



God, Ego & Evolution is the manifesto of Consciousness Boot Camp. I invite you to join this call to action and to invite others as well. If we don't trust in our capacity for change, we won't call one another to a higher level of consciousness. If we don't call one another to a higher level of consciousness, we will be defeated without trying. I'm not willing to do that. Are you? Beth Green, Co-Founder, Consciousness Boot Camp, www.consciousnessbootcamp.org

God, Ego and Evolution – A Call to Action

Here's a myth for our era: Once upon a time, there was oneness and only oneness. There was no ego, no distinctions and no strife. Perfect? Not quite. Because there was no God¹, no consciousness, no self-awareness and no evolution. Where there are no distinctions, there is no existence. Without the absence of God, there is no presence of God. Without silence, there is no sound. Without blue, there is no red. Without dissension, there is no harmony, and without distinctions, there is no experience, because the experience and the experiencer are one. With no distinctions and with no experience, there is no consciousness. And with no faults and flaws, there is no evolution.

So, in order for the amorphous oneness to evolve, as was destined from the beginning of time, God was called into manifestation, and the oneness fragmented into an ever-expanding universe of differentiated reality.

And so it was that God was born, the creator differentiated from his or her creation. And thus consciousness was born, the experience differentiated from its experiencer. And at that fateful moment as God was born, so were ego, pain and separation. Because when God said, "Let there be light," darkness came into existence. When God created the heavens and the earth, separation was implied. And when the fragmentation of differentiated existence came to be, the ego was spawned.

We know the result of this fateful evolutionary moment – the result until now, that is. Because there is a piece of the story yet to be realized, and that's the piece that is emerging today: the rebirth of

¹ Many people believe that there is a higher consciousness that can be accessed, a consciousness that sees the greater perspective and offers wise guidance. In addition, numerous people throughout the ages have enjoyed mystical experiences attributed to the divine. There are a variety of words for these phenomena: God, higher consciousness, intelligent design, The Source, the Great Spirit, Higher Power, the Oneness and so on. For the purpose of this article, we are going to use the word "God," but please feel free to use the word or phrase that works best for you.

consciousness as individuation in the context of oneness and the rebirth of the ego as the ego twice born. So be it.

You might say, nice story. So what? Actually the destiny of our world depends on it. But before discussing this point, let me finish describing the first evolutionary moment, when God and the ego were born.

The ego: Simply put, it is the awareness of individual existence. Everything that exists has ego, as long as it is distinct from anything else. This includes living things, matter, energy and even concepts, as long as they are held in the mind as being distinct from other concepts.

The ego has a purpose, which is to ensure the continuation of individual existence, and individual existence is grasped through contrast. I am not you. Americans are not Mexicans. Coyotes are not rabbits. Gold is not silver. Violence is not love. Additionally, the ego fulfills its job of protecting us by creating leverage of some kind, a reason why we should garner scarce resources or be cared for. It is, therefore, not surprising that the ego is programmed to separate and to focus on competition, domination, manipulation and self-protection.

The ego also causes us to be short-sighted, as we have seen. The parasite doesn't notice that it might be killing its host, our need for comfort has led us into addictions, greed has resulted in economic turmoil, and we have been blinded to the destruction of our own ecosystem. These seemingly foolish behaviors are the natural outcome of ego-based motivation, and without intervention from higher consciousness, they are inevitable.

Look at the human ego. Born in the moment of our conception, the ego has an infantile consciousness focused on instinctive reactivity. Protecting our survival, our egos instinctively guide us to take our first breath, grab for the nipple and cry when we are wet. Already in infancy, we are grasping for the resources needed for our personal survival, and this instinct makes us self-centered and short-termed in our approach. As infants, we lack the insight, for example, to realize that a tired mother can't care for us, and a father who feels pushed away by our constant demands may ultimately resent us, turn against us or even hurt us.

This is all inevitable, given our infantile level of consciousness at birth. Dominated by our immature egos, we grab what we can for ourselves regardless of the impact on others. Only later do we come to realize that our long-term survival requires that we disguise our blatant greed and make some adjustments to the needs of others. Unfortunately, this realization does not necessarily bring us to oneness consciousness. Instead most of us simply become less direct and more manipulative about getting our needs met. Still dominated by ego, we are learning how better to ensure our individual survival, all the while reinforcing programs and patterns that may end up hurting us or others.

Let me describe this in a bit more detail. Calculating our place in the family, each one of us strives to establish some reason for others to care for us, and we become stuck in these personas. We become sweet baby, demanding baby, needy baby, guilt-provoking baby, whatever ploy works best in our particular situation, in order for us to elicit the resources we require. As we grow older and more

sophisticated, we continue to develop these and other complex patterns whose purpose is to seduce other people's egos into caring for us: we are the cutest, most helpful, most flattering to the mom's self-image, the one who best understands Dad, the smartest, dumbest, most needy, most troublesome, most something, in order to establish our place in a complex society of egos, each of which is also pursuing its own agendas. As these patterns become more and more internalized, we become locked into ways of thinking and being that limit our freedom to consciously respond to life's daily challenges. We react out of habit. We come to confuse these ego-based programs with ourselves. And we come to think the ego is us.

This pattern doesn't end as we became adults. Instead, as we grow older and enter the larger society, we continually calculate and recalculate our survival strategies, often to the detriment of ourselves and others. Ultimately, these ego-based programs become so habitual and their genesis so connected to our survival instinct, it is difficult for us to see them, much less challenge them, even when our behaviors jeopardize our survival. Look at strategies, such as overeating to stuff feelings that would alienate people on whom we depend, raging to intimidate others into acquiescence, pretending we are wiser than we really are, or striving for success at the expense of our mental and physical health, as well as our relationships. These behaviors seem to us to be reasonable ways to cope and manage, but ultimately they destroy us and everything we hold dear. And so habituated are we to these unconscious programs, we hardly notice them and feel that everything we do is normal, natural and the only way to be.

The ego of collectives functions the same way. Every business, group, nation and species develops survival strategies that may seem to work at one time but can become limiting or destructive at another time. Yet so enmeshed is the ego with the survival instinct, we believe we can't change these patterns without jeopardizing the collective's very existence. And just as we think our individual ego-based behaviors are necessary and logical, we deem our collective behaviors to be rational as well, even when they involve destructive competition or unconscious consumption. After all, that's just the way it is.

The association between our ego patterns and our survival makes it highly challenging for us to change. Whether dealing with personal behaviors, such as overspending, or collective behaviors, such as war, we continue to justify the mechanisms the ego has created to ensure our continued existence, even though they jeopardize our wellbeing and sometimes endanger our world.

To summarize, then: The fragmentation of the oneness led to the existence of ego, and without intervention, the infantile or immature ego narrowly focuses on individual survival and ignores the realities that we are one. This leads to separation, alienation and even self-destruction.

As we can see, we have lived in this universe since the beginning of known existence, and we have paid a very great price. We lose love and the feeling of wholeness that can be experienced only through connection. We feel alienated and try to compensate ourselves through food, alcohol, drugs, position, respect, anything that can numb the pain and fear caused by separation from ourselves, one another and the universe. And we compete with one another and all life, thoughtlessly grabbing resources and undermining the very institutions and earth that support us all.

Generally speaking, we have had no models to be different. Even when we have tried to come together to accomplish a larger goal, we have unconsciously attempted to establish our “selves” in the mix, jockeying for power, prestige, respect and material resources, always driven to prove our value, so that we can receive the resources we need in order to continue our individual existence. In addition, on a larger scale, societies intended to be based on egalitarian communalism have frequently failed to provide positive modeling either, because they have failed to protect the individual from the collective that was, itself, being dominated by egos and special interests. The truth is that, unless we address its domination, the ego will undermine our very attempts to be co-creative and mutually supportive. Look at most marriages if you want evidence of this sad reality.

At times, we have banded together to help ourselves collectively, yet even here, we are locked into separation, because our bonding has been based on an “us” versus “them” context in which one collective ego pits itself against another: male vs. female, insider vs. outsider, straight vs. gay, families vs. families, tribes vs. tribes, teams vs. teams, businesses vs. businesses, races, nations, genders vs. other races, nations, genders, or all humanity vs. other species.

We cannot be blamed. In fact, as we have seen, ego is not just a human phenomenon and is not a product of the mind; it is intrinsic to all individualized existence, most clearly manifested in living beings, each aiming for its own survival. And the ego is not to be blamed either, because ego, itself, is the product of evolution, the product of the fragmentation of the oneness.

While the existence of the ego is not our fault, its domination is our responsibility. We are all suffering the consequences, and we need to change, to become aware, to become accountable and to become mutually supportive. This is the shift the world is waiting for: humanity taking its place in a second evolutionary moment, which I will describe later in this article.

Awareness, Intention & Support

To make the shift from an ego-dominated world view, we need awareness, intention and support, including support from the human and divine dimensions. Let’s start with awareness.

Many of us have to some degree acknowledged the personal and collective pain caused by our most obvious dysfunctional behaviors based on ego. But few of us are dedicated to noticing how we are incessantly dominated by ego in our personal, political, social and work lives. Yet to overcome ego domination, we need to be stalwart in our commitment to look at everything we do and feel; every way we act and think. We need to notice moment by moment whether we are being driven by ego, whether we are being unconsciously dominated by the need to survive.

To become truly aware, we need to be ruthlessly self-honest about our patterns. Do we utilize naked force to gain the resources for the “I,” or do we employ cunning and manipulation by constantly, if unconsciously, justifying our existence through proving our worth or making ourselves indispensable? Do we tend to pander to those who have power over us while lording ourselves over those we can dominate? Do we shame the vulnerable, express anger to feel powerful or try to dominate emotional partners, children, things, anything, in order to make ourselves feel secure?

Even when we become more aware of our patterns, they are hard to break, because the ego constantly tells us that it, the ego, is protecting our survival, and any change or disruptions in our ego-based programming could kill us. Having been with us since the beginning of time, we believe that the ego and we are one. And in its thrall, we feel we MUST protect ourselves, our hearts, our children, our jobs, our company, our nation, our species, our lives, regardless of the impact on the whole, regardless of the fact that, in the face of so much stress, denial and alienation, we have felt empty and disconnected and so reach for drugs, sex, alcohol, status, stimulating experiences, sources of ego gratification, social status, anything and everything to make us feel whole and safe. Because in this ego-eat-ego world, where we all feel separate and alone, what else can we do?

There is something else we can do: seek to act in a way that is for the highest good of all, instead of for our own narrow self-interest. But it is difficult to practice being nonegoic in an egoic world. Can I be the only company that practices sustainability, if it inflates the cost of my production? Can I be the only retailer who refuses to buy clothing created in sweatshops? Can I be the only mother who denies her child the sugar and fat that the child sees other children consuming? Can I be the sole protestor against an injustice or a deceit? Can I be the only member of a relationship who takes accountability for my behavior and makes amends, even in the face of the irresponsibility of my mate? What will happen to me if I do? Who will take care of me? How will I survive?

And so, beyond awareness, we need to develop powerful intention: the intention to confront the domination of our egos and do the “right thing,” the right thing being that which is for the highest good of all, including ourselves. We are going to need intention strong enough to stand up to habit, to programming, to fear and to the survival instinct, itself, the instinct that has held us so tightly in the ego’s grasp. In our collective history, we have done this before. There would have been no revolutionary movements without people’s capacity to overcome ego long enough to act for a higher cause. When great changes have been required, personal survival may have, in fact, been threatened, and yet we have shown courage and generosity of spirit.

It is no different with the inner revolution to overcome the domination of the ego. The ego will always make us feel threatened in order to maintain its control, and to face those threats, real and perceived, we must be willing to release the need to survive as discrete individuals. We must be ready to see that the highest good of all includes us, but does not revolve around us. We must acknowledge that we cannot thrive in a world of emotional, spiritual and material poverty and despair. We must change our world view from “I am a discrete individual, who can work with others as I please” to “I am not an individual. I am a manifestation of the oneness and am merely an expression of divine consciousness in the process of evolution.”

It is a stunning shift of perspective to realize that “I” do not even exist outside the whole; rather, I am part of the evolution of consciousness itself. I didn’t create my body, the sun that nurtures the food I eat, the roads on which I drive, the schools that educated me or the language through which I think. Just like each cell of our body is part of the whole of us, each one of us is a cell in the body of God. We came from the oneness, but we got lost in the fragmentation. And there was nothing wrong, because that was how it was meant to be. But we have seen the lie that we are truly separate individuals, and we have

suffered the alienation, stress and aloneness that has resulted from that lie. Now we need to take the next evolutionary step and remember our oneness.

Not only do we need to take that step, we long for it, because, in exchange for the surrender of me-based, fear-based instinctive behavior, we receive the blessing of oneness, belonging, mutual support and the knowing that we are part of something greater than ourselves. The empty hole created by ego separation is healed, and we feel self-love.

But to do this, we need support. And now, we're back to God. God supports us in at least two ways: through higher consciousness and through divine energies. Higher consciousness is awareness of the big picture, awareness from a perspective that helps us see our ego-based behaviors, individual and collective, and shows us that there are other ways: co-creation and mutual support. Divine energies have to do with how we feel. They come to us in waves that connect us to a calm, neutral place, which provides us with the wellbeing we need to overcome instinctive self-protection. Divine energies help us overcome the fears that drive the ego, and the fears created by the ego in its insatiable campaign to compel us to believe its voice and bond us to its ways.

In addition to God's support, we need one another's. We need to co-create a society where we are all focused on the good of the whole and where cooperation and connection are valued above competition and violence. The support of the collective will help us all change. There are always remarkable people who can transcend ego domination themselves, but it is very difficult to be guided by higher consciousness when the collective is dominated by the ego. Without support, most people cannot sustain a course that feels threatening. And it feels threatening to lay down the sword of your own ego, when everyone else seems to be armed.

Beyond that, we need one another to change, because our very oneness makes us incredibly susceptible to the consciousness of others. We are all impacted by the emotional energies in our collective field of consciousness. Fear begets fear. Anger begets anger. And ego begets ego. Without collective change, we can easily fall into negativity, because we pick up one another's negative feelings without even being aware that they are not necessarily our own.

And, finally, if it is an illusion that we are separate, how can we overcome ego by ourselves?

Clearly, then, in order to overcome the domination of the ego, we need to change collectively, which means that at the same time that we are bringing awareness, intention and support to our own efforts, we need to be bringing the same elements to the collective of which we are a part. We need to offer one another our wisdom, consciousness and dedication for the purpose of co-creating the collective that will heal the collective. And, while engaged in this effort, we will have to keep aware of our ego-driven tendencies to compete even with one another, which could lead us to separate, try to control each other or give up on the process of shifting to oneness.

We Can Change

We know we can change. We have tools for awareness, intention and support. We have spiritual principles to guide our behaviors in more conscious ways. We have many techniques and modalities for emotional healing and self-healing, so that we may be released from the impact of the old traumas and patterns that keep us in fear and enslaved to the ego. We have amazing sources of support, including both divine energies and numerous means to communicate with one another about what we have learned about overcoming the ego's domination.

And beyond this, we have one more important advantage. In the evolutionary process, a shift in our relationship to the ego is meant to be. We do not have to kill our egos or even transcend them. We simply have to shift our ego's focus from the "I" to the "we," from the individual to the whole, from me to God. In other words, at this time in history and at our current level of consciousness, we can now train the ego to identify with the good of the whole, not in order to squash the individual, but in order to allow the individual to be expressed within a supportive universe, where we find ourselves in the oneness.

This is the shift has been predestined from the beginning of time. To understand this, let us return to our myth of creation and complete the story. When the amorphous oneness fragmented into differentiated consciousness, the ego was born, and we forgot that we had ever been one. This was a step in evolution.

The Next Step in Evolution

The next step is to return to the oneness, but not the amorphous oneness that existed before the beginning of time. We return to the oneness as individuated existence in the context of the whole. In other words, differentiated existence was destined to be, but when the whole fragmented, ego came into existence, and we thought we were separate and forgot we were one. Now we must remember, not so that we can return to the amorphous oneness, but so that we can evolve to individuated existence in connection with the whole.

This will not be easy. The ego's hold in the collective consciousness, the inertia of habit, the fears that beset us all converge to make change feel threatening. But we can succeed in spite of these challenges if we realize our survival depends on it, which is dawning on us; and if within us lie the capacity for change, the longing for oneness, a deep caring for one another and an intuitive knowing that we are one.

Easy or hard, this evolution will happen with our help. Evolution transpires when mutation occurs that allows for new adaptation. Our survival is threatened. Can we not adapt?

Aren't we already experiencing mutation and evolution? Divine energies are flooding our planet, like radiation has at times flooded our physical world, and we are being altered. People are stepping forward who understand that we need to shift our consciousness to co-create a better world beyond survival.

Divine energies are elevating our consciousness and bringing us the wellbeing we need in order to confront the ego-based fears for the "I," and they are altering us, reawakening the cellular memory of

oneness, turning on our “oneness DNA,” our devotion to a higher calling, our remembering of our genesis in the amorphous whole.

And these divine energies are calling upon our egos to evolve. Born in infancy with infantile consciousness, the ego was born out of fragmentation, and it continued the trajectory of the “no” universe, fighting for separation and domination. The ego can be reborn in a more highly evolved consciousness, now thriving in the “yes” universe, yes to the oneness, yes to life, yes to surrender, yes to learning and cooperation, yes to God.

Built into us is the capacity for this kind of deep transformation. Built into us is the ability to:

- Become oneness, living from a paradigm that acknowledges that we cannot be well when others are suffering and that we have to work together for the good of the whole for us to survive, to be well and happy and to have inner peace.
- Become accountable, relinquishing the right to justify our anger, negativity and me-based patterns; making amends when we have hurt others.
- Become mutually supportive, knowing that we support the whole and the whole supports us.

We are not discrete entities. We are part of the oneness in the process of evolution. And so we will evolve because the whole is evolving, and we evolve, because, just as the child has been programmed with the desire to crawl, followed by the desire to walk, we are programmed to ultimately rise from our old consciousness and embrace the wellbeing that comes from connecting to higher consciousness and remembering our oneness.

So back to our myth of creation. After many millennia, the universe tired of the strife and needless pain caused by the fragmentation of consciousness into discrete entities. And God said “Enough. I am ready to evolve. Just as the beginning of all fragmentation began with the manifestation of the creator as separate from the creation, the healing of the universe begins with the sacred union between me and my creation. I reclaim my oneness and the oneness of the heavens and the earth, the human and the divine, and as I do, so will humanity be healed and transformed.”

And thus it is destined that humanity will awaken to its divine nature, not because we are good or because survival depends on our evolution, but because we are intrinsic to the evolution of the universe and the evolution of God moving to a higher level of integration. And as part of the movement toward this new level of integration, we are called to do our part. And that part is our conscious cooperation with the divine energies that are supporting us to grow through our willingness and determination to have sacred union with ourselves, humanity and the divine.

Let us support God to awaken the seed within us that can lead us all to a new way of being: a new way for God, a new way for the ego, a new way for us. So be it.

One way to participate in this great evolutionary moment is through Consciousness Boot Camp. We offer a comprehensive program of teachings, tools and techniques that enable us to help ourselves and one another evolve. For details, go to www.consciousnessbootcamp.org. See you there!