

## Lake Erie

tempers delusions and exaggerations of the ego in ways that support the personality  
in its journey from the ego-motivated self to the humble, listening self

This Essence was made at Point Pelee, the southern-most tip of the Canadian mainland, a point of land that creates a dramatic “V” into the western end of Lake Erie, creating (as seen from the sky) a navigational mark for North America’s migrating birds, butterflies, bugs, and bats. The Lake herself is a passageway escorting the vast waters of Lake Superior, Lake Michigan and Lake Huron through to the massive power of Niagara Falls and then onto the final Great Lake, Lake Ontario. The last essence to be made of the five Great Lakes, Erie is the closest to our home and sits in the middle of the Big Fresh Waters.



The ego must travel through many portals and challenges on this Earth,  
and staying balanced in both progressive action and humble reflection  
is a challenge in itself.

The Lake Erie essence supports the personality on its journey  
from the ego-motivated self to the wizened, listening, humbled, servant self.

It feels good to be king or queen,  
asking others to hold us as more evolved, more spiritual, smarter, or of higher status.  
Deluded by one’s ego, one may promote an exaggerated view of one’s experiences and  
personal history.

Aggrandizement of self

advocates a self that is “special”, perhaps miraculous or larger than others.

“I can do things that you can’t.”

As one continues to promote this “super ego” one may begin to believe one’s own tales.

The Higher Self, always looking out for one’s greater soul development,  
may try to reel in the Ego  
by creating check points along one’s path – illness, failure or misfortune –  
to essentially confront the renegade Ego and give one a chance to reflect.

It is often the case that low self-esteem underlies the attempt to fabricate on the facts.  
Others, however, not so easily fooled,  
may see right through the illusion to the suffering soul within.  
But their reaction is often not one of compassion  
but rather a reaction of contempt or outrage, as no one likes to be tricked or lied to!

The Lake Erie essence helps one to remember  
that we are really simply a channel for “The Source” and not ourselves “The Source”.

The un-surrendered Ego creates a swath of great confusion,  
diverting others’ energy from true light.  
Dysfunction and suffering so often come when we refuse to let go of the illusion,

when we cling to something which we should obviously let go of.  
The main problem for the soul here is that in fooling oneself  
one is not preparing for the trials  
that generally lie around the bend  
and will require real skill – and not illusion – to navigate.

Lake Erie does not pretend to be wild, powerful and emotional, like Lake Superior.  
It has no mountains or cliffs for its waters to rage against.  
It lacks the sand dunes and the softness of Lake Michigan's peaceful shoreline.  
Unlike the forever-wandering, diverse beaches of Lake Huron,  
Lake Erie's shoreline is concise, flat and somewhat boring by comparison.  
Humbly, Lake Erie works,  
channeling all the massive energies of the upper-chakra waters,  
moving unobtrusively all the wisdom and lessons gained,  
preparing one for the next step – the plunge over Niagara Falls.  
Fording the Falls may be one's chosen quest  
or a completely unexpected bend in one's river.  
But, whether or not one is prepared,  
life will present challenges  
that can carry us away on the sheer power or chaos of the situations offered up.

The shallowest of the five Great Lakes,  
Lake Erie plays an archetypal role -- may be the greatest of the Lakes --  
as it works to clarify the dreams, the excesses  
and the wisdom of experience gained and processed through the higher chakras,  
channeling them through the Ego – where things get done!  
Lake Erie essence works to temper the Ego,  
helping to process information and soul capacity  
in a way that escorts the greatness of self  
to be poured through and merged with the Greatness of Creator.  
The essence works to instill the important understanding  
that we as co-creators are merely instruments in the happenings of our world,  
working towards the highest harmony,  
and that our capacities and talents  
are a result of our abilities to be the best channels of willingness – not willfulness.

Lake Erie Essence works to inspire one to look upward to the Morning Star,  
to visualize the strength of its radiance  
and to emanate a purity of spirit  
that exudes, not a personal but a Divine, confidence –  
a confidence that is not lost in tales of self  
but rather manifests in the faith of the whole!

