

Kicking Your Negative Ego Out of Your Reality

by Holly Agnes Higgins

This is a very powerful technique to kick your negative ego out of your reality. It's something that you do continuously because you'll always have a negative ego, but each time you do it, it gets easier and easier. *And*, you can reach the point where your negative ego doesn't interfere in your life at all anymore because you catch it so quickly.



When I first started working with my negative ego, I used this technique several times a day and was astounded by the results. Because it's a visualization, you're communicating with your Subconscious and Unconscious Minds, as well as your Higher Conscious Mind – your Higher Self – telling them what you want and they will all respond.

Technique:

1. Periodically throughout your day pause and ask yourself what your negative ego is saying about whatever you're experiencing. Listen to its blather. You're not going to follow what it has to say, but it's very important to listen so that you can tell the difference between you and it. You can simply say, "Negative ego, this is what I'm experiencing right now (and then describe it). What do you think about this?" Then listen.
2. After you've heard enough, put your hand up and say, "Negative ego stop. You always lie to me. Out of the love that says no, I say no. I'm not going to follow your way, I'm not going to buy into your lies and negativity. I say *no*. AND, out of the love that says yes, I say yes – I take back all the responsibilities I have given you. *I will think and feel. I will evaluate and assess. I will give things meaning. I will decide and choose how I act and react.*"
3. Then using your imagination, shrink your negative ego down until its only two inches tall. Allow yourself to hear your negative ego's voice getting higher and higher, squeakier and squeakier, as it shrinks down, like the little pipsqueak that it is.
4. Now either turn your negative ego into a white golf ball, a green tennis ball, or leave it two inches tall. If you've chosen a golf ball, reach up and receive a golf club out of thin air and knock your negative ego out of your reality. Hear that satisfying sound of a golf ball being hit off the tee and sailing through the air. If you've chosen a tennis ball, reach up and receive a tennis racquet out of thin air. Bend over and pick up your negative ego in the form of this tennis ball and toss it into the air, hitting the tennis ball out of your reality. Again, hear that satisfying sound of a tennis ball bouncing off the strings of the racquet and sailing through the air. If you've chosen to leave it standing there two inches tall, snap your fingers and hear a loud "POOF" sound as it disappears.

You can use this technique several times a day. As I said, the more you do it, the easier it gets. You can also use this technique anytime you have an important meeting or are getting together with family or friends or are evaluating an opportunity or are making a significant decision – anytime really when you think your negative ego might try to jump in and wreak its havoc. This is especially true around situations that are emotionally charged for you – it's always a good idea to take a few minutes to listen to your negative ego and then out of the love that says no and yes, to say no and yes so that you don't allow this enemy within to destroy you or hurt others.