic / correct
- How will you react if you find someone correcting or challenging you? Can they be right or can you thank them for their viewpoint.
- How will you respond to directions and suggestions from other people. Will you be the one organizing everything because you believe your way is the right way or will you go along with what others say?
- Will you take part in conversation where people are being critical / judgmental of someone else or will you be the one who instigates that type of conversation? Wondering how someone could wear those types of clothes, paint the walls that colour, choose that type of food, are all saying: you know better and it would be

better your way. If you're asked then respond. If you're not, then think about why you need to tell them how it should be done.

**Keep a log:**

Before you go to bed, make some notes. Think about the day and your behaviours and interaction with others.

Who was there: you or your ego? Be honest with yourself. It's not easy. Your ego will be happy to analyse things for you.