

## Internal Development

# The Identified Self

To try to explain what the ego is, we need a platform to start from. We need to divide ourselves to see where the ego might be.

The human instrument consists of three main components: the biological (physical body), the emotional (all our 5 senses) and the mental (thoughts). These three distinct instruments, together with the soul and intuition, constitute our spiritual vehicle as it interacts with time, space, energy, and the physical dimensions of matter.

When our human instrument identifies with what it experiences, equating itself with the fact that what I am experiencing is who I am, we call it Ego. It manifests itself as; I am sad. As opposed to experiencing sadness.

I am angry! As opposed to experiencing anger.

Since we in our limited form feel that we ourselves are what we experience, we assume that everyone else does too. We often consider ourselves to have the right to act out our feelings on our surroundings and often blame someone else for our compound experience. Because it must be our environment that has caused us to feel the way we feel. Or?



*To be and to become holds no mysteries, it just is.*

## **The soul remembers that things can be good.**

Since we are so used to things not working out for such a very long time, (unless you act as or belong to the "chosen elite" Cabal), our human instrument does not yet know that things can actually turn out well. The soul remembers and does it, but not the human instrument. So when the limited Ego hear thoughts, it is often thoughts that want to convince us that we can't do it, that we are not good enough, that we do not have sufficient knowledge, that others are better than me... It reminds us that we have tried before but failed, that we are useless and can do nothing.

This is because the human instrument can't go beyond what it has not already experienced. It is not able to process knowledge that it doesn't know. Since the Ego in its limitation can't go beyond what it has not already experienced, it quickly attracts the thoughts that fit the perspective that it knows.

That is why we feel that the same "theme" is constantly repeating itself, albeit in different situations. Every time we believe the lie that is being served, and identify with the fact that it is who I am, we give birth to the ego, and it can continue to ride the roller coaster with us. Every time we believe the lies that someone else serves us, we give away our power and they now get the nutrition they need to survive, and the procedure repeats itself over and over again. The thoughts trigger the feelings that bring the pain/loss to life, and it now feasts on the energy that we have given, and we were never invited. But you can break this circus.

True freedom, joy and happiness were never about what we can experience through the Ego. Because every time we believe in something outside of ourselves, we're going to ride a roller coaster. One day we're fine, the next we're bad. Depending on how our environment acts.

## **Are thoughts the truth?**

The thoughts that come are not yours, but are more like clouds in a collective field around the earth. All the thoughts that have ever been thought of since the beginning of time are gathered together there, and every time we find ourselves in a situation that we have probably experienced many times before, the thoughts associated with that situation come. That's why it may seem like they're right, because they fit so well with the situation. But just because a thought fits well with a situation, doesn't mean that it's has to be true.

We are not our thoughts, we are not our feelings, we are not our body and we are not our professional role. We are not one of the qualities that we can call with a fixed shape. They are all tools in our experiences, but they are not who we are. We are shapeless. The formless/consciousness has no titles or names, it just is. It is the

life-giving power/root/energy of all life forms, which is always looking for a higher understanding and a higher expression.

## The formless and the form.



*To be and to become holds no mysteries, it just is.*

In the form, for example, we can play tennis and feel and experience what it is like. When we have finished playing, we return to being the formless until the next form arises. We have now played something that we call tennis, but I do not identify as a tennis player, nor the racket I used or the comments that were said about my performance. I've seen what it's like to play tennis.

In the difference between experiencing tennis and being a tennis player, lies all the difference. The former is the formless, the latter is the Ego. Being able to "just play tennis" is what many professional athletes usually refer to as being in the zone, (intuition, 0-point). They describe it as all thoughts of performance and the next game just disappeared, and they were just in the game. They also find it very difficult to explain what actually happened afterwards.

It's hard to explain the formless, and that's because it's not possible to put any form on it. It is truly sovereign and ubiquitous at the same time, and thus unique. It is not hidden or careful for life in any way. It is simply unique, and therefore incomprehensible except through the vibration that is encoded within you. The only code we can use here from Earth is unconditional love. It is the code that takes us through all the lies and untruths that we have been fed. And you know what? Giving it to yourself is one of the nicest things that you can do, and if someone says you're selfish for doing it, they're absolutely right! You are giving love and understanding to

your Self. You are bringing clarity to your self, and what you give to yourself you also give to everyone else because we are all connected via the subconscious.

*You are now giving yourself the love that no outward form can give.*

The opinion comes because their Ego, who speaks and acts through them, has never experienced what you are now doing. And if something is unknown, the Ego becomes afraid and thinks that it is much better to stick to what it recognises, even if it means being lulled into a false control. So they're really just trying to "save" you by trying to drag you back into the lies. But you don't have to be saved.

*Your Soul is much stronger than the ego and Your Light is so much stronger than the darkness, and has so always been. ❤️*

All with Love

Camilla