



3 Truth Tests

to see if your ego still rules you

WARNING: This short test will expose egos and show you where they are still ruling your life.

Take a moment to answer each question. You can write down your answers or close your eyes and answer them inside. After you have your answer look at the Truth under the question.

Test 1: The Excuse

Question: What excuse do you use most often when you don't act?

Truth: Every single excuse is ego. You only have this present moment and it shows the truth of who you are. You can always only act in the here and now - every excuse to not do it is a sign of your ego leading you.



Test 2: The Reaction

Question: When someone confronts you, do you feel attacked or grateful?

Truth: Every time you feel attacked by someone it is your ego defending itself. If you have no ego in the way you know who you are and nobody can make you doubt and needing to defend yourself. When there is no ego you live in your balanced center and nothing external can move you away from your essence.

Test 3: The Thought

Question: Can you stop thinking for a minute without effort?

Truth: Every thought is ego. As long as you can not silence them your egos are controlling you and making you believe that narrator voice in your head is the truth of who you are and your reality.

Your ego got exposed? That is good. Keep continuing - read the whole book BODY BEYOND TRUTH by Mira Roeka and transmute more of them! This is just the beginning...



Find out more and download the book here:

www.aibu.me