

CONTENTS

Introduction	2
1 Ego, Soul and Spirit	7
1.1 A new vision of work and private life	7
1.2 On a journey with ego, soul and spirit	9
1.3 A closer look at the three dimensions	11
2 Light on	17
2.1 Self-reflection, courage and more	19
2.2 Awareness in practice	21
2.3 Head, heart, gut and body	23
2.4 Seeing, experiencing and choosing	27
2.5 Becoming aware of ego, soul and spirit	32
3 Ego: your friend or enemy?	35
3.1 What is ego?	36
3.2 Ego taking over	38
3.3 Balancing your ego	44
4 Brilliant soul	55
4.1 What is soul?	56
4.2 Your soul on pilot light	58
4.3 Giving your soul room	59
5 Spirit at work	75
5.1. What is spirit?	76
5.2. Spirit in practice	78
5.3 Making space for spirit	84
6 Transition to new consciousness	95
6.1 Living and working in another way	96
6.2 How do you activate new consciousness?	101
6.3 Living lighter	107
7 New consciousness for everyone	115
7.1 You in the world and the world in you	115
7.2 New consciousness in organizations	118
7.3 Sharing wealth	120
Appendix Keycards Ego-Soul-Spirit-triad ©Circumference	122
Literature	124
Dedication	127
About the authors	128