

EP3 Ego vs Spirit

How we can recognize when we are operating from the Ego and what we can do to realign with the Spirit

Every one of us struggles with our Ego, which is actually fear based, it always wants to control everything around us, and reacts to the opinions of others. However, this is not a true reflection of who we truly are, which is the Spirit. At our core, we were created to operate from our Spirit, which knows no fear, is humble, peaceful, powerful and allows us to vibrate at high energy levels of joy, happiness and abundance.

In this episode, Emeka talks about the difference between living from the Ego mind, versus the Spirit, and what we can do to realign ourselves with the spirit, which is our true nature.

Thanks for listening 😊

Emeka's Takeaways:

What are some of the things we can do to realign with the Spirit?

- Learning to Love and accept ourselves completely
- Do more of what you love
- Spend time in silence
- Remain in a state of gratitude
- Be In service of others