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Bringing forth Personal Coaching and Counseling

For Individuals, Couples, and Families with teens

The purpose of any spiritual practice is to cultivate the awareness of the duality made up of Spirit and Ego, or the Great Self and Small Self – or whatever terms may work for an individual. The importance rests in the fact that one part is a voice of absolute Truth that comes to us from a deeper or more divine place of awareness, and the other is a voice that convincingly and seductively separates us from this Truth and holds us in some limiting form of fear – the perspective it offers us isn't actually true – it's a lie, an illusion. We need not honor this voice as a form of guidance. By recognizing the subtle ways these perspectives arise in our consciousness, we then begin to gently shift our consciousness – where we identify more with the peaceful and expanding voice of Spirit, and less with the tumultuous and constricting voice of the Ego. In other words, we begin to live as one with our True Selves.

Qualities of the Ego/Small Self:

- Feels separate from the world and other people.
- Feels limited to mind and body.
- Is motivated by desire and fear in action and reaction.
- Constantly thinks; the mind's chatter goes on and on (thus sustaining the Ego/Small Self).
- Constantly projects its own positive and negative thoughts and feelings onto others.
- Lives in future/past, with present existing as a thin line in the middle.
- Tends to focus on solving problems and finding happiness by rearranging the external world.
- Thinks judgmentally of self, others, and situations.
- Experiences tremendous sense of “doer-ship” – of having to make things happen.
- Feels as though it is “not there yet”; has a sense of incompleteness, is often anxious and striving even in spiritual activity.
- Feels guilty, blames self or others, experiences shame and arrogance.

When we experience life as Spirit/Great Self:

- We observe the body\mind lovingly yet objectively as part of the world.
- Our inner dialogue is quiet. Thoughts and feelings may still occur but are more peripheral, not commandeering our sense of self.
- Everything feels connected as an aspect of one great whole, replacing the sense of separation.
- There is a sensation of expansiveness or spaciousness in the mind and in the world.
- We experience joy in life at hand just as it is, even during challenges.
- Our motivating powers are Love and Will.
- Our attention is vividly present. The present feels boundless and complete in itself.
- We see ourselves and others clearly without projecting or judging. The discriminating aspect of the intellect functions without being contracted into the ego's judgmental voice.
- Compassion – the state of being “with” instead of apart or different from others – comes naturally to us.
- We find ourselves doing whatever we need to do without drama or burden. There is no doer-ship. We feel that there is nothing we must do, even though everything keeps happening.
- We feel content and complete right now.
- Instead of distrust and anxiety, we experience trust and ease

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