

A close-up, profile shot of a woman with long, wavy blonde hair. She is looking towards the left. In the background, a hand is holding a dark blue spray bottle with a white nozzle, spraying a fine mist onto her hair. The background is softly blurred, showing green foliage and a person in a dark shirt.

CLASS 3

Ego

Consultation  
MasterClass

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timely × Dario



traits

Knowledge

conduct

Behaviour

mother

EMOTIONS

skills

Feelings

MEMORIES

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comforts

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BELIEFS

Programming

EGO

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MOOD

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Singularity

Who am I?

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REPUTATION

thinking

Mental  
constructs

Self

experience

integrity

SSN

Name

MOOD

Status  
Class

## Objective World

To be objective is to be unbiased.

If you're objective about something, you have no personal feelings about it.

## Subjective World

Existing in the mind; belonging to thinking.  
(opposed to objective).



Your ego is your exterior presenting you to the world, with your outer mask.

Meaning the real me is hidden behind the outer mask.

Ego doesn't mean you have a "fat head."

It's our internal eye and our centre of our personality that organises what we perceive.

The body believes what the mind is thinking, for example, a hurt feeling is ego.

In summary the ego is: a fictitious fantasy and sense of self and ultimately, a loss of self.



EGO



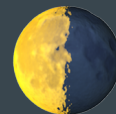
The shadow is part of our unconscious mind.

We lose clarity on a situation and produce judgment.

The shadow ultimately becomes a filter to our reality, if I think it, it must be true.

Blind spots are caused due to our shadow.

The more you can shine a light (awareness) on your (ego) shadow, the more it shrinks.



# THE SHADOW

Ultimately, the shadow becomes a filter to our reality



What I think I look like in my mind

Reality is the screen and the projector of everything we do.

Projecting yourself, such as a strong opinion onto others, means you have a dense shadow (from pain and trauma).

We project ourselves onto others and as the projection wears off, then that person becomes clear.



# PROJECTION

The now is the exit door out of the ego,  
because you are present.

Being at one with what you are doing now,  
helps energy flow in a positive way.

Being present is the beginning of freedom.

***TIP: wiggle your toes to bring you back to the  
present and stop thinking.***



# THE NOW

CLASS 4

# Emotions

Consultation  
Masterclass

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WEDNESDAY 28TH OCTOBER  
8AM GMT. 7PM AEST. 9PM NZT

