

From Ego-Consciousness to Heart-Consciousness

The **Ego** has **the illusion** of positive attention, power (win, lose, win, fight, perpetrator and victim), recognition, fear and the ability to want to use the outside world to influence. The ego judges and commits a major attack on the **integrity** (oneness, wholeness) of the **soul**. Consciousness is directed **outwards** and thereby makes himself dependent on the approval of others. The personal will must be a natural extension of the heart, the desire for love and unity. The positive ego gives focus to the consciousness soul impulses and translates into concrete earthly actions.

By the transition of an Ego-Consciousness (fear) to a Heart-Consciousness (love) you grow into self-acceptance and self-esteem.

This process is characterized by perception, **understanding** and healing of inner wounds. Fear shows where you can grow but it can also entangle in self-doubt and self-condemnation. Only when you are willing themselves with understanding and **genuine interest** to investigate, can **love** come your way, and is there more movement in the development of your heart consciousness (*selflove, joy, peace, freedom, kindness, patience, compassion*).

The starting point is that all **thoughts** create an emotion and a **feeling** in your body. Example, if you think you anxious or angry then you are finally also the fear and anger. **Carl Jung** used the name **shadow**. The side of ourselves that we have a **negative opinion**. By denial and escapism energetic tension grows. The solution lies in the '**embrace**' of your shadow side and the '**letting go**' of this tension in your body. Letting go is literally no more personal take on the thoughts and emotions. These thoughts and emotions are there and you are the **observer**.

You can not solve a problem with the mindset that it has caused.
Albert Einstein

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Life is All about Balance
Be wise and trust your heart



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