

## The Voice Of The Small Ego

### Prologue

There is an assumption in this writing. The assumption is that there are two very different sources of guidance inside each person. One source of 'what to do, what to say, and how to do' comes from our mind-ego (the two are very intertwined). The other source of guidance is from what is called our True Self (also called our soul, our inner wisdom or our intuition). These two sources, at times, can be in agreement. Though most often the two sources have different ways for what we're to do or say.

There is a quote in the New Testament from Matthew 6:24 "No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money."

These two different sources inside ourselves are similar to the Bible quote. We'll be living from two different sources of 'what to do and what to say' when we listen to and follow what our True Self and what our mind-ego-self tells us to do and say. Each source will guide our lives in *very* different ways.

### Our Usual Daily Life

Almost all of us are listening to our mind-ego for most of the day. This pathway becomes much used and is the automatic 'go to' way for our thinking. From our thoughts, come our actions. People listening to their mind-ego goes on all around the world. And the world is in such a bad place; poverty, war, greed, fear, anger.

As long as the ego has 'our ear' and tells us what to do and say, our True Self sits in the background; sometimes whispering to us and sometimes very quiet. The ego always wants to 'have our ear.' As soon as we stop listening to the ego, our True Self can come more forward. Our True Self is like a quiet polite dinner guest; not saying much as everyone else is talking up a storm. If no one is talking, then there's an opening for this quiet and polite dinner guest to talk.

## The Mind-Ego

The ego's jobs are to stay in control, to protect, to defend, to be aggressive, to give drive to survive, to call the shots about everything (what we think, how we're supposed to feel and what to do and say).

One voice of the ego is *always* right; knows what to do, when to do, why to do, and how to do. I call this voice of the ego 'the big voice of the ego.' The big voice of the ego is absolutely certain how to run our lives. Give the ego credit. It has good intentions to keep us alive and to keep us going. But it's like having a third grader run our lives; not such a wise decision.

If we listen to the ego all the time, we'll end up unhappy. If you don't believe we'll end up unhappy by listening to the ego, give it a try for just one day and find out how you feel at the end of the day.

## The Two Different Voices Of The Ego

The ego has both a big voice and a small voice. We're very familiar with the big voice of the ego. This big voice says 'I'm right. Do it this way. I'm sure.' This is the confident voice of the ego.

The ego has another way to stay in control; to not let our True Self bubble up and guide us. The ego has a voice that wants to keep us small. The ego will do anything to keep in control and to not let our True Self guide us. The ego knows that if we're guided by the True Self, then the ego takes a back seat. The ego hates being in the back seat.

## The Small Voice Of The Ego

The small voice of the ego does the opposite of 'I know the best way.'<sup>1</sup> The small voice of the ego is when the ego tells us that we're not good enough, we can't do that, that's too much of a change for us, we're not deserving enough, we lack something, we don't deserve happiness, it's appropriate that we're suffering or that we're unhappy.

If we were better, smarter, less afraid, less angry, less resentful, then our life would be better. We're a mess and we don't like ourselves. We deserve to suffer. Trying harder hasn't gotten us happier. We might as well give up. It's a voice that puts fear and doubt into our mind and keeps us uncertain.

When we're in pity and moaning and believing we have low self worth, we take the attitude that what we do is not right enough, not good enough. This is the ego still being in control. The small voice of the ego would rather beat us up and confuse us than have our True Self guide us.

### Our True Self

We have a deep inner wisdom that is not a part of the mind or a part of the ego. This deep inner wisdom is sometimes called our True Self or the wisdom of the soul or the wisdom of the Heart.

For most people, our deeper wisdom lies in the background and occasionally pops up. Have you noticed that it's when we wake up that something has been solved, or when we're in the shower, or when we're not thinking about anything, then *the* answer pops up. This is our inner wisdom, our intuition, our True Self, however you want to say it, coming through.<sup>2</sup>

We've had many instances where we get a brilliant flash and know exactly what to do or what to say. We can sense that this brilliant flash did not come from our mind-ego. How many times has our True Self spoken loudly to us when we're in the midst of the mind-ego going on and on and on? Probably only rarely, if ever. Our True Self waits very patiently for our usual chatter to quiet.

### Our Work In The Group

Our work in group is for our True Self to come through more and more. We don't call our ego bad. The ego has a very good and needed function in our developing years. There is no war between our True Self and our mind-ego. We ask the question: Am I listening to one of the two voices of the ego? If so, then let's switch the station and listen to our True Self. No war. Simply making a different choice.

Proverbs 3:5-6 says it very well: "Trust in the Lord with all your heart, and do not rely on your own understanding. Think about Him in all your ways, and He will guide you on the right paths."

This is the work of the group: to listen to our True Self, to surrender, to give up the ways of our mind-ego-self. This usual part will still be talking to us. We simply want to change the channel and attune to our True Self; made in the image of God. This is done gently. Our True Self then can guide us. It's up to us to attune, to trust and to follow this guidance. Try it and you might find that you like it a lot.<sup>3</sup>

### Footnotes:

- 1 My teacher, Charles, call this voice 'the reverse ego.' There is no accepted psychological reference to the reverse ego.  
I like to call this voice 'the small ego' because this voice still will be in control of us (what the ego wants to do). By us listening to the small ego, this prevents us from listening to our True Self.  
Just as there is no accepted psychological wording for the reverse ego, there's also no accepted psychological wording for the small ego. Small ego is a way that I use to speak about our psychology.
- 2 Many people live their lives in this way; of their inner wisdom guiding their thoughts, actions and words. Some people who are known world wide are [Pope Francis](#), [Aung San Suu Kyi](#), [Nelson Mandela](#), [Amma Amritanandamayi](#), [Desmond Tutu](#), [Byron Katie](#) and all of the Realized people throughout the world. (Click on each name to find out more about the person.)
- 3 Since we're programmed by listening to our mind-ego for ten of thousands of hours, we can use support to attune, trust and follow. The group is a place where we can shed our old ways and help each other to live in Truth.