

# DISSOLVING THE EGO: BEGIN TO RELEASE YOUR SPIRIT AND TAP INTO YOUR BRILLIANCE

MINI WORKBOOK:  
REFLECTION PROMPTS  
AND A SECTION FOR PARENTS INCLUDED



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# Introduction

*When the ego is dissolved, we are better able to be in the highest emotional frequencies and in our soul's creative power.  
A remembering of the reason we came to earth comes to the surface and this increases the feelings of fulfillment, happiness and self-worth.*

## Enlightenment



*When in the emotional frequencies shown in this diagram, we are in our unique soul-selves and our creative power.*

*When the ego slowly dissolves, it is much easier to stay in these high frequencies for an extended period of time.*

*This workbook is meant to provide an exploration into the self. Through the reflection prompts, you will be more aware of your place within the inner journey.*



# REFLECTIONS

## Exploration: Dissolving the Ego

Think of one person you tend to judge a lot.  
Describe compassionate and understanding  
thoughts about the person instead of judgmental  
thoughts. Go into as much detail as possible  
and provide examples.



# Exploration: Dissolving the Ego

Why is it so difficult to surrender your dreams to a higher, more powerful, resourceful, knowledgeable source?  
Explain with as much detail as possible and provide examples.



# Exploration: Dissolving the Ego

Set a timer and take 10 minutes to come into complete relaxation of the body. After the 10 minutes, reflect. What were the obstacles you faced in coming into deep relaxation?  
How did you overcome them?



# Exploration: Dissolving the Ego

Think about one person you always argue or compete with. How would you feel if you walked away from a moment of competition or from an argument that was not going to be constructive? Why would you feel this way? How can you transmute any negative feelings about walking away into positive feelings?





# 5 Ways to Help Children Dissolve the Ego and Come into Creative Brilliance.

1.

*Emphasize having fun rather than winning or losing. Be in the moment with children and model ways to have fun during a competitive game or circumstance.*

2.

*When a child judges themselves or judges others, offer a perspective that is compassionate and filled with understanding instead.*

3.

*Volunteer and be in service to others with children. When we do this, kids are able to better understand that realities and circumstances of others.*

4.

*Be at service for your kids in ways you usually aren't. For example, make a favorite meal without being asked, give a massage, scratch their backs or write a loving card.*

5.

*Show compassion. Always validate negative feelings before helping children find solutions or before pivoting towards something more positive.*

