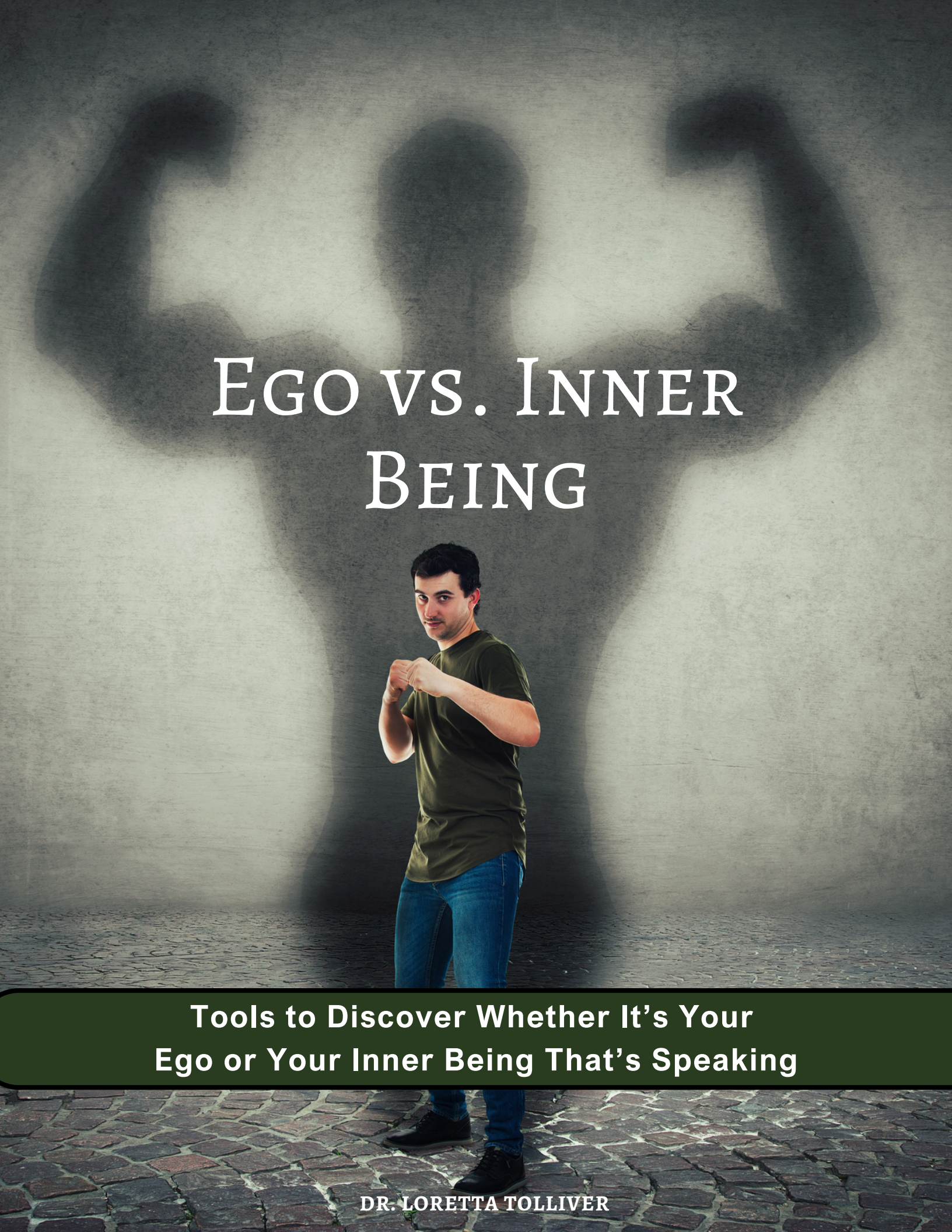




EGO VS. INNER BEING

**Tools to Discover Whether It's Your
Ego or Your Inner Being That's Speaking**

DR. LORETTA TOLLIVER



WHY I CREATED THIS WORKBOOK

"Who is that speaking in my head?" This question sparked the journey that changed my understanding of who I am. I began to notice that every time I had a thought, there was also an awareness inside me watching it. Was there really two of me? It felt like I had stepped into a new dimension of myself like the beginning of a conscious awakening.

I paid closer attention, especially when the voice inside felt uncomfortable or unwelcome. If I was the one thinking, then who was the one noticing how it felt? By simply observing my thoughts, my sense of who I truly am began to come through.

While this work is grounded in theory, I came to it through silence, loss, and grace. It was born from the kind of questions that can't be answered by a textbook or a pew. I learned that real growth is about remembering, unlearning, and expanding.

Through quantum thinking and awareness, I discovered that we can transform how we help others and how we help ourselves. I am here with more love, more presence, and a desire to share how the union of science, soul, and stillness can change everything.

Welcome to this journey—together we go within.

~Dr. Loretta Toffiver

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HOW TO USE THIS WORKBOOK

This workbook uses the principle of neuroplasticity, which is the brain's ability to reorganize itself by forming new neural connections. Every time you consciously observe an ego-driven thought without judgment and choose to shift your focus to your inner being, you are strengthening new pathways in your brain. Use it as a tool for self-discovery, not a checklist to be completed.

The real work is in quiet reflection and honest observation. To get the most out of this guide:

- **Create Your Space:** Find a quiet, uninterrupted time and place where you can be present with your thoughts and feelings.
- **Be Honest, Not Judgmental:** There are no right or wrong answers. Simply notice what comes up for you without criticism.
- **Engage with the Exercises:** In your responses, interact meaningfully with the content. Your questions are just as important.
- **Take Your Time:** Work as you choose. Return to a section or an exercise if you want. The learning happens organically. Log them.
- **Remember the Goal:** Develop the awareness to make more conscious choices. This workbook is a step in building new, more expansive neural pathways.



UNDERSTANDING THE EGO AND THE INNER BEING

The Ego

The ego is the part of your mind that creates your unique sense of self. It's the "I" you've built based on your history, achievements, and the opinions of others you have allowed into your vision of who you are. Its primary and most vital function is to protect you and help you navigate the world.

Think of the ego as your personal curator and planner. It remembers what has happened and uses this information to anticipate the future. While this serves you well in many situations, its survival-oriented nature can sometimes hold you back. For instance, when presented with a new possibility, the ego might recall past failures, offering thoughts like, *"Don't try it,"* or *"Remember when,"* or *"This is too hard for me."* All of this is an effort to keep you safe, but it can make your decision-making process inefficient. Your task is to differentiate when its protection is helpful and when it's limiting.

The Inner Being

Your inner being is the part of you that exists beyond your ego. It is the conscious awareness that observes the ego. Rooted in love, presence, and wholeness, your inner being is a quiet, intuitive knowing that is always available. It doesn't rely on logic or external validation. You can experience it as a calm, expansive feeling in your body or as a clear, certain intuition that simply knows the way forward.

This is not about eradicating the ego. This is to develop your awareness to know when ego is in the driver's seat. You can then gently thank your ego for its protection and choose to be guided by the wisdom of your inner being instead. This simple change will allow you to make choices in the present moment aligned with creative possibilities.



IDENTIFYING THE PROMINENT VOICE

A guide to help you become aware of which voice is leading your thoughts and actions. Somatic references are important. The ego often resides in the head, with thoughts constantly running. Your inner being is felt as a gentle, centered awareness in your body. Learning to feel the difference is key.

The Ego's Voice...

Is rooted in... The need for safety, validation, and control. Can project fear and a sense of lack.

Sounds like... *"I should have done this differently." "I'm not good enough." "What if this goes wrong?"*

Feels like... Tension in the body, a racing heart, shallow breathing, or a rigid mental certainty.

Is focused on... The past and the future.

Prompts me to... Judge, resist, or control.

When receiving... Instant, automatic. No effort required.

Things you have noticed...

The Inner Being's Voice...

Is rooted in... Love, presence, and a sense of wholeness.

Sounds like... *"You are doing your best." "I am enough." "All is well."*

Feels like... Calmness, a feeling of expansion in the chest, and/or a quiet, certain knowing.

Is focused on... The present moment.

Prompts me to... Accept, allow, and flow.

When receiving... Initial effort to quiet ego input. Can be instant with patience and practice,

Things you have noticed...

IDENTIFYING THE PROMINENT VOICE

Exercise: Where Am I Now?

This exercise uses consciousness and awareness to help you notice your state of being in a specific moment.

1. Close your eyes and take three deep breaths.
2. Bring a recent event to mind that caused you stress or discomfort.
3. As you recall it, pay attention to the thoughts and feelings that arise.
4. Now, simply label the voice you heard: Ego or Inner Being.

You are identifying how they both exist in your consciousness in any moment.

My thoughts are...

My body feels...

IDENTIFYING THE PROMINENT VOICE

Exercise: Honoring the Protector, Choosing the Guide

This exercise helps you acknowledge the ego's protective function while also opening to the possibility of a different response from your inner being.

1. Here are two situations—1. You had to meet a difficult deadline or 2. You had to navigate a conflict with someone you care about. Pick one or both.
2. Recall the thoughts and feelings. What was your inner monologue? How did your ego try to protect you? For 1, was it a burst of confidence, or a voice telling you to keep pushing? For 2, were you insistent on making a point? Was the internal voice loud? Could you have made different choices?
3. Now, take a moment to listen inward. Feel deeply and imagine how a calmer, more expansive response from your inner being could have participated in the situation.

The ego protected me by...

A more peaceful, loving choice from my inner being could have been...

OPENING TO POSSIBILITIES

This section connects the concepts to a wider sense of potential, drawing on quantum and presence related themes.

Embracing Your Quantum Self

Think of your life as a sea of endless possibilities. The moment you become aware of your ego and consciously choose to act from your inner being, you are collapsing the wave of fear-based futures and bringing a present reality into form. This is your quantum input—you are the observer choosing your reality.

OPENING TO POSSIBILITIES

Exercise: Connecting to Knowing

Your inner being isn't just a physical feeling; it's a deep, intuitive knowing. This exercise helps you notice that subtle connection between mind and body.

1. Think of a time you had to make a tough decision. Before you had time to weigh the pros and cons, did you have a feeling or a thought that simply knew the right path? It might have been fleeting, but it was clear.
2. Reflect on that feeling of certainty. Was it an emotion, a physical sensation, or a quiet, certain thought that wasn't loud or urgent?
3. Write down what that "knowing" was like for you.

The last time I had a clear knowing that wasn't a physical feeling was...

It felt like...

OPENING TO POSSIBILITIES

Exercise: Feeling into Presence

Love is the language of the inner being. It is not a single basic emotion you feel but a state of being that moves you beyond the ego, allowing you to experience life in its truest, grandest form. By connecting to it, you can effortlessly shift out of the ego's grip.

1. Think of a person, pet, or place that fills you with pure, unconditional love.
2. Close your eyes and bring that image to mind.
3. Notice how your body feels. Is there a warmth in your chest? A feeling of lightness? A smile on your face? These are somatic markers of your inner being.
4. Consider how this feeling of love contrasts with any feeling of fear you may have experienced.

When I feel love, my thoughts are...

When I feel love, my body feels...

OPENING TO POSSIBILITIES

Exercise: A Daily Practice - Identify if the ego or the inner being is guiding you.

For every conversation you enter, consider these:

- Before they finish speaking, are you already formulating your response?
- Is your mind scanning the past for a similar situation or the future for a desired outcome? You are ready to share.
- Do you feel a stirring of emotion—anger, frustration, or a need to be right?
- Does something you know about the person create a barrier to listening?

Or...

- Is there a feeling of warmth or openness in your chest when you listen or respond?
- Are you free of judgment, simply observing the person and the conversation without trying to change them?
- Is there a unconditional smile in your heart that comes to your face?

Practice noticing these with every gathering you attend (including family), shows on TV, and moments spent alone. Pay attention to your thoughts, about what you are hearing and how you are receiving it. Begin to observe through your conscious awareness. Do not judge what you find, but simply notice what is present. The ego is most active when it feels a need to protect, control, or prove itself. The inner being speaks through feelings of calm and clarity. You are connected through a sense of warmth, spaciousness, or gentle curiosity.

Create a list of what you will watch for when identifying which is present...

You have just taken a step towards a greater you!

This is a step toward a deeper understanding of yourself. You now have a framework for distinguishing between the protective voice of the ego and the guiding presence of your inner being.

The journey of living from your inner being is an ongoing practice that requires trust. Trusting yourself. The awareness you've explored is a gift to carry with you every day. Remember that every time you pause, observe, and consciously choose love over fear, you are reinforcing a new neuropathway in your brain and creating a new possibility in your life.

Your inner being is always there, waiting for you to listen.

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*You are the observer first — then the
participant with a choice in how to move
forward.*

