

The Game of Disturbing Identities - For a New Beginning

During this confinement period, I invite you to play a game in order to empty the ego suitcase.

Before you start, there are a few things to understand:

1) Each individual is equally wonderful. Understand that you are not your ego but that you are carrying the ego suitcase. Since childhood, labels have been defining you and inevitably, you have started believing them: "I am not good enough", "I am selfish", "I am hard", "I am mean", "I am a liar". You may also have started behaving this way. The result is that you have been hard either with yourself or with those around you. The good news is that it's not your fault. Whatever you say or do, understand that behavior is almost always the result of memories. Sometimes these memories come from very far in your family and genetic branch. We all carry the ego suitcase, the human ego. No one is responsible. Understand what mind is. Forgive yourself and forgive those who have hurt you. Leave the past behind.

2) As long as you do not want to face the ego suitcase and open it, disturbing memories still influence you.

3) I therefore suggest that you play with words in order to find all identities that disturb you. By doing so, you give a chance to really empty the ego bag.

4) What should you do? It's very simple. Find all the disturbing identities. How do you know if they disturb you or not? Silently put a sentence in your body, close your eyes, and feel, "I am hard" or "I am weak", "I am violent," "I am pervert", "I am toxic", "I lie to myself", "I am a manipulator", "I am a pedophile", "I am unfair", "I am a victim and I am wrongly accused", "I am cruel", "I'm sick," "I'm dying," etc.

5) Do not think whether the sentence is true or not or whether it is a problem or not in your life. Do not analyze anything. Do not take any sentence seriously. Play with words to test whether a memory is active or not in your body.

6) What happens when a memory is active? The body reacts to words. You feel tension, strong or slight sensations in such and such place of the body. Feel completely these sensations. Do not try to avoid them. Take a deep breath, take the time to cross them. At some point there is a peak, and then resistance stops. Do not be afraid of this peak, breathe and pass it. The memory is then uprooted. It will no longer be active in your life. If you don't manage to cross the resistance right away, do the exercise again later. There is no problem. Simply meet what is « here and now » with no expectation.

7) Then meet the opposite of the negative sentence. For the sentence "I am hard », breathe with the sentence "I am soft". Is there room in the body or resistance? After "I am a manipulator, breathe with "I am honest", after "I am sick", breathe with "I am completely healed", after "I am mean, breathe with "I am kind", after "I'm unfair", breathe with "I'm good", "I'm a pervert" / "I'm healthy", "I'm pedophile" / "I have no problem", "I'm sad" / "I'm happy", "I'm dying" / "I don't risk anything", "I'm not good enough" / "I have nothing to prove or I don't have to please anyone", "I am afraid ..." / "I have no fear", "I do not love myself" / "I am perfectly at peace with myself", « I totally love myself », etc.

Well, I invite you to really explore all the words that bother you, to heal everything by feeling and breathing in the body, and to completely empty the ego suitcase. This is the magic basis for real renewal.

8) When your body no longer reacts to any sentence, understand that you are deeply healed. Even if certain mental habits can persist for some time, sometimes short, sometimes long, that's okay. The liner takes time to stop even when the engine is turned off. If you are annoyed because "I will never change", meet this sentence in your body and breathe with it. Then meet the sentence "I am totally open to change".

Once healed, trust your inner voice, and do your best to respect yourself and others, nature and animals too.

May peace, love and joy be in your life.

If you wish to know more about all ego identities, please visit my page <https://www.tilicho.fr/initiation-and-book.html>