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## My Ego, My Higher Power and I

Jerry Hirschfield, PhD



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A psychospiritual primer which introduces the reader to the three parts of his/her psyche, named in the title. We all have God deep inside our souls, where God placed Him/HerSelf. God created us as perfect spiritual energy beings, I, living in harmony and bliss in the spiritual realm called Paradise. We then created our individual egos which set themselves up as independent of God, and in opposition to God. Our egos are responsible for the duality, conflict, and wars in the world, as well as for all illnesses, defects, flaws of any kind, and limitations and restrictions. Over eons of time, we became progressively more enamored of our egos, gave them more power, until they took control of us, and we came almost completely under their spell. The world today is run by egos. World peace will not come about until our egos learn to surrender their power so that we, our True Selves, I, may emerge once again, and live in Love, Joy, Peace, and Harmony. Our task here on earth is to help our egos surrender by channeling God's infinite Love to them and through them.

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