



Satsang Month 3: Transforming the Ego

Journaling Prompts . . .

This is how I most experience my Ego wanting to run or sabotage my business:

Where can I say, So What?

What does it feel like to say, So What?

How does it feel to pranam & honor my work as coming through me?

"I am not the Doer" provokes this in me:

I am jealous of:

Jealousy looks like/feel like this:

If I'm really honest, what I really want is:

How can I experience / have more of that in my life?

I resent:

This makes my blood boil:

Is there a boundary missing here? Was one crossed?

If so, how can I set up (or firm up) that boundary?

Am I really hurt rather than angry? About what?

When I do the prosperity & abundance meditation, this is what I most want:

Right now, my Ego is teaching me: