

15 Questions: *Journal Journey from Ego*

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| 1 | What is ego to me? |
| 2 | Why is ego the underlying problem in my life? |
| 3 | How does ego live through my self-talk? |
| 4 | How does ego prevent my authentic self? |
| 5 | How does ego use the law, desire, and comparison to keep me its slave? |
| 6 | What is it that my ego cannot exist without? And how can I keep less of the things that ego needs and feeds on in my life? |
| 7 | What is it that my ego cannot coexist with? And how can I keep more of what starves and prevents ego in my life? |
| 8 | Which disputes, interrupts, and short-circuits work on my self-talk or ego-talk? And how can I make the better-working ones more effective, or how can I remind myself to think them more often? |
| 9 | Which beliefs help me deny the reality demanded by my ego? And how can I make the ones that are helping better, more effective, or use reminders to rehearse them more often? |
| 10 | What is helping me to create an allergic response to my ego? And how can I make those aids better, more effective, or how can I remind myself to use them more often? |
| 11 | What helps me practice the surrender of <i>claiming</i> and the switch to <i>acknowledging</i> ? |
| 12 | What helps me practice the surrender of knowing and the switch to hosting either knowing or not knowing? |
| 13 | What helps me practice the surrender of doing and the switch to either hosting doing or following non-doing? |
| 14 | What helps me practice the surrender of being something and the switch to being an empty vessel or host? |
| 15 | What helps me practice the surrender of <i>becoming</i> and the switch to returning and rest in God? |