

E Word Ego Enlightenment Essentials Cate Montana

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E Word Ego Enlightenment Essentials

Through stories, practices, and a masterful detangling of Maslow's hierarchy of needs, the Matrix, and quantum physics, The E-Word strips the ego bare and liberates the soul in highly entertaining, relatable ways, revealing how even self-improvement techniques can chase away the very fulfillment and wisdom we seek. Montana further reveals how the ego co-opts spirituality, dangling enlightenment in front of us as a prize.

The E-Word: Ego, Enlightenment & Other Essentials: Montana ...

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The E-Word: Ego, Enlightenment & Other Essentials by Cate ...

Stuffed with electrifying insights and transformative meditations and exercises, The E-Word is the ultimate how-to guide for discovering the "real you" within."An excellent and entertaining look at the issues, challenges, and resolutions that come with the territory of awakening." —Gary Renard, bestselling author of The Disappearance of the Universe trilogy A book of liberation and ecstasy, The E-Word lucidly explains how the ego is created, how it thinks, and how its limited mind-set ...

The E-Word : Ego, Enlightenment & Other Essentials ...

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The E-Word: Ego, Enlightenment & Other Essentials ...

Start your review of The E-Word: Ego, Enlightenment & Other Essentials. Write a review. Mar 26, 2017 Sarah Phelan rated it really liked it. This book messed me up for a solid week. I get the concepts intellectually, and Montana is straightforward and very clear about how ego, enlightenment all works or doesn't really work at all actually, but I ...

The E-Word: Ego, Enlightenment & Other Essentials by Cate ...

In her new book The E-Word, Ego, Enlightenment & Other Essentials, Cate Montana breaks the Ego/No Ego conundrum down in a way that helps us realize we can holster our weapon, stop the shoot-out, and train our Ego to work with us, and not against us. This way we can hopefully attain the "happy place"—that place of peace, fulfillment, and abundance that we erroneously believe Enlightenment will deliver.

The E-Word: Ego, Enlightenment & Other Essentials - LA ...

The E-Word: Ego, Enlightenment & Other Essentials | CATE MONTANA, M.A. The ego is NOT the enemy Humans can't function without one. What messes us up is we're not taught what the ego is, what it's for, and how it can be managed for optimum functioning.

The E-Word: Ego, Enlightenment & Other Essentials | CATE ...

She is the author of the new book "The E-Word: Ego, Enlightenment & Other Essentials". In addition, she is the author of "Unearthing Venus: My Search for the Woman Within" and co-author of "The Heart of the Matter" with Dr. Darren Weissman.

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Montana further reveals how the ego co-opts spirituality, dangling enlightenment in front of us as a prize. Stuffed with electrifying insights and transformative meditations and exercises, The E-Word is the ultimate how-to guide for discovering the "real you" within.

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