

## ***Monograph Six:*** ***Breaking the Hold of the Ego***

**So powerful is the hold of the ego, now, that it has become an essential foundation for the edifice of modern human existence. This has formed, and still does form, a primary aim of the agenda of Darkness because this egoic hold facilitates Separation and entrapment in the illusional reality. If we are, collectively and individually, to evolve beyond an existence in illusion, the ego must be disempowered. Within each one of us.**

### **The Realm of the Separated Ego**

So important is the ego in this Separated\* human reality, now, that I need to talk about the ego specifically, and, in particular, its hold as a fundamental and defining construct of human entrapment in lower dimensionality, the illusional reality. I've said before, but it's worth repeating here, the ego is a product of this Separated human reality, born of it, moulded and shaped by it, which *is* the agenda of the Darkness\*. But the ego is also *of* this physical reality. Meaning, it is of the same ilk, and so it has become a perpetuating feature of the fabric and culture of modern society.

It is *from* the physical that the ego sources its power, and it is *in* Separated physicality that the ego is seemingly powerful. As such, anything that is able to heal the very great wound of Perpetual Separation in this human reality is also, at the same time, a very great threat to the ego, and never more so than with the Processes of transformation that are occurring now, both collectively and individually. These Processes\* must involve disempowering the ego, and so they do. This is the reason they tend to be so painful.

### **The Hold of the Ego**

So what, exactly, is the ego? The ego is the separate/Separate, isolated conscious awareness, and so it is one's sense of one's physical self only. It is the core belief at the centre of every incarnated human psyche – the belief in ourselves **as** the physical incarnated character-identity.

It is, however, also more than this because it is also deeply rooted in the subconscious, primarily courtesy of fear, so it goes much deeper than the conscious awareness. The knowledge and recognition of this fundamental truth is important because these allow for an understanding of why and even how the ego is so powerful in its hold.

The ego's hold on an individual consciousness should not be underestimated, and, in fact, it can be so powerful it can survive even after death, or after the death experience. This is exactly what 'ghosts' are. They are egos that will not and cannot let go. They are egos that still believe they exist in their own right.

The agenda of Darkness that controls human reality has Worked\* hard to Separate and isolate the conscious awareness precisely with a view to fostering the empowerment of the

ego, as standard, or as normal, and, where possible to over feed humans as empowered egos in order to facilitate the very great hold of it over the psyche. So, when we talk about this being an illusional reality, we are, equally, talking about this as an *egoic* reality.

### **The Over-Bloated Ego**

Speaking generally, because I'm sure there must be exceptions, although I've yet to see them for myself, the ego is taught from the cradle that it is real and it is all there is. Humans pay no heed to the higher facets of consciousness as they obsessively pursue their egoic wants, needs and addictions. As such, the ego becomes larger than life, bloated with its sense of its own importance.

In this, our modern society, the ego is at the very centre of its world and it is the central character in its own story. It thinks and believes it is in control of that story and the story's script, so it's taught to pander to itself, to satisfy and satiate its own whims and wants. It is taught to feed itself, and it is taught that feeding itself is pretty much the purpose of life and the purpose of its existence. That's not something it's going to relinquish easily.

Unfortunately, the more an individual panders to his or her own ego, the more he or she *feeds* that ego, the larger or more bloated it becomes, and the more powerful will be its hold on the psyche. Very large, over-bloated egos cast a lot of shadow so that the higher-dimensional Self, or higher consciousness – that which humans refer to as the soul – exists almost entirely in shadow. For some individuals there is so much shadow cast by the over-bloated ego there is little or no Light. The ego, then, becomes very dangerous.

Over-bloated egos can be brutal because they are vampiric, sucking everything into themselves like a vampire sucking blood in their insatiable need to feed their appetites, and anyone caught in the vortex of this will suffer great harm. There are some enormous egos out there. Some egos become so over bloated there is a very serious and often obvious element of insanity involved, as Adolph Hitler tragically and perfectly demonstrated.

Tragically, as with Hitler, these types of egos have, down through the ages, and are still to this day, running our countries, our governments, the huge multinational conglomerates and corporations that control our financial systems and so much more, and, of course, they are running our criminal empires. Unfortunately, this means these egos are in positions to cause serious widespread and far-reaching harm and damage.

### **From the Cradle the Ego Learns to Want**

When I say from the cradle humans start pursuing their egoic wants, I mean that literally. Children are given one toy after another after another, and it teaches them, from such a young age, to want, and to get what they want. They are manipulated into having the newest, latest toy. Now, a child must have the newest version of things, like Playstations, even if they have two or three older versions.

As humans grow older, this pattern, planted as a seed in childhood, takes root, sprouts and grows. And, of course, this is exacerbated in the modern era by the mechanisms of manipulation in this reality, like social media and the utter bombardment of advertising and the false imagery of marketing.

So there's nothing to stop the ego in its tracks. On the contrary, the ego is spurred on, encouraged, fed, such that from the outset or onset of a human life, it has free reign. Meaning, human reality is completely configured in such a way now as to facilitate egoic empowerment.

### **The Ego Needs to Exist Outside of Its Self**

So powerful and detrimental is the configuration of human reality that I believe the underlying premise of it manipulates the ego into wanting and needing to exist in its own right. Or, put another way, *the ego wants to exist outside of its Self*, which is why the illusion of the material realm works so well for it.

Anyone who doesn't know what I mean can conceptualise this by seeing it at work in the original movie *Jumanji*<sup>1</sup>. All the facets and features and characteristics of the game, from the initial drum beat that attracts the attention of those who might play it to the myriad of dangers the players bring out of the game and bring upon themselves with every roll of the dice, are designed to facilitate the game existing outside of itself, where it wreaks havoc, taking control and shaping reality in a way it shouldn't.

The fact of the ego wanting and needing to exist outside of its Self is also, I believe, one of the reasons why humans fear death so much, because the ego knows that with the death experience it will cease to exist in its own right.

### **Metaphysical Essence has no Physical Form**

When the ego begins to be genuinely disempowered it loses its hold on the psyche, and the psyche naturally becomes infused with what comes forth when the ego no longer holds sway.

And what comes forth is the 'I Am' principle, Transcendent *being*, Metaphysical Essence\*, all different terms for the same thing. In a very real sense, what comes forth is pure abstraction, or essence, and so *it has no physical substance, no physical form or definition, no physical infrastructure*, although it does have physical expression, powerfully *affecting* and *altering* the physical, especially reality.

But it doesn't alter reality the way the ego does, and so it doesn't alter reality in a way the ego likes because the ego has trouble perceiving it, let alone controlling it. Metaphysical Essence is beyond the ego's frame of reference and so cannot be seen with the physical sense of sight. Nor can it be perceived by a psyche that is entrapped in physicality, and nor can it be defined by, or even measured against, anything in the physical plane.

So, given the fact that humanity as a collective exists entirely on and in the physical plane, humans cannot see or perceive the essence of Transcendent *being*. This is why, for those whose consciousness has been awakened, what is seen in the physical in terms of their behaviours, actions, mindsets and focuses seem different, weird or abnormal to everyone else, certainly indefinable, just as the Lady of the Lake is indefinable in the Arthurian legends. She symbolises the aspect of consciousness that is the pure abstraction of Transcendent *being*, or Metaphysical Essence. In that sense, she is *potentially* an aspect

of every incarnate consciousness.

### **The Ego Will Put Up One Hell of a Fight**

The ego hates the transcendent essence of consciousness, so much so, it will put up one hell of a fight when the Metaphysical Essence stirs within and starts to make itself known.

Why? To begin with, the ego sources its power from the physical and, in particular, from the physical environment and context it aspires to be in or tries to create in its reality, and so it hates appearing weird, abnormal or even different. It needs to fit in, to conform, to be acceptable in the society it's in, and, of course, to be accepted by that same society.

Second, when the transcendent essence of one's consciousness comes forth, it challenges the ego's control. In fact, it becomes very obvious very quickly that *the ego has no control*. It loses control of its reality, its pursuits, its satiation of its own wants, needs and obsessions, and its perspectives and mindsets. It loses control internally – of the psyche – and it loses control externally – of reality, but also of choice, action, behaviour.

Third, in having no physical form, substance or definition, Metaphysical Essence is the ego's antithesis, and that makes it the ego's enemy. Metaphysical Essence is beyond the realm and the reach of the ego, and the ego hates this. It will rail against the emergence of Metaphysical Essence. It will fight and resist and do everything in its power to try to force an individual back into a place where physical form, definition and substance reign supreme – its territory.

One of the insidiously-manipulative tricks of the human ego is that of demanding individuals perceive themselves through the filter of physical form, substance and definition, because only then can it be satisfied it is adequate. And, of course, only then can it continue to erroneously believe it is still in control. This is what people will confront within themselves when they begin to awaken their consciousness, and, having confronted my own ego, I know first hand just how tough and brutalising it can be.

### **Tools of Battle and Resistance: Egoic Tantrums**

Depending on the ego, or maybe not, when it puts up a fight, emotional and psychological pain are the result. And these can be unbearable, brutal, and even dangerous. I coined the phrase 'egoic tantrum' during the long, arduous battle I fought with my own ego. I confess, some of my egoic tantrums were pretty impressive . . . or not, as was really the case, but mostly, they were supremely painful. Some had external manifestation but most were experienced internally.

The ego's power lies in its resistance, but when the ego lashes out, for whatever reason, invariably, great wounds are inflicted on the higher-dimensional Self, the soul. In fact, the soul can, and often does, become lacerated and bound up in such karmic debt and obligation that souls are now weighed down with the burden of it, destined to incarnate again and again to discharge it, trapped in an unyielding cycle of birth, death and rebirth.

When you do the Work to break the ego's hold, you really do experience its tantrums, and you realise it has some pretty impressive weapons in its arsenal. These weapons must

be rendered ineffective. They must be disempowered, and the trick to doing this is simply to learn to recognise them for what they are and then make the choice not to allow yourself to be controlled by them.

### **The Weapons in the Ego's Arsenal: 'Head Speak'**

Probably the most insidious of these weapons is what I refer to as 'head speak' – the whispered egoic voice. For me personally, the egoic part of my consciousness whispered its toxic little thoughts: why can't you behave yourself; why can't you just be happy with what you've got; can't you see you're going to get into trouble; why can't you just be like everyone else; you're being irresponsible; you're being weird; you're throwing your life away; you're letting people down; you're failing, and you're a failure; what about the future; you're going to fall on your face, make a fool of yourself . . .

Everyone's 'head speak' will be different, unique to them, so it really is a matter of learning your own. Often, other people's responses to me echoed these toxic whispers, or, worse, they mirrored them. So, the toxic whispers are not just in your head, they're around you in your reality. When the ego is powerful enough, you create them in your reality, and you also create the proof in your reality that the ego is right because, initially, that's what you believe. Initially, until you begin to change it, you are *identified* with your ego.

The way to counter this particular egoic weapon is with the transcendent Knowledge\* that opens your eyes and changes your perspective and focus, and with good old fashion practice and mental discipline, and, often, with faith. You do the Work with your reality and your emotions to identify the shadows that form the core of this 'head speak', because when you recognise both the shadow and its 'head speak' you can make the choice to see it thereby disempowering it, like an individual suffering from schizophrenia who learns to recognise and acknowledge the schizophrenic voices for what they are and pay them no heed.

And if you do this enough the 'head speak' becomes so soft you hardly hear it. As you do the Work, too, you discover you have tools in your own arsenal to counter this particular weapon, like fortitude, faithfulness, determination, belief in the higher part of yourself, belief and trust in the Process, an ability to have insights and epiphanies, and a sense of inner knowing, all of which counter it.

You keep going, and as your Processes unfold within and around you, you begin to prove the ego and its 'head speak' wrong. When you prove it wrong enough, its whispered voice loses power over you, and, eventually, its voice is silenced.

### **The Weapons in the Ego's Arsenal: Emotional Meltdowns**

Emotional meltdowns are another of the ego's very-powerful weapons. These must not be underestimated because they can be brutal and even downright dangerous. Depression and despair are not trivial emotional states. On the contrary, they are powerful and utterly debilitating.

Emotional meltdowns can, however, work in your favour because you can easily learn to recognise them for what they are and use them to identify what is happening within you

and why. Although there are many emotional states the ego can throw at you in its resistance, none of which are pleasant, there are two I will use as examples because they are, for me personally, very much associated with my ego's tantrums: confusion and bewilderment.

Both of these are generated within you when the ego is pulling you back into physicality and physical mindsets, pulling you away from the Metaphysical Perspective . . . which is remarkably easy to do because, again, the physical is so much easier to see and relate to, at least initially, or at least until you get used to the Metaphysical Perspective. These are the 'what the hell is going on!' or the 'what the hell are you doing!' emotions.

But therein lies the antidote, too. Come back to the Metaphysical Perspective or truth, which may take mental discipline but will certainly require practice and lots of it. Use the Knowledge you've gained, particularly the Knowledge of what you're Processing and why, and even how. The more you do it, the better you will become at it, and the less power the ego's tantrums will have over you. I promise, you will discover that the Metaphysical Perspective, when you become adept at getting yourself back to it, will cut through confusion and bewilderment like a hot knife through butter.

And then you will discover that clarity awaits, and **is**, *within you*.

### **Continuums of Shadowed Emotion and States of Being**

Which brings me nicely to a powerful principle of emotion verses Transcendent *being*. Many of the emotional states generated within us by the circumstances of our reality are at one end of spectrums, or continuums, that have polar opposites of *being*, or, rather, *states of being*, at the other end. In knowing this about them they become useful and effective tools you can Work with to disempower the ego.

So, for example, at the egoic or shadowed end of one of these continuums is the confusion and bewilderment I just mentioned, whilst at the other end – the *being* end – is clarity, which is not an emotion, it is a *state of being*. These polar opposites allow you to know what you are existing in, and, therefore, what has power over you in the current moment: your ego or your Transcendent *being*.

In other words, these continuums allow you to know which aspect of yourself you are identifying with, your ego or your Metaphysical Self. If I'm identifying with my ego I am confused and bewildered by what is going on, but if I'm identifying with my Metaphysical Self, there is only clarity, and I know exactly what is going on and why.

This example also demonstrates another principle of these continuums. At the egoic end of the spectrum, emotions are generated within us as part of the turbulence or chaos we're experiencing, also of the ego, whilst at the Metaphysical end, we exist in *states of being that are never turbulent or chaotic*.

States of *being* are, in fact, like the calm eye at the centre of a great storm. There are many of these continuums, not all of which are emotions. Some of them are behaviours. Arrogance, for example, is the ego masking its inadequacy, and it has as its polar opposite confidence, which is a state of *being*. Some others which are handy to Work with are

restless frustration and contentment; judgement and acceptance; resistance and surrender; betrayal and loyalty; depression and despair and centred inner calm; discord and harmony; blame and responsibility; and, inner chaos or turbulence and inner peace.

Anything that sows discord, for example, regardless of the context, is of the ego. So knowing this will allow you to know when an ego is controlling a group, for example, or a meeting. Most likely in these contexts it will be a bunch of egos vying for control or supremacy, or even just clashing.

Whether emotions or behaviours, these continuums all allow you to recognise when your ego is acting out, having a tantrum, trying to get its own way, and you can do the Work accordingly. Identifying all the different continuums is an interesting exercise in and of itself, but is especially beneficial where your own susceptibilities are concerned. In that way, you can learn to recognise your own egoic tools and your own egoic language.

I've given the example of one of my own susceptibilities with confusion, but you might, for example, be susceptible to laying blame or even lashing out in blame instead of accepting responsibility. If you Work with the continuum of blame and responsibility, then every time you lay blame and you catch yourself doing it, say, for example, when people make you angry, you'll know your ego is up to its old tricks and you can pull yourself up on it, turn your blame into acceptance of responsibility, and you can then *take* responsibility however you need to.

And so you must, because every time you lay blame or lash out in blame and allow yourself to get away with it you are not disempowering your ego. On the contrary, you are feeding and *empowering* it. The more fed and empowered an ego is, the more difficult will be the Work to *disempower* it and put it back in its rightful place.

### **The Weapons in the Ego's Arsenal: the Egoic Filter of Misinterpretation**

Very possibly the ego's most powerful weapon is physicality itself, particularly physical interpretation, or, rather, misinterpretation, and it uses this very effectively.

Because the ego sources its power from physicality, or from having physical substance and form, *it wants to be defined physically*. In being defined, the ego thinks it's real and has a life of its own because it can prove to itself and to everyone else that it *is* real.

The converse is true for it, too. It believes that if it doesn't have physical form then it doesn't exist. *Humans believe that if they don't have physical form and substance and definition, then they are nothing*. So the ego tries to force the Transcendent *being* to have physical form, and, more importantly, it tries to sift or filter Metaphysical Perspective through physicality and into physicality so it can define Metaphysicality accordingly.

It physicalises, in other words, thereby distorting everything: perspective and focus, belief, intent and motive, choice and action. One battle I've waged with my ego concerns my writing. My ego constantly tried to physicalise my writing so that I believed, and wanted, my writing to facilitate some sort of defined success on the physical plane. In physicalising the purpose of my writing, my ego sought to control it, not just the nature and content of my writing, but also what happened to it, *what* it would be used for, and

*how* it would be used, all of which did not even come close to the truth or to true Purpose\*.

To put this another way, in this realm of illusion, the ego will try to use illusion itself against you. If the ego can physicalise your Metaphysicality, particularly the *being*, defining it, and you, according to physical constructs, rules, recipes, norms and standards, then it can control it, and you. Or it thinks it can, and so will it try to do so, and when you stand up to it, it will fight back with a tantrum, probably in the form of an emotional meltdown.

Transformational Processes will begin to put the ego in its place, well and truly, and very effectively. But the ego fights back by trying to keep your awakening Metaphysicality pinned and trapped in the physical, particularly with regards to *focus* and *perspective* – what you see, how you see it, how you interpret what's in your reality, what your intent is.

### **Using Physicality to Define its Own Outcomes**

The more the ego fights and resists, the more pain you will be in, and never more so than with outcomes. *When its outcomes don't eventuate in physical reality* – outcomes that are rooted in physical form and expression and substance and definition – *the ego usually has a tantrum.*

As an example, I worked with someone once who had an addictively-egoic hold on the picture-perfect 'recipe of life', which, obviously, included marriage and children. She had a child, despite her husband not wanting to, because it was a vital part of her picture-perfect reality, the next logical step after marriage. In that sense, she had a child without reference to him. When he left her thereby depriving her of her picture-perfect reality, she became obsessed, struggling and striving to recapture and recreate it.

I could see that her Process was forcing her to develop a sense of self beyond the illusionary 'recipe of life' and its defined roles, but she saw only constant failure to snag herself another husband and so was struggling with depression and despair. The Process was prising her fingers off her egoic outcome, but she was refusing to go beyond it, and she was paying a high price in her resistance.

For me, focused on my ego's idea of an outcome in relation to my writing, as I was, I was struggling and striving to achieve physical success, despairing as I constantly failed to meet my ego's expectations, and so I was completely missing the fact that I was writing from a higher part of my consciousness and, therefore, Working with it in a way that was beyond my wildest imaginings.

### **Using Physicality to Define its Own Purpose**

As well as outcomes which very specifically impact focus and perspective, *the filter of egoic misinterpretation physicalises Purpose*, which specifically impacts intent and motive.

This will cause you to be fractured internally so that purpose and Purpose both exist within you, side by side, vying for your attention. This is the conflict of scripts I've spoken about, and this sets you against yourself . . . or, more specifically, against your Self.

Again, to use the example above, the woman I referenced was working towards her own egoic outcome of another marriage, and her egoic purpose was to recreate the illusional image of herself built on the constructs of the 'recipe of life'. But her Metaphysical Process was not Working towards another marriage at all as an outcome. It was Working her towards no longer needing to be married because its Purpose was to bring her to a place within where she was wholly adequate and acceptable as she was and for who she was. Her Process was urging her to go beyond the egoic validations of the roles of 'wife' and 'mother' into a place where she was an empowered woman – one who *knew* and, therefore, *existed* in her own beauty and adequacy. But this Purpose was at odds with her egoic purpose.

In *Lady of the Lake*<sup>2</sup>, when Niniane is talking to Arthur about fear, she gives him some wonderful examples of this. He's about to go on a tour of the land with Merlin to unite the clan kings behind him as High King. The ego's misinterpretation of purpose, rather than the true Metaphysical Purpose, and its measure for success in this venture, and, indeed, its sole outcome, is that of securing the support and agreement of every king and chieftain Arthur and Merlin will meet.

And this, of course, is exactly what Arthur wanted. But Niniane contradicts this: *You might fail to secure the support of one, or more, of the men but succeed in tapping into hidden strengths within yourself. Have you then failed or succeeded? You might meet violent, vehement opposition but come face to face with your deepest fear in doing so. Is this, then, an opportunity that is a blessing or a curse?*

### **Want: A Powerful Egoic Tool**

But outcomes and Purpose are not the only thing the ego physicalises. As aspects and drivers of outcomes and purpose, it also physicalises focus, perspective, mindset, intent, motive: what is seen, what is known, what is believed. And 'want' is its most powerful tool in this.

When we 'want', our focus is consumed by it and, therefore, it consumes *us*. In fact, want has been used so effectively against us that it was the very thing used to catapult us into the abyss of darkness and Separation in the first place, and now it is being used to keep us there.

Unappeased, unsatiated want can be very painful, too, like an addict going cold turkey, and so, of course, want must be confronted and disempowered. When the ego wants, you become that want, almost to the exclusion of all else. And, tragically, want can be utterly ruthless, meaning, an ego that wants can be ruthless in its attempts to get what it wants, and in being so ruthless, it can stomp all over other people without a thought or a care.

And, egoic want can never truly be satiated. When the ego gets what it wants, it immediately wants again. Thus is want a black hole that can never be filled.

### **The D-Emotions of Disempowerment**

Depression, despair, despondency, disappointment and disillusionment (the dangerous 'D-emotions') are directly related to these Processes of disempowerment. All emotions are of the ego. Excitement, for example, considered to be one of the good ones, is the ego

clapping its hands because it's about to get something it wants. Well, depression and despair are the emotions generated within an individual when the ego is having something it wants taken away from it (just to qualify, this is different from the chronic depression suffered as a chronic mental illness).

This is the same principle as addiction, and the 'D-emotions' are withdrawal symptoms. Depression and despair *are* two of the tools in the ego's arsenal, two of the tools it uses to fight and resist. Both are a form of inner, egoic protest against *what* the Metaphysical Process is creating and causing to be, and *where* the Metaphysical Process is taking an individual. And how do humans handle this today? They take anti-depressants to suppress these withdrawal symptoms and keep going exactly as they are, letting the ego have its way.

### **Re-Entrapment**

Because this reality is set up, now, to fuel and feed and support and encourage the ego, re-entrapment is always very possible and very dangerous. Even with so much hard Work to disempower the ego, give it just a little bit of what it wants, and you potentially begin to feed it again with dire consequences.

It's like walking a metaphorical metaphysical tightrope because such is this reality now, it is frighteningly easy to re-empower the ego thereby undoing all the hard, arduous Work you've done. And that's the very last thing you *want* to do. So you'll find your Process will give you little bits at a time of things wanted to cause the ego's hold to flare into life again so you can see it, face the truth of it, and confront it.

### **Egos in Spiritual Clothing**

There is one very specific context I want to talk about where egos are concerned. In fact, one very particular trap and pitfall to look out for, in my opinion and experience, is the ego in spiritual clothing. The Bible, rightly, refers to these egos as “wolves in sheep's clothing”. The problem is that these wolves actually do look like sheep . . . or, rather, they look like spiritual people when they are, in truth, spiritual vampires. And that's not to denigrate every spiritual guru – someone who is authentically able to help others live their lives – because there are some authentic, beautiful, powerful spiritual gurus out there.

The problem with spiritual gurus, whether authentic or not, is that once they get a following, it is awfully difficult to keep the ego in check. Having people following you is a kind of homage, and homage is something the ego can't resist. Homage is, in fact, to the ego what a drug is to a drug addict.

When people look to you for answers, unless you have a genuinely- and completely-disempowered ego – which, in this reality, is all-too-rare – you will fall into the trap of supplying the answers sought, whether it's appropriate to do so or not. Often, the following spiritual gurus gather around them, exacerbated by their ability to pull large crowds just to hear them speak, feeds their egos.

The trick with these people is to stay vigilant, and never surrender the need to test, for yourself, whether something resonates or feels discordant *for you*. And never, ever

surrender your own power, your sovereignty, to another person. Never forfeit your own inner knowing. Just because someone tells you they are 'spiritual' does not necessarily make it so. In truth, under the guise of spirituality there has been much harm and damage perpetrated on humanity.

I grew up in a church cult (Outreach International) until I walked away from it in my mid twenties when I sensed for myself that something was horribly wrong. It is courtesy of this experience that I coined the phrase “edifice to the wounded ego at its centre” to describe these spiritual cults. Spiritual cults do not pay homage to any god as they claim. It is important to realise this. Rather, *they pay homage to the ego at the centre of the cult*, and often the ego at the centre of the cult uses God to draw that homage by claiming to be God's intermediary or spokesman or chosen vessel . . . however they word it.

These groups take on the characteristics of the ego at the centre, too. In my case, the man at the centre of the cult is cold, arrogant, judgemental and vindictive, so the group itself has become cold, arrogant, judgemental and vindictive. In these situations, as an individual, you may be a very nice person but you find yourself taking on these characteristics and behaving in ways aligned with the group consciousness that are directly contradictory to your own nice nature.

I've also come across spiritual gurus who started out authentically, had genuine, life-changing experiences that meant they truly did have something valuable to give others, but who have egoically tripped up when they've developed a following. Again, the Bible has got it right when it says, *'by their fruit shall ye know them'*.

One of these spiritual gurus I came across lost me completely when I read that he was asked what he thought of another spiritual writer, one I happened to like a lot. Instead of referring the person who'd asked the question back to themselves, as an authentic spiritual guru would have, this one ran down and denigrated the spiritual writer asked about. When I saw this response, I recognised the bad fruit of an empowered ego and I have never read another word of his writing. He lost my trust.

A truly spiritual person will always refer people back to themselves because this is vital. True spirituality is about *sharing from the heart* and from personal experience, not preaching from a pulpit or from any position of self pedestalisation. True spirituality does not force anything down anyone's throat.

True spirituality does not disempower others, it empowers them, and, true spirituality does not empower the ego, it disempowers it.

\* Author's Note: I deliberately use capital letters to denote higher-dimensional, or metaphysical, concepts and to distinguish these from the common, lower-dimensional use and definition of the words.

1. *Jumanji*, 1995, TriStar Pictures.
2. *Lady of the Lake*, Jennifer Wherrett, 2013, Xlibris publishers.

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