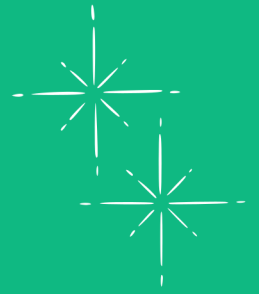


THE LIGHT IS STILL IN YOU

A 3-page ego-spotting guide



SPOTTING THE EGO IN ACTION

The ego isn't your enemy—it's a loud protector. But when left unchecked, it builds walls where bridges could be.

This guide helps you (and your child, partner, or inner self) gently identify common ego patterns and shift them with truth and love.

When Ego Says:

"Whatever. I don't care."

"Nobody listens to me."

"It's not my fault!"

"Why does this always happen to me?"

"I already know that."

"You don't get it."

"You always do this!"

"I'm fine."

What the Heart Might Be Feeling:

I feel hurt and don't know how to say it.

I feel unseen and want to feel important.

I'm scared of being wrong or blamed.

I'm overwhelmed and stuck in victim mode.

I'm afraid to look like I don't.

I don't feel understood and I'm shutting down.

I'm triggered and need connection, not patterns.

I'm absolutely not fine, but I don't feel safe to say it.

TRUTH CHECK QUESTIONS:

- Was that love... or fear talking?
- What part of me is trying to protect something?
- What am I really needing right now?
- Is this response helping me or hurting me?
- Can I choose curiosity instead of defense?

MANTRA TO REPEAT:

"Even when I feel triggered, I return to love."

RETURNING TO LIGHT

3 SIMPLE STEPS TO TRANSMUTE EGO ENERGY:

- **NAME IT:** “This is my ego trying to protect me.”
- **OWN IT WITHOUT SHAME:** “It’s okay that I feel this way—I’m learning.”
- **SHIFT IT WITH LOVE:** “What would love do now?”

LIGHT-RECLAIMING PRACTICES:

- Mirror practice: Look into your eyes and say, “The light is still in you.”
- Body check: Where do I feel this in my body? Breathe into it.
- Name the trigger out loud.
- Create a pause before reacting.

FOR KIDS (AND INNER CHILDREN):

- Draw what your ego looks like. Is it a cloud? A dragon? A mask?
- Give it a name, then ask it what it’s trying to protect.
- Say thank you... then gently choose love instead.

REMEMBER:

You are not your reactions. You are not your fear. You are not your past.
You are the light.
And the light is still in you.

Use this guide daily. Teach it. Print it. Post it. Let it be a mirror and a map.

Truth heals.
Love wins.
Every time.

Poem: Ego Talk

The ego whispers, “They’re the cause.”
It skips the pause, rewrites the laws.
It puffs its chest and takes the stage,
But underneath? A quiet cage.
It laughs too loud, pretends it’s cool,

While guarding wounds it fears will rule.
It argues first, then walks away—
Because the truth feels far to stay.
It hates to lose, it won’t admit,
It wears control but can’t commit.

It flips the script and makes a scene,
Then wonders why it's not serene.

But ego isn't all that bad—
It learned these ways from times it's sad.
It built a mask to feel okay...
Yet longs to drop it—maybe today?

So if your voice begins to rise,
And anger dances in your eyes,
Ask softly, "What's this really for?"
Then take a breath—and feel much more.

You're not the fight, or fear, or spin—
You're stillness, space, and light within.

Reflective Prompts – Ego Awareness

1. When was the last time I felt the need to defend myself—was I protecting truth, or protecting a wound?
2. What emotion hides behind my most common reaction—anger, sarcasm, silence, or control?
3. If I let my guard down for just a moment, what might I be afraid someone will see?

