

Transition From Ego-based Consciousness

Contributed by Cindy Payne
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Ever since the movies, *The Secret* and *What the Bleep Do We Know* came out, there has been an increasing interest in learning how to live the life of your dreams, attract your heart's desire, manifest abundance, health and happiness. New books continue to be published which attempt to explain how to do this, but there still remain a large number of people who want to be able to transition from the ego-based consciousness to the heart-based consciousness, but find that they cannot. They create their vision boards and say their affirmations, but their lives stubbornly refuse to change. They ask themselves, what am I doing wrong? I've read the books, I've followed the advice, and I'm still stuck. They find themselves increasingly frustrated with the limitations of their ego-based consciousness but find themselves unable to break free from it.

Every person whom I have helped to transition to a heart-based consciousness has had the same problem: negative emotion from multiple lifetimes in which our spirits have been frustrated and traumatized by their inability to transmute the ego-based energies trapped in the energy body and carried forward from one lifetime to the next. Once the negative energy is cleared, they find themselves in a whole new state of being in which their own personal concerns no longer seem to be the exclusive focus of their consciousness. Instead, they find themselves becoming interested only in how they can be of service to others, how they can carry out the will of their Divine creator. In my own case, I suddenly discovered that issues that had caused me incredible emotional turmoil and anguish for months on end were suddenly completely irrelevant, I became totally detached from any particular outcome. What I didn't have and had wanted so badly, so urgently, so obsessively when I was struggling daily to overcome an out-of-control ego just didn't seem very important any more. I was able to discard all of those longings that my ego loved to go into drama about almost overnight.

The transition from an ego-based consciousness is a journey, a process. My process evolved very, very slowly over the course of six years, then moved forward at lightning pace for a little over a year before I was finally ready to make the transition. While I know how to identify the negative energy that prevents that transition from occurring and clear it, not everybody is ready to do that right now at this very moment. Our higher consciousness, the spirit, the inner wisdom which we can all access when we learn how, knows exactly how it must heal. It knows which traumas must be healed and in which order. And while we can defer strictly to the higher consciousness, asking it to lead us most directly to the transmutation of the ego-based energies, the process cannot be hurried along. We cannot jump from point A to point Z without visiting each point in between. Many people are very close to being able to make the transition, others of us have many other traumas that need to be healed and negative energies/thought patterns/beliefs that must be transmuted before they are ready for the final steps which lead to embracing a heart-based consciousness. I would love to help you navigate that path as gracefully as possible.