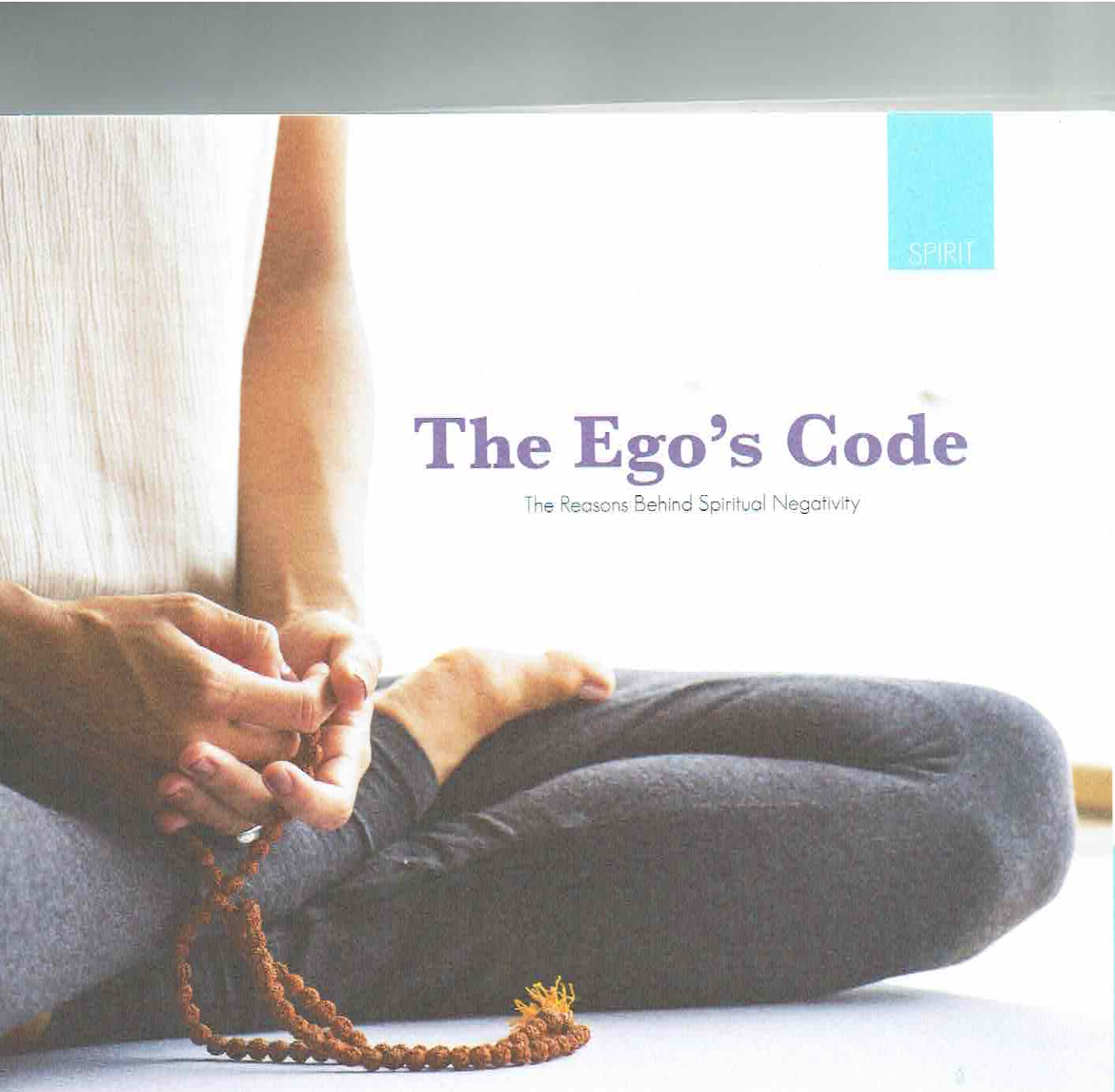


The Ego's Code

The Reasons Behind Spiritual Negativity



Have you ever wondered why even though you know better, you sometimes don't do better? Do you get frustrated that one minute you feel amazing, you're flying high, everything you touch turns to gold and the next minute, something happens and you are consumed with negativity... and you don't understand why?

Or, maybe you continue doing the same old things over and over again, day after day, spending time dwelling on the same old stuff, staying in a job you hate, being in a relationship with someone you don't love, living a life that doesn't fulfil you?

Or to the outside world you are seen as someone who has everything – the perfect career, successful company, big house, beautiful partner, lots of money and yet you still feel unhappy, empty inside, feeling like something is missing?

It is in these moments, the meaning you give to what is happening and what you do next matters most. Do you give it a bad meaning and stuff it down inside? Do you ignore it and put on a brave face hoping it will go away or do you give it a positive meaning and seek to understand it? In my experience the majority of people stuff it down and ignore it. Guess what? It does not stay down for long because you cannot hide from it, dissolve it, ignore it, or stuff it down. Why? Because, spiritually negativity is not negative, it has a purpose. This is also why positive thinking does not counteract negativity in the long term. This is why for example, when you lose weight, you put it back on again. This is why you continue to sabotage similar events that show up in your life or you procrastinate, avoid issues, blame others, give up or quit.

The most important thing you need to understand about negativity is that ALL forms of negativity are echoes or whispers from your past, not just the past in your current lifetime, but in your previous lifetimes too.

So every time you experience negativity, you are reliving an event from your past, in the here and now.

This is why, even when life is going great, all of a sudden something happens, a triggering event (big or small) and you feel like you are back where you started, reliving the same event over again, just with different people or a similar situation.

Negativity is energy. The great thing about energy is that it can be changed, released or transformed into something that will serve you rather than incapacitate or hinder you. When you change the meaning of negativity from something that is bad to something that you can learn from, watch what happens! Crazy I know, especially when it makes you feel so bad.

But how does it get there in the first place?

Every soul is on a 'learning journey'. Everyone in life, has two or three, core fundamental lessons they need to learn – it may be about money, relationships, self worth, love, health etc. Whatever your lessons they will be specific to you.

All life lessons and negativity relate to traumas from your past lives and your current lifetime. Every time you experience a trauma of any kind on a scale from minor (someone shouting at you to the point you feel scared) to severe (being attacked) it creates a tear in your soul and part of your soul (part of you) leaves. This piece of soul goes to a place in the consciousness where it feels safe. This is why people feel like "something is missing" or say "I feel I've lost part of me."

On a soul level, the tear creates a 'void' and into the void goes all the negativity associated with that trauma.

It is from here that the Ego is created. Yes, created!



When someone dies his or her Ego leaves the body and transcends. It reconnects with their divine Higher Self. Pause for a moment! The Higher Self (the conscious and divine intelligent being, who is your real self) and the ego are one and the same. How is this possible?

At the point of incarnation, i.e. when you begin your current lifetime - Your Higher Self splits in two - your divine Higher Self and your Ego. Your Higher Self becomes omnipresent and is everywhere, and your Ego Self enters your physical body and mind. Your Ego becomes programmed with all your past life lessons, trauma and negativity; your High Self contains the solutions.

As you embark on your life's journey, your Ego attracts to you situations and people so that you can learn and release the negative energy to become whole again. But if you ignore your negativity how can you ever become whole again?

If you consider the meaning of Ego to be:

- Expand your
- Greatness
- Out

When you experience wholeness you are experiencing the joy of your Ego reconnecting with your divine Higher Self so that you live in happiness and truth! The only reason you have an ego is because of the trauma you experienced in the past, so when you heal the trauma and release the energy, your Ego will leave.

Next month I will share with you ways to become more spiritually positive, quick and easy exercises to help you stop sabotaging your success and make your dream life a reality.

CLAYTON AINGER

CLAYTON PLAYS MANY ROLES IN HIS LIFE. THE MOST IMPORTANT TO HIM IS BEING A DADDY AND HUSBAND. CLAYTON IS A VERY PASSIONATE INDIVIDUAL. HIS ETHOS IS ABOUT MAKING EVERY PERSON MATTER EVERY TIME. THIS IS WHY HE IS SO PASSIONATE ABOUT PEOPLE AND HELPING THEM TO EMBRACE THEIR INDIVIDUALITY AND OWNERSHIP THE POWER OF DOING WHAT COMES NATURALLY AND DISCOVER WHAT TRULY MAKE THEIR HEARTS SING.

WRITTEN BY

