

From the book  
**Wake Up Empowered** by Jeanne Jennay

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## Chapter Ten

### EGO

I want to share with you the best kept secret in the world. And here it is. There's something inside every one of us, that totally controls our mind, unless we know this truth and can change it. I'm going to emphasize this again. There's something inside every one of us, that totally controls our mind, unless we know this truth and can change it. Remember what you just read.

Ego hides out in the darkness that's inside of every human. It receives messages from the dark side. It doesn't know love and it has never known love. It hides. When it speaks, it speaks through our thoughts and our feelings. We think that it is our own thoughts and our own feelings, when its only ego. Ego makes us feel puffed up. Yet, ego makes us feel that we are not loved. Ego makes us feel like we are nothing and no one. It makes us feel that we have no power. Ego makes us feel like victims. It wants to do its job and its job is to make us defend ourselves. Ego makes us angry.

Ego keeps us from doing the purpose we came here for. It doesn't want us to know God. It wants to keep us from knowing the truth. If you can visualize ego, ego looks like a bad little child who has its arms folded ready to fight. It's all about anger, resentment, disappointment, jealousy, greed, emptiness, being a victim and victimizing others. Even murdering, kidnapping and sexual abuse. Its all about "Me, me, me." Remember that every time you have a connection with another person, you are also talking to their ego as well.

Ego goes into the body's system where people are weak. It wants us to be weak. It creates a lot of sexual activity and things going on that should never go on. Its immoral, unkind and it is inside a person to make them feel, think and have its way. Each and every one of us has this ego in us. Some egos are stronger than others.

Once we start hearing the truth, ego will do everything in its power to keep us from knowing. It will disrupt and disturb us in every way. When things happen to us, we sometimes blame God. That's a thought that comes from ego. God does not create bad things. God is love. Unconditional love. Ego doesn't know what that is. Ego works as partners with the dark side. Ego has an open door with people who have power over others. The power to make people do as they say. People of all different wakes of life. Ego seeks these people because it works through them. This is why we have all these problems in our world today. This is why we have problems in our immediate families.

Have you ever seen a vampire movie? Come along with me and let's visualize the star of the show, Dracula. He's good looking, he's suave and he goes after what he wants. This evening, he finds this beautiful young lady at a social party. Because of her discontentment with life, she is weak and vulnerable. He visits her at her home when it's dark and nobody is around. She lies in her bed consciously dreaming about falling in love and how she is not satisfied with anything around her. She is unhappy. Dracula comes to the window and knocks on it gently. She gets out of the bed, walks over to the window and opens it up. Dracula comes into the room. Slowly he goes towards her, smiling and alluring her to her bed. She can hardly breath. She's excited and is falling in love with this good-looking dark man dressed in black shiny clothing with a large black satin cloak that reaches down to the floor. She lies down on her bed and Dracula goes towards her like he's about to kiss her. He moves very slowly. She is very excited. He misses her lips and instead goes for her neck. He gently bites her neck and draws blood from it. This excites her even more. He slowly leaves her and without him speaking she hears his voice saying, "I will be back tomorrow night". Then he blows her a kiss and leaves the room. Each night he comes to visit this lonely beautiful lady who is growing physically weaker every day. Her family notices that she is looking paler every day. She waits for Dracula every night until finally she dies.

Saddened by her death, her family and physician notice teeth marks at the side of her neck. However, she has already died and there is nothing they can do about it.

The next night the father is walking on the street and he sees this woman coming towards him and he notices that she looks somewhat like his daughter but there is something different about her. She looks evil. She tries to allure him and he realizes that she is one of the walking dead. The next day he goes to her grave site and has a worker dig up her body. They open the coffin and she is gone.

He decides to look for his daughter and he remembers hearing a story that was told among the town's people about a master vampire and where he was hiding and sleeping at night time.

The father brings with him several people who bring with them a large cross and a stake to put through his daughter's heart. It is midnight and they go to the house where the vampire is sleeping. The father finds his daughter in an opened coffin. Sadly he takes the stake in his hand, crying as he plunges the stake into her heart. He then notices her face changing and becoming the beautiful young lady she was before all of this happened. Suddenly Dracula rises up from his coffin and starts to lunge at the father. Immediately all of the men accompanying the father light their torches. The huge flames light up the room and the men direct the light towards Dracula. Dracula places his hands over his face because he cannot stand the light. He starts to fall backwards and screaming in horror he begins to disintegrate. His body is smoking from the fire inside of him and he starts to get smaller and smaller and smaller. All that remains on the wooden floor is the dust and the clothes that were on his body.

In reality, this story is a great lesson. This is exactly how the darkness in this world works. It goes after a person who is a victim of negative circumstances, negative thoughts, negative feelings and doing negative things. This also includes negative activities such as gambling, taking drugs and negative sexual activity. It also goes after someone who feels sorry for themselves because of the challenges they are facing. This is the open door for the dark side to come in and ego welcomes it. Evil has a way of attaching itself to the ego and the victim becomes effected by negative things that happen to them in their everyday living. The dark side does not like the light and when we shine the light on it by changing our thoughts, the words we speak, the stopping of drug abuse and negative sexual behavior, the evil has no power and has to leave. Evil is repelled by the light.

If everyone would take responsibility for their own self, their own actions, their own thoughts, their own messages, their own understanding, their own obligations and live by the rules that were provided, taught and are still being taught from Jesus Christ, then our world will change for the better. We need to individually take this responsibility and let go of all our worries and fears to God. Ego creates all kinds of fears in us and if we have this connection with God, then we have a chance to win. Without God, we cannot make it. This is why God is being removed from our schools, our communities, our laws and even from our speech. If we support this, then we are as bad as our own egos.

In the Bible, in the Book Of Revelations, it talks about what is to happen in the future. When the Bible was written, because of our nature, because of the ego, because of what was going on in the world at that time, those predictions looked believable. They still do today.

The truth is, that if we were to go to the best mystics in the world, who would be able to predict our lives, they would tell us what they see, but they would also say to us that our probable future is based on the position we are in this moment, the way we are thinking, what we are doing and the people around us. But that we have a chance to change our lives in such a way that today's prediction would most likely not happen. The mystic makes the prediction, but also serves us by intensifying the thought that we can change it. Its the same thing with the Book Of Revelations. It tells us of the probable outcome, but serves us by warning us to go ahead and make a change in consciousness. If we stay in the same thought wave and keep listening to our ego, then we are destined to live out the predictions of The Book Of Revelations.

As we now make our own conscious changes, see the truth, connect with Jesus Christ, allow Him to be the leader for us. The leader of an army of spiritual beings, here on earth, who have turned to our super-consciousness, elevated ourselves, changed the way we live, think and do, stop our anger, stop feeding our egos, stop listening to our ego, then the predictions in the Book Of Revelations will not come true. It will take millions of us to do this, but I believe it can happen.

We need to remember every day, every moment of the day, that when a negative thought comes to us we can change it. I say to the darkness, "In the name of Jesus Christ, Satan, get behind me." Immediately, the thought is sent to the light and its not there anymore. But don't believe me, try it out yourself. Listen to your own heart, to your own messages. See if what I say here is true for you.

I often hear the question, "How do I know when I'm coming from my ego?" My answer to that question is, "If I am not coming from my heart, then I am coming from my ego."

## **Consciousness**

On a piece of paper, draw a large circle. This diagram represents your consciousness and the time span of your life. Each quarter of the circle represents approximately twenty-five years. Using an erasable pencil, fill in a portion of the circle according to the following measurement: the filled in, or darkened spaces represent the darkness of your consciousness. If you have been a person that has done very little work on forgiveness and has been constantly critical of everyone and everything around you, then darken in the amount of space that represents your age. If you've done a lot of work on your consciousness, then outline the space according to your age, but only darken in the space appropriate to your own state of consciousness, leaving the open space to represent the light that shines through you. Be honest with yourself. There is no right or wrong here.

Now, as you go through your daily life, learning, growing and working on your spiritual consciousness, come back to this diagram, or make another one and erase the darkness as your consciousness has more light in it. Or, darken in the diagram if you find yourself getting more negative about life. The diagram will serve as a visual tool to help you self-examine and see where you are with your personal consciousness.

Be honest and be gentle with yourself. Forgive yourself if you are becoming more negative and feel positive about the fact that you are self aware and that you care enough to look at it and work on it.