

On Purpose Now.

The Ego is an Addict.

My name is Ego. I am addicted to fear.

I have a mental obsession with fear and I use it to create the physical feeling of adrenaline and despair.

In this addiction, I use everything under the sun to feed the obsessive cycles. Time, money, relationships, health, work, sex, drugs, and rock n roll, are a short list of the subjects. With these there are never-ending ways I can be obsessed with fear and create experiences of adrenaline and despair.

Give me anything that you could see as a threat, and I can use it to feed myself and the addiction. Worried about the bank account, the waistline, whether or not you are good enough, lovable and wanted? Any of these are my doorways to the addiction.

What about your roles as a Mother, Father, Leader, Husband, Wife, even Christian? I can use these too, and lead you again and again to despair and adrenaline. Think of your children, spouse, lover, life partner, or best friend. Have you not used these people you call precious, the ones you say you love, to obsess over fears and experience adrenaline and despair?

Who the hell would do this On Purpose? Maybe nobody in their right mind.

Take a moment to contemplate and see this cycle of addiction for what it is. It is not likely you would choose to obsess over fear and use it to experience adrenaline and despair. This not just my Ego or your Ego, either. This is the universal operating system of the Ego. The fundamental condition of the mind of fear, doubt and worry.

A mind filled with fear, doubt and worry is insane. It takes the sane and creative mind to see and admit this.

Living On Purpose is Recovery from the Ego.

Do you want to live On Purpose Now? If you ask this question and hear an honest answer of Yes, it is the beginning of the end of the Ego. It takes a sane, sober and creative mind to even ask this question, let alone answer it honestly.

When you hear a heartfelt, "Yes, I want to live On Purpose", you have activated the Creative Self and mind. Along with this the right to be a victim is subconsciously relinquished. This choice returns the power of purpose and stops the addictive cycles of fear, adrenaline and despair.

Here is a way you can put this to practice.

- Think of a recurring fear you have about a situation in your life. It may be with your children, work, regarding money, or your health.
- In your mind's eye see the patterns of fear, when the mind worries and obsesses over this.
- Let your creative mind paint the picture and reveal the whole patterns.
- Allow yourself to see how adrenaline and despair use your energy.
- Use colors, streams of emotion, energy to see the effect of this pattern.

When it feels like you have the full picture in mind, ask: Do I want to live On Purpose in this situation and with these people?

Stay present with the scene until you feel a sense of relief. Listen to Hear a Voice of Purpose show you knew options for to use your thought, energy and action with this situation. Decide On Purpose and let that Purpose decide for you!

I am hoping you will be amazed at a sense of relief and unexpected creative options for how to proceed!

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