

# Ego Workshop

## *with Cindy Teevens*

Ego is not in your way... What is?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is the movie-in-the-mind made of?

\_\_\_\_\_

Even though a movie is playing, you always have the \_\_\_\_\_

We must wake-up from the \_\_\_\_\_.

To do that we must use \_\_\_\_\_.

You can use suffering to \_\_\_\_\_ from the movie.

Being unconscious is being absorbed in the \_\_\_\_\_

What has never left you? \_\_\_\_\_

### Ego Fundamentals

What you think is not \_\_\_\_\_ you are.

Awakening experiences are not \_\_\_\_\_.

What people miss during an experience is the \_\_\_\_\_.

What really matters is \_\_\_\_\_.

*...continued...*

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### The Four Freedoms

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

The only true freedom, is freedom \_\_\_\_\_

### Two Non-Starters

1. \_\_\_\_\_
2. \_\_\_\_\_

The biggest problem is, we've been confused by \_\_\_\_\_.

The first core understanding is \_\_\_\_\_.

### Your First Power

Is my power of \_\_\_\_\_.

*...continued...*

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Categories of Seekers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Which are you? \_\_\_\_\_

What would being free mean to you? \_\_\_\_\_

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**Please leave me a message below the video. I will reply to all there.**

Up Next:

Your second and third powers, critical to unconsciousness, and a Two-Minute Technique to Inner Peace is coming soon!

Stay tuned, because:

*You are just one Realization away...*