

One in a series of articles by

Rachelle

September 2010
Connecting With Self And Others:
LETTING GO OF EGO

Autumn is but a few days away. The trees are already starting to turn and soon the leaves that were once lush and green will darken to deep ochre and crimson before eventually being whisked into the air by a gust of wind. It's a time of letting go. I think letting go is one of the hardest things we humans must come to terms with in our lives. Things simply don't turn out as we would like. And when they don't, we respond in either productive or counter-productive ways.

It's a funny thing how often we respond counter-productively ... how quickly we can swallow the bait that moves us into a negative spiral. And no matter how many times we do it, the pattern remains unchanged. We get triggered, we respond negatively, the other person responds negatively, the divide grows wider and we get stuck in a vicious cycle. MY position, MY views, MY needs, MY expectations, MY hardship, and on it goes. MY, MY, MY! After a while, usually years, we might get lucky and begin to see the insanity of it all. The other person isn't changing, the world isn't changing and WE aren't changing. And then if we're really lucky, we'll start to laugh. We'll laugh at ourselves and see that while WE don't thrive in negativity, our ego absolutely does. I would say that an ego that serves well is an ego that occupies no

more space than is necessary for basic human survival. For the ego to be kept in check, attention must be fully given to that which dwells within us that is greater than the ego. The life force within us that aspires to the greater good must finally become the source from which our words and actions emanate. And I don't mean this in theological terms. I mean it quite practically speaking. It means moving from unconscious reactivity to conscious responsiveness. It's not an easy feat, not easy at all. Once a person makes the commitment however to reorient to that which truly and genuinely enriches life, one's vision is also simultaneously adjusted to identify the energy that fuels our negative reactions. We begin to sense its movement within us ... wanting to "win", want to be "right". And we begin to see that this energy is not the deepest essence of who we are. Very far from it in fact. At the very core of our beingness, we find peace, spaciousness and equanimity ... and anything that arises solely from that source is life-serving.

Most are probably familiar with the story of the grandfather speaking to his grandson about the two wolves living inside him. "Grandson", he says, "there are two wolves battling inside of me." The grandson looks up to his grandfather inquisitively, "Really Grandfather?" Grandfather goes on, "Yes Grandson, one wolf is selfish, uncaring, greedy and angry. He is only concerned with himself." Grandson asks, "What about the other wolf Grandfather? What is he like?" Grandfather replies, "The other wolf is kind, considerate, compassionate and generous. He is always looking out for the others. He cares for the wellbeing of all." "And who wins the battle?" Grandson asks. The grandfather looks very intently into his grandson's eyes, "The one I feed. It's the one I feed that wins." And so ... which wolf will you feed today?



Rachelle Lamb

There is within each
of us a modulation,
an inner exaltation,
which lifts us above
the buffetings
with which events
assail us.
Likewise, it lifts
us above
dependence upon
the gifts of events
for our joy.

Dr. Albert Schweitzer

YOU'RE INVITED TO SHARE THIS
ARTICLE. PLEASE CREDIT THE AUTHOR,
RACHELLE LAMB.

RACHELLE LAMB
MINDFUL COMMUNICATION

1-866-480-7122

WWW.RACHELLELAMB.COM

