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# Crazy or Sane?

## Five Steps for Instant Clarity!

*By Sri & Kira*

As the energy of our beloved planet continues to harness her strength through expression, our beloved bodies often are the first to notice this constant expansion of energy. This moment is proving how powerful this year is, and will continue to be, as we each call forward the stabilizing gifts of Shanti, Bhakti and Ananda!

Relax and remember that it is only natural that ALL of the bodies are reacting in the presence of vast shifts that include a call to acclimate to living in multi-dimensional experiences. Everyone is navigating something “new” yet “familiar”...ancient yet happening now. You are not crazy for sensing or feeling this way, most likely you are igniting yet another layer of openness that is calling you to wake up...even more.

This includes your physical, spiritual, mental and emotional bodies. Have mercy on yourself as you adjust to the powerful shift that is already upon us all and is gaining momentum. As you relax evermore and call forward loving compassion as your guide, in this moment fully embrace and ascended that beloved sly pirate that is ever lurking around... known simply as the Ego!

*(The “pirate ego” is explained by Archangel Zadkiel in our book [Sacred Union: The Journey Home](#).)*

This universal aspect of consciousness has grown without boundary over the millennia creating cultures and societies that are defined by their “me-focus”. Deep within the wellspring of most earth-bound experiences, the “ego-trap” is often discovered.

*(The first “step” on the Pyramid of Spiritual Awakening, Density Consciousness, see next page.)*

It is here that we are all born into the great playground of creation. It is here that everyone begins the journey. And, through navigating the three waves of energy, *(that exist in all of the steps)*, the recognition of growing beyond a “me” focus emerges and the greater mysteries are sought out and explored. Many spiritual traditions offer practices to assist the explorer to dismantle the ego’s grip. And!

Once this journey begins, the first a-ha moment arises:

***The ability to witness the difference between  
Egoic Reality and Soul Consciousness.***

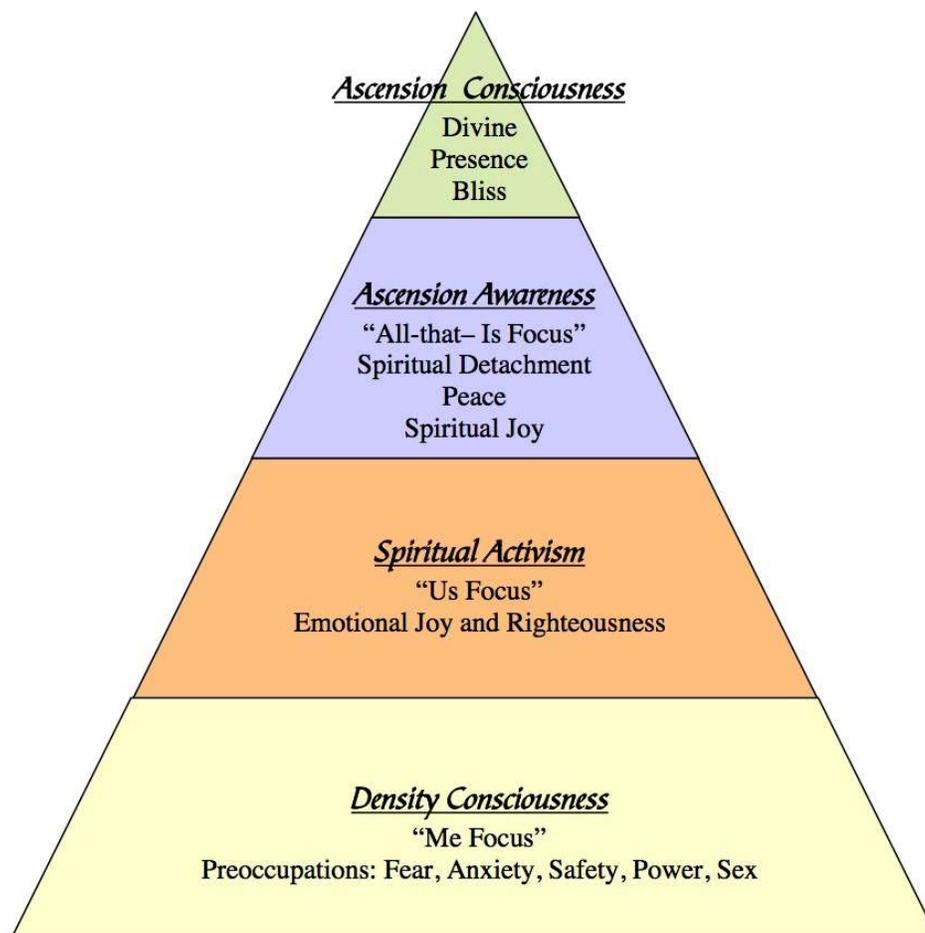
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The ego reality is born of words and their usage. Words are easily, and often, manipulated...words are championed by the ego to support its agenda. One of the most challenging aspects of the ego reality is the development of the spiritualized ego. While this is a challenging moment in the evolution of the soul in form, it is also a necessary moment.

Each and every being will walk through their spiritualized ego on the way to full Ascension Awareness, OR they will empower their ego reality through the spiritualized ego thereby creating a sense of grandiosity or “spiritual specialness”.

*(This expression is found within the second level of the pyramid of spiritual awakening... Spiritual Activism.)*



## *Pyramid of Spiritual Awakening*

*Note: Each of the sections of the Pyramid have three distinct experiences as they are navigated...Awareness, Experience and Choice...this trinity of energies is navigated with each section. It is the energy of creation in harmony with Oneness.*



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“*Spiritual specialness*”, is challenging to unravel once it is in place. This refined aspect of the spiritualized ego finds plenty of fuel to keep it active through fourth dimensional attachments that enjoy feeding and attaching to the ego directly. It is a virtual feast for disincarnate beings and trapped energies that are planet bound. Often the information received by the one who has entered this field has a sense of “truth” within its context. This intentional, (*and only initial*), energy of validation seeks to further entrap the one who has surrendered their power to their ego.

One of the gifts of this experience...and it is visited by many... is that it is the journey of the master and is only endured by a great being of light and love! The challenge is to walk through this illusion and *discover from within* the grip that is holding tightly to the ego in a last dance of power. Questioning your sanity and dancing with negative beliefs, the ego is fighting for dominance and will use every means possible to keep you “in check”.

Through the gift of the human experience we usually require our unique form of a ‘fall’ to discover sincere surrender and ignite authentic communion. For the one who is aligned with egoic entrapment through the spiritualized ego, there will be a flirtation with this fall several times prior to the “final fall” that celebrates the ascended awareness and the freedom from all illusion!

Since these densified energies are smart, sly and often misunderstood, it is helpful to have the tools to discern through them. To actually know!

The Archangelic realm has shared five “symptoms” that signal the spiritualized ego is trying to be in control. So take in a deep breath, relax, exhale and have mercy on yourself, as you read on.

### **1. Denial of Personal Emotional Wounding:**

*Refusing to acknowledge projected emotional energy. Denial can express as a gravitation toward lofty ideals, or organizing focus on sources outside of Self. We must do “X” because ‘they’ are doing “Y”. Often times this expresses in the “sense of greater good”. Or, for example, one religion feeling superior to another.*

### **2. Denial of Personal Responsibility:**

*Reality is co-created – when we are not getting what we want, an empowered action would be to look inward to recognize how our unmet emotional needs are driving our perceptions and judgments. One who is in the grip of spiritualized ego claims the cause of pain is most all-ways from “others”. Someone or something external to the Self is misbehaving!*



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### **3. Need to Manipulate Opinion or Distort Facts:**

*The willingness to share incomplete information or take information out of context to support a personal agenda. Feeling 'right' in doing so. Seeking allies by focusing others to base their actions on "headlines" versus a thoughtful examination*

### **4. Preoccupation with Right/Wrong:**

*The ego loves to blame...the sly pirate will do this very subtly, by pointing to principles of right or wrong to justify projected energy. The soul is without judgment. It holds space for all creation to evolve. Harmony between peoples occurs naturally when the agendas are relaxed and the organic process of finding balance occurs. The spiritualized ego feels a need to control and justifies itself through charisma or seeming to be aligned with a higher principle.*

### **5. Grandiosity and Pontification:**

*Preaching – offering unsolicited advice, calling for attention from others, sense of carrying the 'final word' on matters, relying on a 'higher authority' and denying the validity of other perspectives. Grandiosity is a natural expression of a spiritualized ego that resides in the 6<sup>th</sup> or 7<sup>th</sup> chakras. Often accompanied by a sense of 'my information is inspired' (thus reinforcing spiritual specialness)*

The spiritualized ego needs to feel special or claim a unique empowerment. Sincere spiritual surrender, (*prayer, meditation, fasting, etc.*), often results in inspiration or mystical communion. How that inspiration is lived, understood and communicated can be interfered with by the ego. The ego believes it must control, provide safety and be acknowledged. How it usurps the authentic soul expression is based upon the individual's unfinished emotional healing.

The journey of wholeness is a universal human path that begins through our efforts to resolve the energies of separation and fear. To be healthy, all humans are faced with the need to love themselves and evolve; that is a universal part of the human condition.

The need for wholeness and safety underpins most of our life activities. At some point this evolutionary urge lifts beyond the physical and emotional worlds and becomes a discerned as a longing for re-union. This awakens the Yoga of Self-Ascension and the remembrance that the need for "safety" is a density concept.

To embrace a Soul-Conscious life opens us to a wrestling match with the ego. The ego is child-like and disconnected from rules of fair play! To relax and invite the soul to lead in our lives takes the courage to confront the distractions that are



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championed by the ego. All sense of doubt, pain, fear and belief in lack is the arena of the ego.

The soul's energy is Joy. Unconditional love, deep peace, and the harmonious recognition that all is well, is the foundation of Oneness. Your spiritual tenacity is the champion for the emergence of the soul into your co-created reality.

It is a glorious moment on the planet, and the strength of your Soul-Consciousness is the greatest guide along the way!

