Ego – The Good, the Bad and the Ugly

By Paul Chek

Today there is much talk about the ego among psychologists, various metaphysical groups, and not surprisingly, preachers, pastors, rabbis and leaders of various spiritual organizations. Some of the experts say, “The ego is bad and you need to get rid of it – you must kill the ego!” Others say, “You have no free will so you can’t get rid of, nor change anything.” Of course, for this camp of experts, the inability to change oneself extends to the ego. Still others, myself included, encourage people to “embrace the ego, for it is all you really have to navigate life!” In this short article, I’d like to explore and clarify some concepts surrounding the nature of the ego.

What is the Ego?
Let’s start with the fundamentals. The ego is:

- Your sense of self; your ability to differentiate the idea of you from the idea of me.
- By definition, a border, barrier or definition.
- Necessary for you to enjoy the privacy of mind that affords your thoughts.
- Your perception of reality vs. my perception of reality.
- A resting place to your soul: what nest is to a bird, what den is to a bear, what cave was to primal man, or teepee is to a Native American.
- Synonymous with your mind.

Ego as Mind
With those basics out of the way, let’s look more closely at the ego and its relationship to the mind. The ego is inextricably linked to what you know of as your mind. Without the ideas that make up your mind, you would have no ego. For example, the person with Alzheimer’s disease has essentially lost their ego. They no longer know “who” they are, nor do they know who their closest family members are any more either! When you are sound asleep at night, do you know who you are? NO! Nobody does. And just as we rest our body and mind from the energetic demands from the day each night during our sleep, so too do we rest our ego in sleep. This is essential to your health. The nervous system is the home of your memory of self—your very ideas of self—and it must rest each day...
or severe neurological problems emerge, most of which are an attempt by the ego to get you to pay attention to yourself.

Ego and Soul
Beyond the mind, the ego has an important relationship to the soul. But before we look at that relationship, it’s important to clarify the nature of the soul. Contrary to popular belief, the soul is not a thing. You can't touch it or see it. You can't burn it, freeze it or crush it. You can’t even count it mathematically—it is a zero. From an electromagnetic perspective, the soul is neutral polarity (Φ); akin to an insulator. The ego is made of the polarities created by your physical, emotional, mental and spiritual desires and will. More specifically, any electrical circuit must have a positive and negative polarity through which current moves. Ego functions analogously to the current in a circuit, while the soul is the insulator that keeps the idea of you from short-circuiting or canceling itself out. The ego has its own unique desires and determines the experience of them through the action of will. So the soul serves as an important check on the drive of the ego.

The Development of Ego/Perspective of Self
Your ego begins developing as soon as you are born. Your parents begin talking to you and programming you with cultural and societal ideas about who they want you to be, and in fact, who they think “you” are. It is through the ego that your perception of self emerges.
However, because most people had little or no part in their initial programming as children, many are perplexed by their thoughts, emotions and actions. In fact, individuals in this situation often reach a point where they no longer like themselves! This is always sad to see as a holistic health practitioner or therapist.

To alter your ego you must change your perception of self. As you can see in Figure 1 to the left, three factors create your perception:

- Your programming (the ideas and beliefs you hold as true)
- Your internal environment or inner sense of self
- Your external environment; that which your inner-self interfaces with so you can experience life.

Changing Your Perspective
In my Personal~Professional~Spiritual Success Mastery Lesson 1 – How To Find and Live Your Legacy, we look at each of these three elements of your perception. I teach you how to identify the truly challenging and the positive events in your life. With such experiences charted so they can be read and interpreted, I show you how to recognize the source of the programming behind your behavior, the flow of energy that creates the impetus to act, and how each action changes to reinforce the source energy and behavior(s).

Building the sort of programming that leads to a healthy ego requires that we establish our core values. If you can learn to live by those core values, you will manage your energy investments carefully and create what you want—not what you don’t want! This is the true meaning of the term “free will” (the choice is yours).

The individual without clearly defined core values simply cannot have a healthy ego. They don’t know who they are! They are very likely to bounce from one painful relationship to another, from one unrewarding job to another, from one town to another… The person that recognizes such behavior and has been unsuccessful at changing it is very likely to be someone that makes statements like:
There are no good men or women around any more…
People are so stupid…
Why are all my bosses such assholes?!
You can’t trust anyone…
I’m never gonna have…
I do this because I don’t have the skills to do anything else…

These scenarios accurately describe the individual whose ego is either *ill defined* or *undefined*. Such an ego is worth crucifying! But don’t worry. This is not the kind of crucifixion that typical ‘churchgoers’ speak of. It is the kind of crucifixion that opens the door to willingness to alter the ego. After all, any time you change the ideology or idea structure, you’ve changed the ego. If you establish or change your core values for the better, you’ve generally improved the rate at which you manifest *what you want in life*. Thus, the crucifixion is essential to the resurrection!

PPS Success Mastery Lesson 2 – *How To Master Your Self*, continues where Lesson 1 left off, teaching you more about the three elements that create our perceptions leading to positive self-management. This lesson teaches you the science of memetics. This allows the Truth Seeker to identify the source of the socio-cultural values meme or idea-set that they have been operating within. From clear understanding of where the seeds of any ideology come from and what beliefs they grow, you can choose to garden your mind more intelligently, more effectively. You can also learn to communicate in a language others in your life can hear. It is a daily occurrence for most of us to have to interact with people that not only have different, but *conflicting* belief systems. Once you recognize the different belief systems (value systems), you can both understand their point of view and make requests *in their language*. The result is greater ease and efficiency with which your life unfolds. Additionally, one who is educated in this regard goes from the judgmental viewpoint to the empathetic and compassionate viewpoint of *one who understands other!*

It should be our goal in life to create, love and maintain a healthy ego. A healthy ego is exemplified by an open mind, positive self-esteem, affirmative attitude, creativity, resourcefulness and humility. The mind is like a parachute…*it only works when it’s open!*
The PPS Mentors and I at the Personal~Professional~Spiritual Success Master Center share the best of our training and life experiences with you so that you too may enjoy the freedom of a healthy ego and the benefits of free will—the freedom of knowing that you can create the life you want! After all, it takes less energy to create and maintain the life you want than it does to create and maintain the life you don’t want. Clearly, that message hasn’t reached many people yet!

It is my dream to share the best of me with the best of you so we can enjoy the benefits of healthy egos together.