

Help! I've Fallen into Ego Thoughts and I Can't Get Out.

When you are in the throes of painful ego beliefs, remember you always have a way out. It only requires a willingness to look, doubt and ask for Help.

Step One:

- Write down *without censor*, everything you believe about yourself and God. It could be a very long list. That's ok; just keep writing whatever comes to you. When you think you have exhausted all your ideas ask; "Is there anything else?"
- If you notice fear while you are exploring, tell yourself; "It is safe to look at what I believe, because it is only belief, not the truth and I have a way to change what I believe." Be very firm on this.

Step Two:

- Look at each of the beliefs and for each one ask: "Does this idea bring a sense of peace, a feeling of innocence, an experience of love?" If not, then write next to the belief: "I hope I have been wrong about this."
- Do this for every belief on the list.

Step Three:

- Go back and repeat each of the beliefs and the statement that you hope you have been wrong and then decide: "I want another way to look at this. I want to understand why I have been wrong about what I believe. I want Your Thoughts instead of my own. What is the Word of God?" See if you can feel into the statements; "I hope I have been wrong" and "I want another way to look at this." Try not to have this be a mental activity but rather a deeply felt activity.
- BE STILL AND LISTEN.
- Allow a new thought to rise into your awareness. Don't go searching for it in your mind. Let it come to you.
- If the thoughts that arise do not bring you a sense of peace or freedom from pain, recognize that ego thoughts have crept in again.
- Simply decide what you want; "This thought is not from the Holy Spirit. I will not listen. I want only the Word of God. I will be still and listen for Your Thoughts."
- You do not need to sit still in order to *be* still because what is still are your judgmental thoughts. If you do not want to continue to sit, engage in non-thinking activities such as driving, walking, folding laundry, vacuuming, etc. All that is required now is for you to have faith that your asking will result in giving you what you want and for you to keep your mind free of judgment.