

## EGO SECRETS

We are all self-centered ego-maniacs  
Caring only about ourselves.  
Prima Ballerinas, all of us.

It's a biological hazard.  
It's a continuing World Crisis.

The most dangerous of us have the audacity  
To think we know what everyone else  
Should ***think, do, say, and be,***  
Then spout venomous nonsense,  
Point fingers, assign blame.

The only thing worse is  
That the poor *ignorant* ego-maniacs  
Hear what they *think* is Truth  
And pile shame and guilt on others  
Like it was whipped cream.

If we allow ourselves to, and  
If we are not sociopaths,  
The single Saving Grace is that  
We can experience ***EMPATHY,***

Feeling what others are feeling  
Creates a beginner's level of compassion,  
Which somewhat neutralizes ego-maniacal behavior  
In the name of:

“There, but for the Grace of God, go I.”

Rather self-serving, except that it means  
There **is HOPE**, Baby Love.

Next step is to relax your grip on control,  
Wear someone else's tutu, for real,  
Notice the tatters,  
And allow true compassion to surface.

Keep practicing. Life really is a ballet.

