

## **REFORMING THE EGO...A WORK IN PROGRESS**

### **LOVE LESSON...FOR THE SELF**

Two and one half weeks ago, a 'love lesson' came knocking at my door, all dressed in a new outfit, and one I could not miss. It wanted to be *sure* to catch my attention, and I am thrilled to say, it worked! This love lesson touched the SELF in me, and changed me, the way *only* LOVE can do. *This* love lesson had to do with Love...for the Self. Since our meeting, I've been tickled and tortured with numerous opportunities to experience and contrast the false love lessons of my earlier years, with this new LOVE lesson...for the SELF.

### **MAKING ROOM FOR THE SELF...A TRUE LABOR OF LOVE**

So, shyly, I have danced between the old and the new, willingly revisiting the stifling and debilitating patterns of disappearing into silence and invisibility, followed by the liberation of respectfully and lovingly making room for my Self and my voice amongst others. This dance became a true labor of love, teaching me to recognize the old from the new, teaching me when to yield, and when to stand firm. Life then offered me a variety of dance partners to practice with, and oh, how exquisitely we danced!

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I learned early in life, long before having the opportunity to develop a healthy sense of self...a healthy ego...that my survival depended upon my ability to set my Self aside, to withdraw in the face of power, and to move ever more deeply inward, often to the point of being nearly non-existent. This early learning created a solid foundation for having no sense of self and a profoundly *deformed ego*, resulting in a disempowered woman hiding in an internal prison with iron bars of low self-worth, and paralyzing self-doubt. Love has been calling my name, and for years, I have been involved in the delicate art of reforming the ego. It remains a work in progress.

**Written by Jane Ellen on 7/28/07**