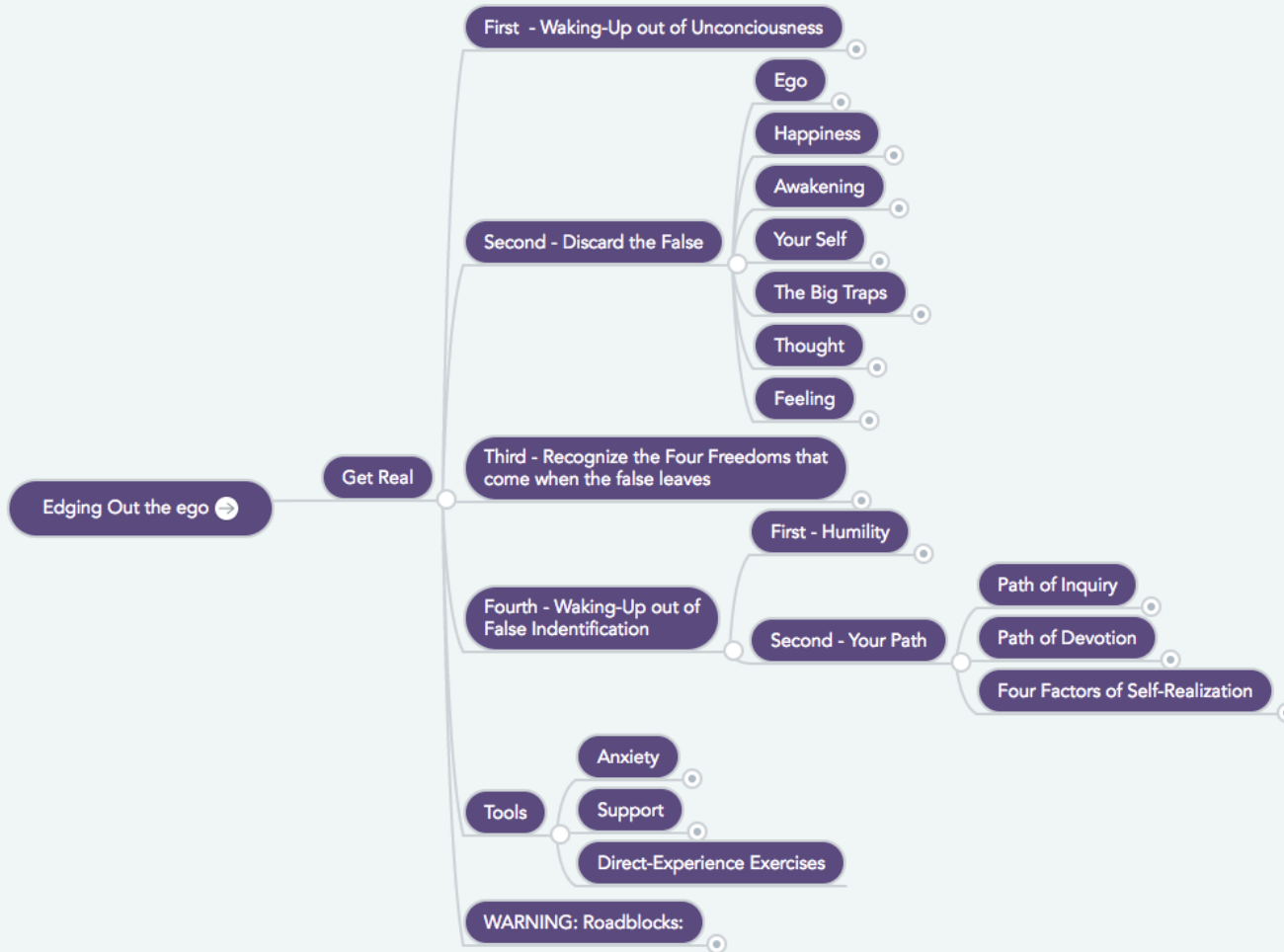


# Edging Out the ego Coaching Program Overview with Cindy Teevens



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### First - Waking-Up out of Unconsciousness

Recognize the Movie-in-the-Mind as unreal  
(Video #1)

Recognize your First Power > (Video #1)

Recognize your Second Power > (Video #2)

Recognize your Third Power > (Video #2)

Using your Second and Third Powers, shift  
your Attention from the Movie, to what is  
(Video #2)

Come to Your Senses to see the difference  
between the movie, and what is

Recognize your Fourth Power (Video #3)

Recognize your Fifth Power (Video #4)

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### Ego

Ego does not do things to you, it does not take over

Ego is not bad thoughts

Is not an entity, has no volition of its own

### Happiness

You don't have to be unhappy

You can be happy, and not bypass

Things, people, events, do not make you unhappy OR happy

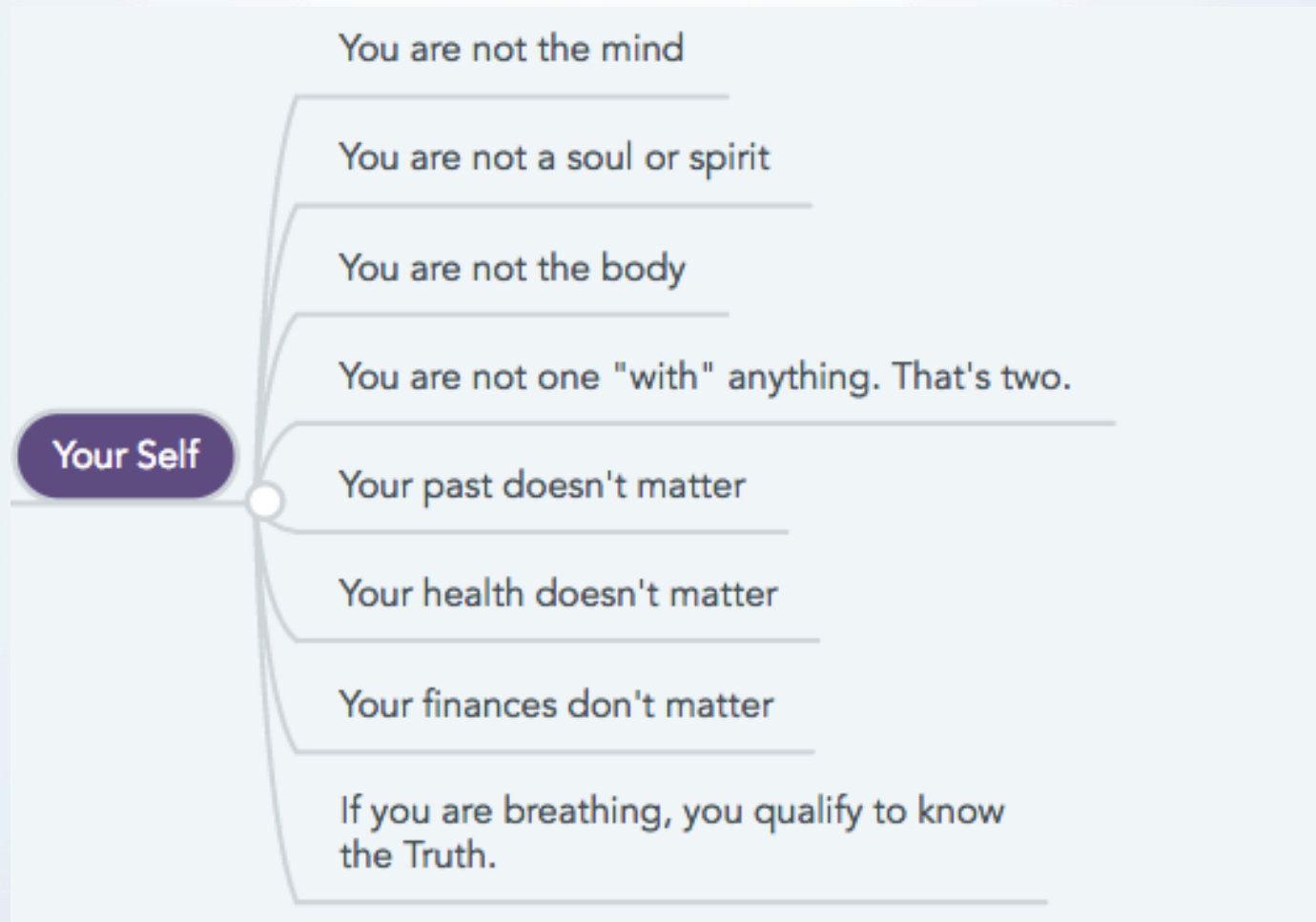
### Awakening

Think you lost your awakening? You didn't lose anything, you gained a thought.

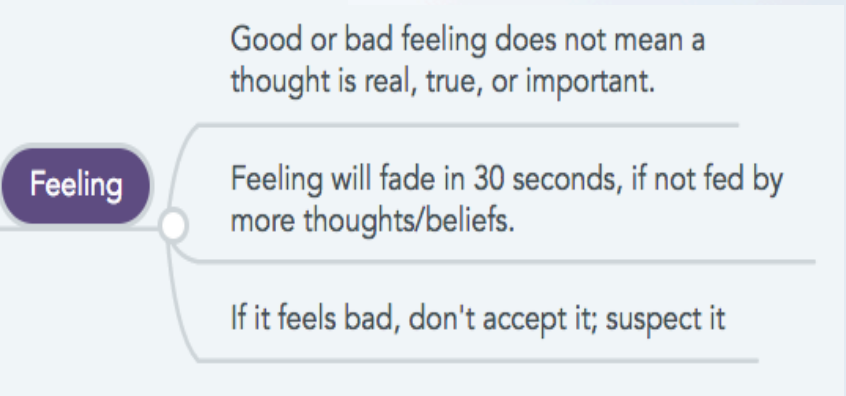
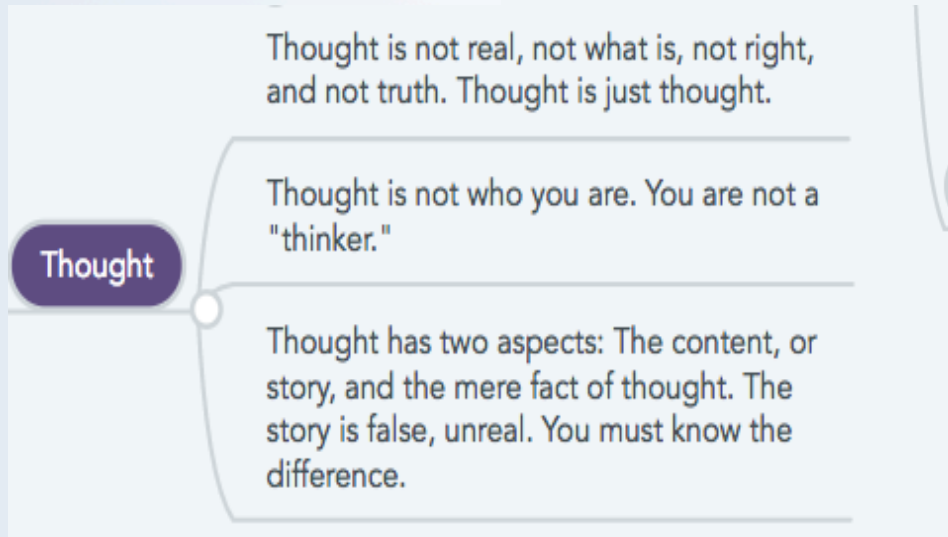
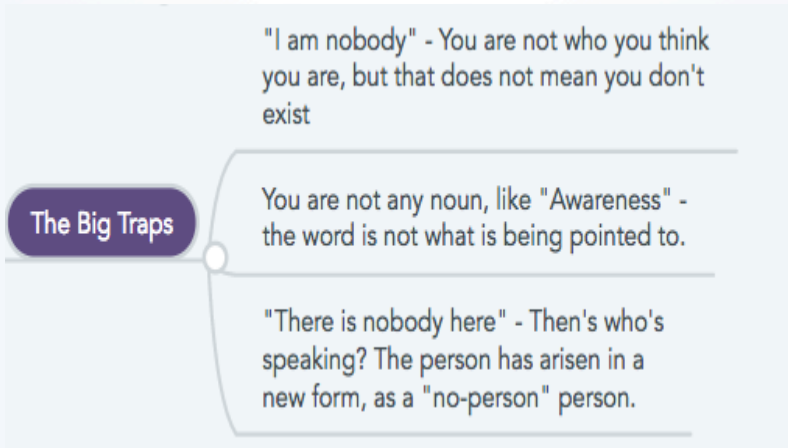
Awakening is not a good feeling

Oneness is not yours, and you don't move in or out of it

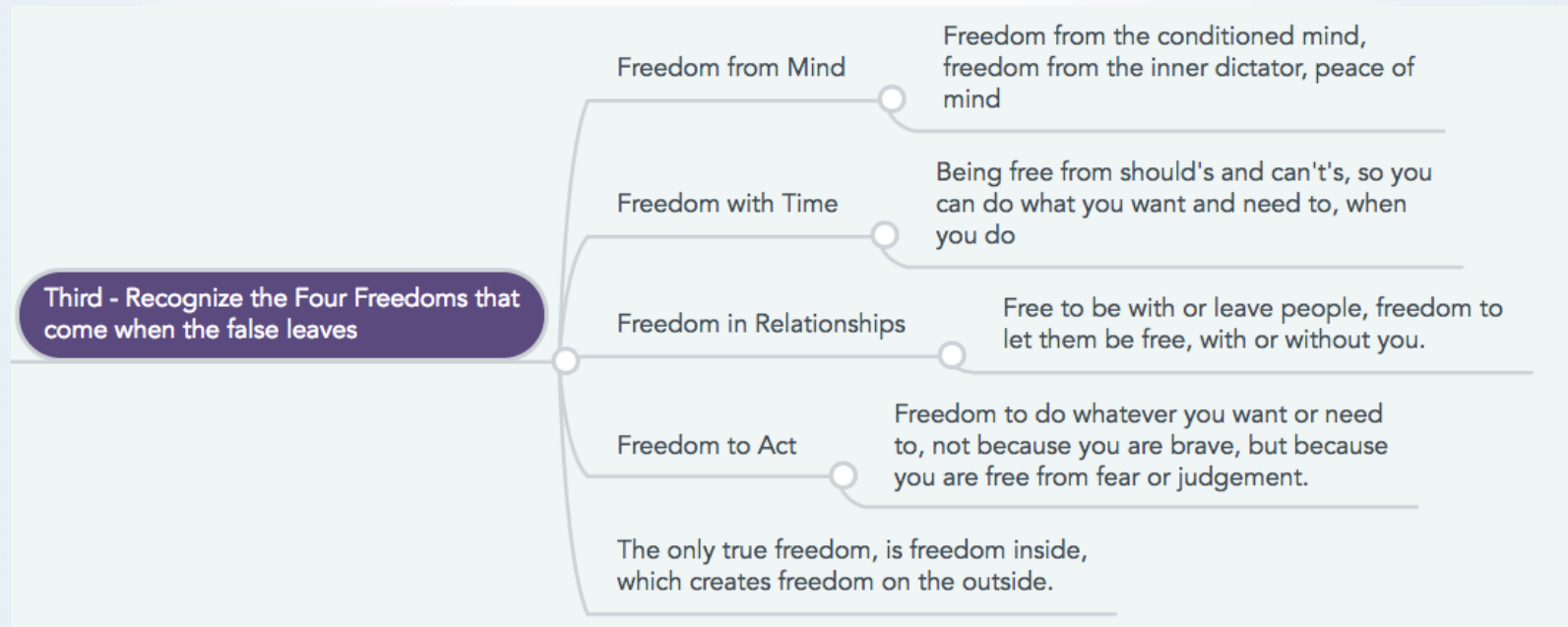
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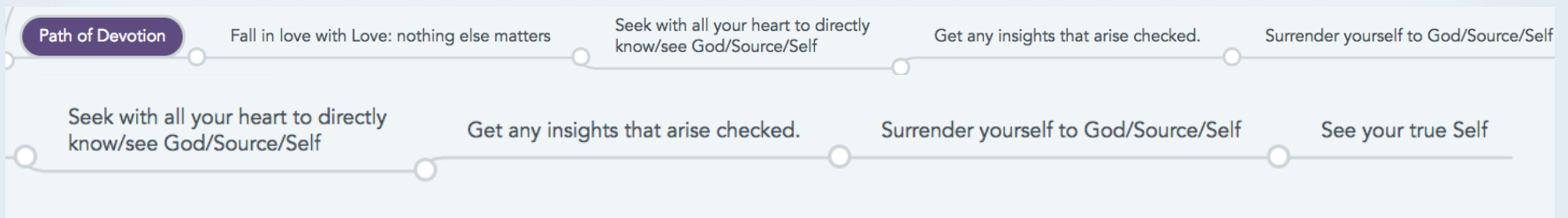
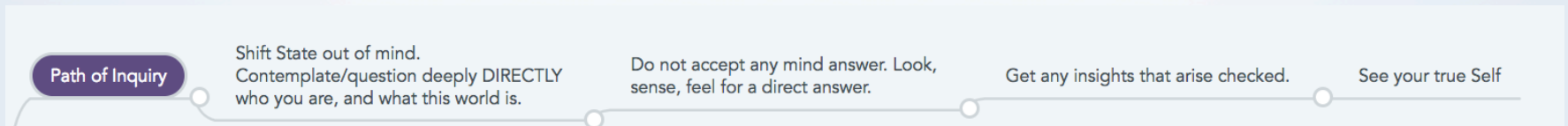
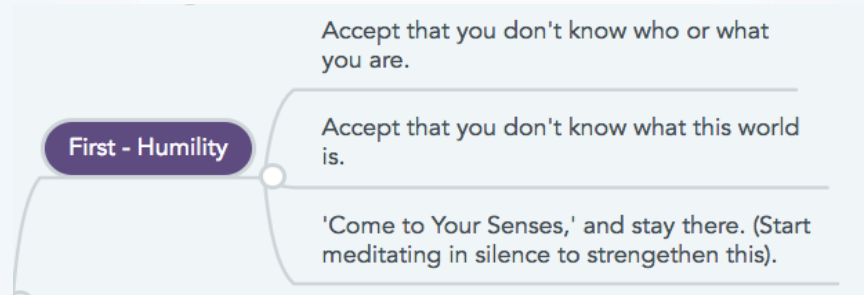
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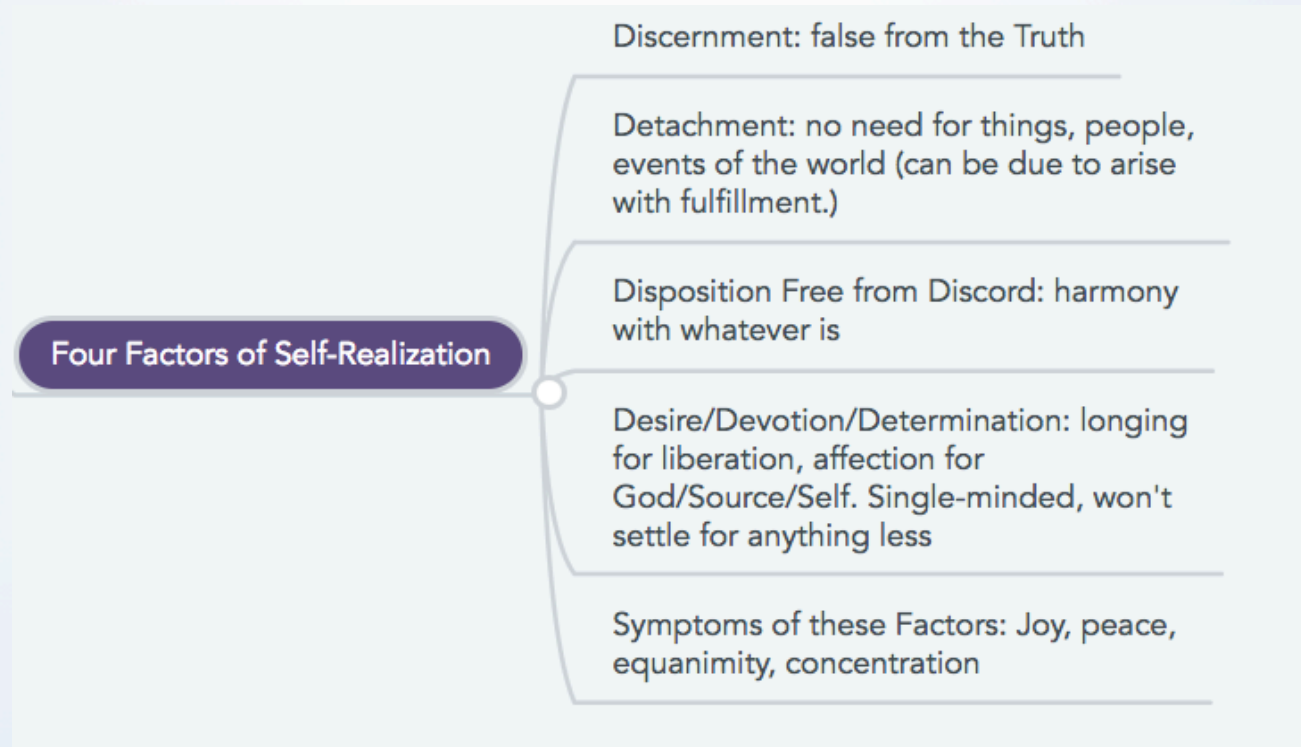
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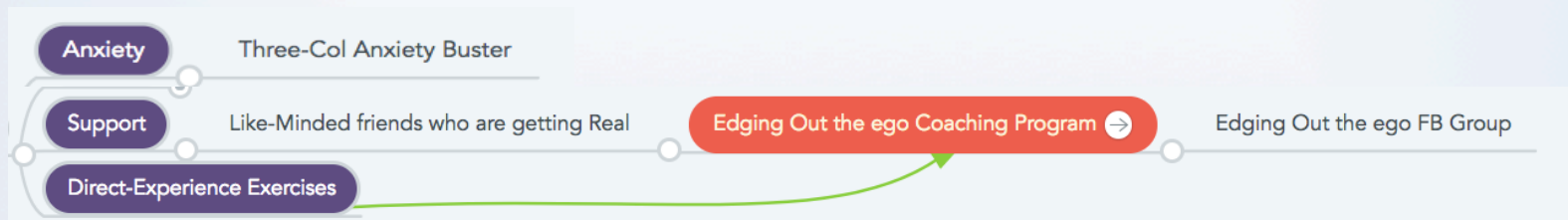


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### WARNING: Roadblocks:

"I disagree": This will get you the same results you've always gotten. Suspend your beliefs long enough to try on something new, to actually see for yourself.

Clinging to Spiritual Stories: You must be willing to let everything go, especially your ideas about yourself. Empty yourself.