
Stealing the Glow

*How the ego tries to rob you of your joy
...and what you can do about it*

Introduction

- Welcome and Opening Prayer from Robin Duncan

Stealing the Glow

- Have you ever noticed that just when life gives you something wonderful... something seems to happen that steals your joy?
- Is it just bad timing... or is the ego trying steal your glow?
- Learn how to recognize one of the ego's favorite tactics, stand up to the inner bully, and "double down on the Truth" instead of letting fear have the final word
- Why does the ego try to steal your glow? – Set Your watch
 - Example: "Our first house"
 - Example: "The \$700 phone bill"
- Your ego's function is to keep you feeling incomplete and invested in the dream so you will not WAKE UP!
 - How does it do this?
 - Why does it do this?
 - Who does it involve?
 - When will it stop?

The Ego's Five-Step Theft of Joy

1. A Blessing Appears

- Something wonderful happens (Examples)
- Set your watch...
- **Buying a New House**
 - Receive keys
 - Walk inside
 - Flooded living room
 - The ego says: "See? Nothing ever works out."
 - Holy Spirit says: "You entitled to undisturbed peace."
- **Graduation**
 - Wonderful accomplishment
 - Then...
 - Someone says, "I can't believe it took you that long."
 - Glow is stolen
- **Vacation**
 - Beautiful beach.
 - Then...
 - Delayed luggage, cancelled or delayed flight, etc.

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- Ego: "Your Vacation is ruined."
 - Holy Spirit: "Nothing can prevail against the Son of God."
 - Example: Fight Cancellation on Honeymoon
 - **Spiritual Breakthrough**
 - Beautiful meditation
 - You feel close to God
 - Thirty minutes later...
 - Argument, involving you or between two others
 - Ego: "Peace is not possible."
 - Holy Spirit: "Your peace cannot be disturbed without your consent."
 - **Financial Blessing**
 - Unexpected check
 - Then...
 - Car repair
 - Ego: "See? You are back where you started."
 - Holy Spirit: "You are free of all limits. Nothing can deprive you of this."
 - **Your New Response**
 - Notice it
 - Remind yourself of the game being played
 - Smile
 - Don't panic
 - Say, "I know what this is and I know what to do."
 - Refuse to play the game
 - Double Down on the Truth about everyone involved
 - Forgive, refuse, and Choose Again
 - Or DWCP
 - Dreamer, Willing to Choose to Protect
 - Be sure to set your GOAL of PEACE at the beginning of any situation
 - The ego isn't trying to steal your house. It is trying to steal your gratitude for the house
 - It isn't trying to steal your vacation. It is trying to steal your enjoyment of the vacation
 - It isn't trying to steal your success. It is trying to steal your awareness that God's Love is still shining through your success
 - The ego's real target is never the external event—it is your awareness of God's Presence
 - That's the "glow" it wants you to overlook
 - How do you win the battle?
 - How do you know you are winning the battle?

2. The Ego's Function is to Immediately Interrupt It

- The ego tries to convince you that the blessing is a curse, or that the blessing is vulnerable, unreachable, retractable, or will not last
- It whispers...
 - "You cannot have this."
 - "This will not last."
 - "Something will go wrong."
 - "Don't get your hopes up."
 - "Now you have something to lose."
 - The blessing hasn't changed - The interpretation has

3. How does the ego interrupt your flow and your glow?

- It has someone on your inside circle do something annoying, upsetting or completely devastating
- It is likely to pull from your "Junk in the Trunk" (whatever worked in the past)
 - Someone criticizes you
 - You spill coffee
 - Unexpected bill
 - Traffic
 - Computer crashes
 - Difficult Phone call
 - Flooded house
 - Vacation argument
 - It doesn't matter what
 - The ego says:
 - "Forget the miracle or your progress. Let's focus on THIS instead..."

4. It Recruits Others

- The ego almost never works alone
- It loves witnesses – Ego's Witnesses
- It wants allies
- Someone to complain with
- Someone to blame
- Someone to agree that this is terrible
- ACIM repeatedly reminds us that the ego survives through joining in separation.

5. It Tries to Make the Interruption Bigger Than the Blessing

- This is the theft
- The meaning you assign to what it is showing you will determine the outcome and if this type of thing will show up again
- You must be aware of the game being played at your expense and refuse to play it
- Double-Down on the Truth

ACIM Quotes

"The ego is therefore capable of suspiciousness at best and viciousness at worst.
That is its range." T.9.VII

"The ego will attack your motives as soon as they become clearly out of accord with its perception of you. This is when it will shift abruptly from suspiciousness to viciousness, since its uncertainty is increased." T.9.VII

"The ego is therefore particularly likely to attack you when you react lovingly, because it has evaluated you as unloving, and you are going against its judgment." T.9.VII

"When the ego experiences threat, its only decision is whether to attack now or to withdraw to attack later." T.9.VIII

"You do not respond to anything directly, but to your interpretation of it." T-12.I.1

"The ego always attacks on behalf of separation." T-8.V.5:3

"Nothing real can be threatened.
Nothing unreal exists.
Herein lies the peace of God." T-In.2:2-4

"I am never upset for the reason I think." Workbook Lesson 5

"I could see peace instead of this." Workbook Lesson 34

"You do not respond to anything directly, but to your interpretation of it." T-12.I.1

"The ego's voice is an hallucination." T-5.VI.3
That's powerful.
You don't argue with hallucinations.
You simply stop believing them.

"Seek not to change the world, but choose to change your mind about the world." T-21.In.1:7

"The ego is immobilized in the presence of God's grandeur, because His grandeur establishes your freedom." T.9.VIII.4