

## Meet Your Ego Guided Meditation

This guided meditation will help you meet or witness your ego...

To get started, find a comfortable position to spend the next few moments together and begin to turn your attention to your physical body simply noticing how it feels in the present moment...

Those of you that feel safe may choose to close your eyes...or soften your gaze gently down past your nose...

Turn your attention inward now by taking a few deep breaths, inhaling through your nose as you feel your lungs and belly expand, then exhaling slowly as you invite your body to begin to relax...**[1-minute]**

As you settle into this awareness and practice, most of you will notice thoughts that fill your mind and sensations that fill your body, maybe even beginning to feel uncomfortable or agitated...

In this endless stream of thoughts in your monkey mind is the voice of your ego...

Together we will begin to compassionately acknowledge the protective presence of your ego's voice and learn how to cultivate a practice of removing your attention or focus from this powerful voice so you can learn to live together in peace...

Breathing deeply and slowly, placing your hands on your body or heart space if you choose, take a moment now to lovingly thanking your ego for its help in keeping you safe and let it know it no longer needs to do so..**[1-minute]**

Taking another deep slow breath as you now extend that compassion and begin to witness your ego...

Take a moment or two to bring to mind some thoughts about yourself...

What you think about yourself...

How you describe yourself to others...

The roles you play throughout your life... **[1-2 minute pause]**

Resist any urge to judge yourself or this practice, giving yourself permission and the opportunity to turn your attention inward to witness the different stories you tell about yourself...

*I'm not loved*  
*I'm not worthy*  
*I'm not enough*  
*I'm indebted to others*  
*I'm not dependable*  
*I'm responsible for others*

Spend a moment now to begin to witness what feelings or sensations these stories about your identity bring up...

What does it *feel* to be you?

How does it *feel* to be living your life?

How does it *feel* to play the roles you play daily?

Witness where you or your roles feel expansive and free...

Witness where you or your roles feel constricted and stuck...**[1-2 minute pause]**

Breathing slowly and deeply, begin to relax into any areas of constriction or tension allowing yourself to accept their existence whether you like it or not....softening and surrendering to your entire reality and allowing yourself to lovingly embrace your wholeness...

Some of you may place your hands upon your belly or chest...

Others may turn your attention to your physical body as it is grounded upon earth...

Others may focus on your gentle, even breath bringing much needed calm to your nervous system... **[1 minute]**

Some of you may decide to pause the recording now to continue with this practice while others will begin to gently expand your attention outward again returning more fully and presently to the room or space around you... wiggling your fingers and toes, opening your eyes if they have been closed ...

Remember this practice as you return to your day, taking moments throughout to witness your ego...