

Telling oneself to get rid of the ego re-traumatizes the protective structure that formed out of the original trauma. And here's the kicker: if we don't kill it, then let's heal it! This infers that we are broken. So now we try to fix what's been made up based on the false perception of lack. But you see we aren't lacking. We are intrinsically whole in our natural state of being. What is needed is clear perception into those places we denied, hid, disempowered, and dissociated from – strategies that ensured our survival in early life.

