



CHOOSE SPIRIT NOW

**JOURNALING**  
**DISCOVER YOUR OWN**  
**EGO TRICKS & TEMPTATIONS**



- How do these Ego tricks (kleshas) work in your own life to hold you back from releasing your stored negative emotional energy? Go through each one and give an example of it in your own life. Example: drinking, drugs, overeating (Moha)  
Avidya=No knowledge of the True Self; ignorance  
Asmita=identification with the false self  
Raga=desire; attachment  
Dvesha=don't desire; aversion  
Moha=delusion (part of dvesha)  
Abhinivesah=fear of death
- What klesha is most prominent in your life?  
Example: I continuously over-eat to avoid painful emotions. (Avoidance)
- Can you track these back to the past? When did they start? Was there a particular event that triggered this response? Example: My insecurity began when Bob told me my skirt made me look like a clown in 8th grade, and now I drink to mask that insecurity.
- If moha is a prominent klesha in your life, then ask yourself if it's worth it, deluding yourself out of what could potentially be a spiritual breakthrough. If you need help, seek it, you are not alone in this!!! I think these days many people think it's normal to drink or pop pills to take the edge off. Until they wake up one day and can't remember who they are or what the hell happened to them. This is the extreme "I forgot who I really am!" Now is your time to remember and you're going to be damn sure glad that you did!