



EGO

The whole spiritual journey is nothing but an effort to phase out and destroy our own preferences. We are so full of ego and personal preferences that we want even God to obey us like a servant.



We are always one with the Truth. It is the illusion of separateness that has to come to an end. The illusion of being separate from the Truth is what we understand as 'the ego'.



Only that person can be really happy who has realised his or her own Self. Only a really happy man can make others also happy. So spirituality is not only for ourselves individually but also for society in general. We have to improve ourselves to make others better, but we must start by improving ourselves first. Those who start by trying to reform others are working under the assumption that they themselves are already reformed. This is just an example of a person who is a victim of his own ego. Before reforming others we must reform ourselves. In fact, we should never try to reform others. We should reform ourselves and serve others.



The spiritual science is that the more receptive you become, the more you become ego-less, the more you phase out your own personality and preferences, the greater you are ready to receive grace. It happens at once, as soon as the ego disappears, because spiritual energy is everywhere.



Some event may or may not happen, or some situation may not be to your liking, or circumstances may or may not be favourable. But as long as a person identifies himself with the body, the stress of death will not go away. What will you do? You will die. Stress will remain. So from the spiritual point of view, there is stress when we identify our existence with the body (which includes the senses, mind, intellect etc.). Or to put it another way, as long as there is ego, there is stress.



The domain of nature includes the body, the senses, the mind, the intellect, and even the ego. Of all these, the ego is the element which is the most false. Ego is what does not exist, the greatest of illusions.



Everything that causes you sorrow is due to your ego. Everything. All these other factors - fear of not being loved, or guilt etc. - are also included in ego. They are products of ego. Ego includes everything.



The largest number of problems are nothing but mental. There is no problem outside of you - in fact, at this time you are the problem. There is no problem, but you are the problem. Transform yourself and there will be no problem!



After the death of ego, the real 'I' which was concealed by ego comes into view. When you realise your own Self there remains no duality at all.



When, in place of one's own comfort, one cares more for the comfort of others, this results in expansion and magnanimity. A person who thinks about his own comfort is considering only himself. Considering only himself means that his ego is there in the centre, and the ego gets hurt when anything is done which is not according to his or her liking. This hurt to the ego is what we know as unhappiness. When a person takes care of others, his attention is directed away from his ego. When his attention is directed away from his own ego and he finds that others are happy, happiness starts coming to him.



Ego is the one element that is not destroyed fully by self-effort. The very thought that you have destroyed your ego is itself another form of ego. The thought that one is ego-less is itself a sign of ego.



Voluntary surrender of the ego brings the greatest freedom.



Can the ego ever disappear completely? This is a good question. My reply is: ego as existence - as 'is-ness' or as 'being' - never disappears, but the idea of existing separately disappears. The idea of separation from the Totality disappears.



When we feel that we are being used by somebody, or were used in the past, we feel sorrow because of this. We ask how and why it could happen, wondering if it was due to fear of not being loved or guilt. This is all because mind interprets events in that way and according to the characteristics of the individual. But ultimately it is the ego. Ego is the real problem. Ego means the illusion of identifying our existence with what we are not, and the sense of separateness from the infinite Truth. That is the ego.



The individual realises that he is a part of the Totality, therefore he exists for the Totality and that the Totality does not exist for him. He is the means and not the end. He is a means to serve the Totality and, therefore, there is no place for separateness and ego.



There are two "I". One is the smaller "I" of ego, which is disturbed by everything that goes against your desires or plans. It is disturbed by everything. Even this cat coming here will disturb it! Gradually this lower "I" of ego starts melting away, and out of the ashes of the smaller "I" arises the real "I", the "I" of existence, the "I" of awareness, the "I" of Atman, the Spirit. In other words, you die and out of your ashes

you are reborn. I mean to say you die in your worldly desires, your tendencies, your liking and disliking. All those things inside have to melt away. A death has to happen and out of the ashes of those elements, the real "I", which you really are, will arise.



There are two "I". One the lower "I", the individual "I" which will be destroyed one day. Then, there is the "I" that is the Existence, the Truth, God, which can never be non-existent.



Ego is the last hurdle between God and our own Self.



The more we work for our own desires and satisfaction, the more bondage is created. Selfishness creates bondage but whatever is done for the happiness of others as a service or sacrifice, liberates us and destroys the bondage.



Whenever some positive inner experience happens, you should not consider that you have become a perfect yogi!



God will not be realised as long as ego remains. The veil of ego is the real hindrance that stops us from having the experience. Eventually, after whatever time it may take (it varies with the individual), this ego disappears, but only by the grace of God and the assistance of the Master. Otherwise ego does not go away. You have to understand that no one can remove his ego by self-efforts. You see, when you make efforts to remove ego and you feel yourself to be free of it, this is also ego! Ego goes away by God's grace and by the guidance of the Master, because God works through the Master. Everything is done by God.



Many spiritual seekers become more egoistic than ordinary people. The ego of someone on the path of spirituality is one of the inflated egos - he starts having the idea that others are only ordinary beings and only he is the proper person to meet God.



Criticism does greater good to us than praise because through criticism we come to know about our faults, and when we are praised there is danger that our ego will become bigger. However, human psychology is such that everyone likes praise and no one likes criticism!



A person with an attitude "I am the person who should be looked after" can never be happy. This attitude of self-importance must change to one of meekness and humility: "What am I? A tiny particle in this infinite cosmos. I can be of any worth only if I am able to serve other people. So I exist for others. If I am able to make somebody happy, this is my good fortune." When this attitude develops, life starts becoming a festival.



When you have the attitude of being a disciple, you become ready to learn anywhere at anybody's feet with humility and respect. When that attitude develops, God starts helping that person.



Complete surrender means the total eradication of ego and, when there is no ego, there is what 'Is' and that is God. Existence exists for ever and existence is God.



When you depend only on your own capacity, intelligence and effort, your ego is working. If you depend upon yourself it means your ego is there, and when there is ego, there is a little chance of success.



What is ego? Ego is the identification of the soul with the body. The person forgets that his true existence - the spirit, is eternal, unborn and undying, and the person considers himself as the body only. You can see that all desires are centred around the body.



Those who start on the path of enquiry and self-analysis, encounter ego through constant enquiry. When ego is seen by them, in the light of their own existence or spirit, then by observation of the ego, desires start disappearing. Those who have the element of faith, devotion or love instead of analysis, pray to God and say: "Beyond intellect are You. Help me! O My Lord, save me!" So beyond intellect is He, and from Him comes the light, and desires drops down.



Through the path of self-enquiry (when there is total absence of ego) what remains is nothing but He - the Spirit - nothing else but Spirit - light.



With the death of the ego, we return to Him - that is, our permanent home. There is eternal peace. And that can happen only on Earth in this human body.



When you withdraw, ego becomes acute also through meditation. But its acuteness also signifies the beginning of its end. Ego becomes acute and then comes to an end. "Acute" means that it becomes so sharp that one feels hurt even by the slightest gesture. A stage comes in the life of seekers, when the ego just looks for a reason to be hurt. So sharp has it become. Even at this stage the ego does not come to an end.



Those people who depend upon their own intellect, only depend upon their own ego. No one can be successful when guided by the ego because it will guide you wrongly.



Ego is the greatest obstacle to Self-realisation or experiencing God. Ego is the main hurdle. One can change or give up bad habits. For example, one can become a vegetarian. However, this ego does not go away so easily. When you become a little more virtuous, then ego takes the form that you think that you are superior to others and almost becoming a yogi. This ego also takes the shape that you think that you

have no ego! How kind God has been to you that he has made you ego-less! This is ego again. It is through the Guru that this ego gets destroyed. This is the secret. Why is it that he can destroy ego? The Guru is the man/woman in whom there is no ego, so in the presence of no ego, other egos get destroyed.



All one's effort should be aimed towards the elimination of the last hurdle to realisation, that is the ego. And then finally, when this enemy in the form of desire gets killed, you become what you always were and always are even now.



The ego of intellect is very great, and that ego becomes like a wall which obstructs your realisation. So what do you have to do to break that wall down? You must try to kill the ego at the feet of a guru. He/she is an ego-less person, and, therefore, those who approach him/her with humility are benefited.



Whenever we do any work, our attitude should be of service and of being useful to others. This attitude should be so powerful that we should be grateful in our hearts for the opportunity to be of use to the other person. We should feel this inner gratitude. In this way the very great problem of ego becomes gradually diluted and eliminated.



Every day people are trying to find something new - for instance, climbing a high tower, or a man standing on his hands for three hours so that his name can be entered into the book of records. This is ego. Ego is making people mad throughout the world. They have not recognised the simple fact that you are not this changing body, but you are the eternal Consciousness and Awareness - that is God.



Our real Self does not "do". There is no doer-ship in the Self. Doer-ship happens in ego. Self is separate from ego. It is ego which says: "I have done this marvellous work; I am a famous man; now after some time the president of the republic is going to honour me. I am something out of the ordinary". And then after some days – "Oh, this bad thing has happened. I may be caught. Instead of being honoured by the president, I may go to prison!" All such things are done by ego.



One's existence should be without pride, but one cannot completely eliminate one's existence or 'I-ness.' The Saints say that you should let the 'I' continue but remove pride from it. Remain ordinary and do not consider yourself especially wise, beautiful, strong, rich, etc. Do away with pride and simply remain 'I'. Even 'I' gets reduced to 'is-ness' or 'being'. For practical purposes, there is nothing wrong with the 'I', if it has no pride in it. Pride is the problem. One should become devoid of pride and one's heart should be filled with divine love. In this lies the fulfilment of human life. The body is to be used for the service of the world like manure is used in the garden. The ego, or 'I-ness' may stay in the world without having any pride, without taking any credit for itself.



As long as we consider ourselves as the body, the senses, the mind and the ego, we consider ourselves as nature. But when we come to know: "I am a seer of them", the body is seen, the senses are seen, the mind is seen, the intellect is seen and the ego

also becomes seen as an object. But we are the subject. There is only one subject. The Self is the subject. The subject is never affected by the object that is seen.



Nobody in the whole world can be free of the 'I' through meditation. Ego does not go by self-effort. Ego goes away only with the dawn of Grace, when surrender happens, and when devotion develops.



When the experience of Truth and the Self happens you come to know that you are the same spirit as everyone else is. We are not separate. We are all One. It is an illusion to consider that others are bad and that we ourselves are good. Ego finally goes away. Where is there a place for ego when you find there is only one Truth in everybody? When ego is there, there is a possibility of comparison: "I am more beautiful, more powerful and more intelligent". It is all ego! When you find that the spirit that you have experienced in your own existence is the same everywhere, that it is one, life becomes divine. The '*Eternal Lover*' starts living with you always. Something inexpressible happens.



A person who has a predominance of the third quality - sattva - is full of knowledge, peace, light, and a sort of good fortune in life. But, even then, the problem of ego is there. Many times, a person who considers himself or herself as purified has an ego greater than anyone else's. The person who considers himself pious, and considers himself as better than others, has a very dangerous dimension of ego. When a person becomes sattvic, he is conscious not only of his surroundings, but also of what is going on inside of himself or herself. Insight develops. But even now the bondage of ignorance continues. The Lord says that only by transcending all three qualities (tamas, rajas and sattva), one has the experience of the pure consciousness.



When one carries in one's mind the thought, "I have so many degrees. I am very learned. I am very wealthy. I am very clever. I am very good-looking", ego is playing a trick. As you know it takes no time, not even five minutes are needed, for the greatest genius in the world to fall dead on the ground. Everything can crumble at any time.



Our essential nature, the Self, is not a doer. Doer-ship is the creation of ego. Doer-ship of everything, of vice and virtue are both creations of ego. After Enlightenment all doings, in a way, go away and get lost. Not only bad things, but even good things – both go away and are finished.



The spiritual path is such that, although you are alive physically, you have to become dead from within - the desire or reaction element in the mind should go away. Though physically alive, you have to die at the level of ego. The death of ego in a living body is the beginning of the gradual realisation of Truth. Therefore, you should thank those who criticise you because they are helping you to eliminate your ego. The great saint Kali Das remarked: "Keep your critics in your neighbourhood - if possible let them have their cottages in your courtyard so that they will be able to catch you out at every step."



The most extraordinary thing in human life is to become ordinary and at peace.
Bliss and Love emerge only when the illusion of being extraordinary goes away.
