



CHOOSE SPIRIT NOW

JOURNALING
RELEASE THE EGO & THE SELF-IMAGE



Ego Release Journaling Exercise

- What are aspects of Ego that you think that you would like to hold onto?
The “fun” traits?
- What are some things in your life that you do for Ego’s sake, maybe to look good to others? Be honest with yourself!!! Example: I gave to a certain charity because they send out a roster acknowledging all the givers and I wanted my name in it.
- What are traits about yourself or circumstances in your life that make you feel “special”, in other words “better than others in some way”?
Example: I grew up in the best part of town and I think that makes me better than someone who lives in another part of town. I have perfect hair and that makes me look better than others most of the time.
- What are traits about yourself or circumstances in your life that make you feel like you are “not good enough”, “less than others” in some way”?
Example: I went to a school that is frowned upon academically and so I feel inadequate when someone asks me where I went to school and I have to answer them. I have bad hair and I never look as good as everyone else.

If you cannot ever get to the bottom of what’s going on, it’s okay.

There is really no need to do anything but ask Holy Spirit to help you forgive it and release it!



Self-Image Release Journaling Exercise

- Write down the characteristics of who you are as a person; what you think people would say about you if someone asked them what you were like.
- Are there people you have encountered in life who may not have such a high image of you? Maybe someone you quarreled with or someone you butted heads with for whatever reason.
- As you look upon these traits of yourself can you notice that they are just fleeting thoughts about yourself, thoughts reflecting how you have acted in the past?
- Can you imagine slipping into the person's shoes who may not have a high image of you and see what they see in you or may have seen in you in the past?
- Have you noticed your own negative thoughts about other people and how transient they can be? Example: You can not think of someone for years, and all of a sudden you remember some horrible thing that this person did years ago and judge them for it in the present moment just as harshly as you did years ago. Then you may forget about that person again for 20 more years!
- Can you see yourself limiting that person in some way when you have negative thoughts about them based on the past?
- Are you able to see past their Ego self-image to the brother that you share your True Nature with, your True Image of Perfect Love, Joy & Peace created by God in His Image?
- Can you do this, can you see past their Ego, or does the Ego have such a hold on you-wanting you to feel special and separate-that you cannot extend love to this person?
- If not, can you then understand other people's difficulties sometimes in letting go of a particular negative image of you?
- Wouldn't you want these people to be able to look past whatever happened in the past, and give you the freedom of seeing you clearly in this moment, not limited by the past, by a past experience that could indelibly mark a person's self-image for the rest of their lives?
- Can you truly let go of negative thoughts and images of other people?
- Can you wholeheartedly offer up freedom to all of your brothers to see them clearly in this moment as their True Self, same as you, not their Ego, and not burdened by the limitations placed on them for their past?



Self-Image Release Journaling Exercise continued

- As you take those limitations off your brother you take them off of yourself, for you are he and he is you.
- “You need to hear the truth about yourself as frequently as possible, because your mind is so preoccupied with false self-images.” “...this is not your tiny, solitary voice that tells you this. This is the Voice for God, reminding you of your Father and of your Self. This is the Voice of truth, replacing everything that the ego tells you about yourself with the simple truth about the Son of God. You were created by love like itself.” ACIM W-pI.67.5:2-4