

No Ego Journey Process

Start by asking what your partner's emotional issue is. Open energetically with your partner and let your pace suit your partner's needs.

Say:

Bring all of your awareness to the feeling

Where in your body is it strongest?

Just allow all the feeling to come flooding... Really welcome it... Let yourself be flooded by it... Just sit still in the very core of it and let it have its way with you... until there's nothing left... And once there's nothing left... What shows up?... What reveals itself?... Just open your whole being into whatever you're experiencing right now... What is it that you are feeling?

At every level until someone shows up ask, "Are there are any specific people related to this feeling?" Put an asterix at the level that the person(s) appeared, and note who was there. Once a person is named, stop asking this question – this is the campfire level.

Let your partner sit in the core of every emotion until there's nothing left, and eventually they've dropped into Source. Let your partner rest there for approximately 15 - 30 seconds.

Then Say: Knowing yourself as this vast boundlessness, this stillness, this Freedom, this _____ (Source), if _____ (Source) had something to say to _____ (last level), what would it say?... (let answer)

Then Say: Just allow _____ (Source) to wash through _____ (last level)

Continue washing through until you have washed through the campfire level, then go to Campfire Process.

No Ego Campfire Process

Now imagine a campfire... the nature of which is eternal silence, unconditional love, absolute Freedom. And you can imagine a **younger you** sitting at this fire... Now picture the **present you** sitting at the fire... Also at this fire is a **mentor of enlightenment**, one whose wisdom you trust - it can be someone you know or would like to know, a saint, a sage, or someone born of your imagination; someone in whose presence you feel safe, and whose views on the ego and Freedom are enlightening - you may also bring a guardian angel if you wish... Now bring to the fire the specific people who are involved with your issue... Do any other people need to be at this campfire?... *(let answer)*... Great...

Can you see the campfire?... Can you see the **younger you**?... The **present you**?... The **mentor of enlightenment**?... Who else is there?... *(let answer and write down the names so you can refer to them specifically, i.e. Mother, Father, Loved One, etc.)* Of the people involved with your issue, to which ONE or TWO would you like to speak?... To whom would you like to speak first?...

Go through ALL questions (1 to 12) for BOTH people to be spoken to

1. Everyone is now sitting in the protective presence of this fire of unconditional love and absolute Freedom. The **younger you** may have experienced a great deal of pain in the past. Let the **younger you** speak now from the pain of fixation, saying what needs to be said, and letting _____ *(Mother, Father, Loved One, etc.)* hear what needs to be heard... *(let speak from heart/pain)*
2. Knowing that _____ was probably doing the best he/she could with the resources he/she had at the time, let him/her reply not from the personality but from the level of the soul... *(let answer)*
3. What does the **younger you** have to say in reply?... *(let answer)*
[Continue conversation both ways until completely empty. Be encouraging.]
4. Now let the **younger you** step into the body of _____ What does it feel like in their internal world?... *(let answer)* Now look out through their eyes at the younger you... Now step into their heart... How does it feel inside their heart... inside the very best part of them?... *(let answer)* Now step back outside of their body...
5. Let _____ speak from their heart...

6. Does the **younger you** have anything to reply?... *(let answer)*
7. Does the **mentor** have anything to add?...
8. What does the **present you** have to say to _____ ?... *(let answer)*
9. What would _____ reply?... *(let answer)*
10. Does anyone have anything more to add?... *(let answer)*.
11. When the **younger you** is ready, ask: Even though his/her previous behaviour may not have been acceptable by **any** standards, are you willing to **completely and utterly** forgive him/her from the bottom of your heart - even if you in no way condone his/her behaviour?... *(let answer)* Now go ahead and forgive him/her... And you can let me know when that's done.
12. When the **older you** is ready, ask: Even though his/her previous behaviour may not have been acceptable by **any** standards, are you willing to **completely and utterly** forgive him/her from the bottom of your heart - even if you in no way condone his/her behaviour?... *(let answer)*. Now go ahead and forgive him/her... And you can let me know when that's done.

Now repeat process of questions 1 to 12 for the second person to be addressed, so that all is said and heard. When this is completed, continue by saying the following overleaf:

Say: Go ahead and forgive them all, sending them blessings. Allow them to merge into the fire, which is the source of all life. Then turn to the **mentor of enlightenment** and ask him/her to put up onto a video screen various scenes of the pattern of your fixation playing itself out. Can you see the scenes?... Great...

Please describe the patterns... *(Wait for description)*... Now let the screen go blank and ask the **mentor of enlightenment** to play the scenes again, but this time from the point of view of Freedom... *(Long Pause)*... How is it different?... *(Wait for Description)*... Now let the free you step down off the screen and come over to the campfire... In the past you have had the following painful experience (Read their Fixation Experiences one at a time.) So, from the point of view of Freedom, how will you handle it now?... *(Wait for each description)*...

Then let the **free you** say to the **present you** at the campfire: I am so sorry your fixation caused so much pain for you in the past, you just didn't know how to live in awareness: instead you identified as your fixation. I promise you will never need to experience this again. Awareness is what you are... Then hugging the **free you**, let yourself merge, allowing this Freedom to become more expansive... Turning to the **mentor of enlightenment**, thank him/her... You can both step into the fire, which is Freedom itself.

At EACH remaining level ask: Knowing yourself as this vast boundlessness, this stillness, this Freedom, this _____ (Source), if _____ (Source) had something to say to _____ (last level), what would it say?...

Wait until they answer...

Then say: Just allow _____ (Source) to wash over _____ (last level).

<p style="text-align: center;">When all levels are complete go to Future Integration</p>

No Ego Future Integration

Read at moderate pace, allowing partner to experience fully what it looks, feels and sounds like, and to answer verbally. There is no need to write anything.

Having learned what you've learned, having experienced what you've experienced - see yourself a day from now ... What do you feel like?... Knowing that you are _____(Source), imagine a situation arising that would have triggered your old fixated behaviour. What does _____(Source) say to it?... See how you are handling it now... What kind of things are you doing?... Saying?... Feeling?... How do you feel about yourself? ...

Now see yourself a week from now - how are you feeling in your body?... Picture the old pattern trying to arise... What does _____(Source) say to it?... How are you handling it?... What do you look like?... What kinds of things are you saying to yourself?... What kinds of actions are you taking?... What are you feeling?...

Now picture yourself a month from now - How are you feeling about yourself?... about life?... See that old pattern trying to arise... What does _____(Source) say to it?... How are you handling it?... Are you feeling free, confident and light?... What are you saying to yourself?... What are you doing?... How does your body feel?...

Now picture yourself 1 year from now - what do you look like?... What does _____(Source) say?... How do you feel?... Can this old pattern even come up any more?...

Now picture yourself 5 years from now - how are you feeling?... Is this old pattern even possible?... How does your body feel?... What does _____(Source) say to it?...

Now see yourself 10 years down the road - are you feeling so free from this old pattern that it doesn't seem possible or real?... How are you handling things?... How do you feel about yourself and your life?...

Staying as the expansiveness of the future you, you will find you will only be able to open your eyes as soon as all parts of you have agreed to continue this transformation that took place today automatically, perfectly, of its own accord, without you having to think about a thing - the same way it makes your heart beat, your eyes shine and your hair grow.

So remaining as the vast Freedom of the future you, you may open your eyes now when you are ready.