

Ego

All problems including insecurity, financial trouble, bad habits, and the like, are not really problems at all until the Ego gets a hold of them. If it were not for the Ego, these issues and situations would pass right through you with no attention paid to them whatsoever. But the Ego catches everything—everything! From every situation, the Ego draws whatever it needs to give itself life. Every problem you have right now is no problem at all for your True Self, but they are all BIG problems for the Ego, just as it likes them to be.

Problems, as they are, exist only because of resistance. You would not feel the pain of plucking an eyebrow for example if the body did not resist the removal of the hair. The same is true with our emotions. The Ego creates the problem with its resistance to letting the situation go and simply pass through. It feels its importance would be diminished by the lack of acknowledgment. It sees an opportunity to inflate itself.

The Ego's chief aim is self-preservation. It will devour everything it can for nourishment. It calls to attract accolades, compliments and physical satisfaction at every turn. When void of those satisfactions, comparison becomes the natural substitute. Am I better than he or she? Am I smarter, stronger, and more successful than other people in the world? Do I consider some other person to be lacking in humility?

These comparisons lead to a search for an identity. The question "Who am I?" is misinterpreted by the Ego as "What am I known for?" and more dangerously as "What *shall* I be known for?" At the command of the Ego, you personally proceed to take on all kinds of absurd identities by way of what you do, what you say, and how you present yourself. Uniqueness is highly desirable to the Ego because it has less competition that way and it stands out in a crowd.

Imagine it this way if you will. The Ego is tied to the world by strings much like a marionette. People and situations actually control how you feel, what you think and how you act, all through the Ego. If you are honest and look deep inside yourself you will see that this is completely true. Watch carefully how you go through life reacting versus acting.

Even when you think you've done well, a little examination will uncover that fact that you were still reacting to the world. How often has it happened that you have seemingly stumbled upon success and yet those around you gave *you* credit for a job well done? This is dangerous in that you are fooled into thinking that you've accomplished something, which perpetuates the myth that you have control. Please take a moment to review all of your accomplishments and ask which of them were truly of your own doing or motives. Has no one or nothing else played a major part

in each of those accomplishments? Why then would you insist on claiming you have control over anything?

When you lose control, or err because of it, the Ego then blames the world for your trouble. Furiously seeking someone or something to blame to ease the burden of fault and even worse, the burden of guilt. In general, the Ego convinces you that the world has unfair demands of you. It tells you that your spouse or employer or people unreasonably expect too much, but you had better not disappoint. It plays movies in your head of the consequences should you fail to comply. When you cannot take it any more, you lash out at those entities and create a mess out of what was only an image in your mind to begin with.

It is the great irony that the Ego actually creates the problem it attempts to solve. Only when you see this can you begin your escape from its grip.

Your aim is to deny the Ego of all it seeks.

“But how will I feel good?” you might ask. “Isn’t having a good self-esteem healthy?” “How can I live without some reassurance that I am good and worthwhile?” “Who will I be?”

The Answer:

You will feel free and happy and content. I beg you to see that your current ideas of *good* are false. And for every false good there is always a false bad in equal proportion and equal intensity. True Good has none of that. It is always good, all of the time. This is what you’ll have in place of that which you left behind.

Don’t look for anything in what the world calls Self Esteem. *Self Esteem* is a misnomer. It suggests that *I*, who lacks esteem, shall be in charge of gaining it. If I do not have it, I must get it elsewhere. If I get it elsewhere, it is no longer mine. If other people’s approval of my identity and personality are where I get my esteem, isn’t it true that they can take it away with disapproval? What *self* is there in that?

It is also unwise to convince yourself that you can get your esteem within by simply thinking or even saying, “I don’t care what the world thinks, I am proud of *this* or *that* regardless.” You know already what I am saying. If you did not care what the world thought, you would have no reason to even consider it.

“What about gaining Self Esteem in doing good things and being a good person?” you might ask. Please see that doing good and being good are still reflections in your mind of how the world sees you. Furthermore, what you may think is good, may be considered bad to another. What will you do then, when they show their disapproval?

Self Esteem as the world views it, could really be called Ego Esteem. The widely accepted concept is just another way for the Ego to claim its stake on you. Don't allow it to happen. Seek, from this point forward, True Esteem.

True Esteem will also come from elsewhere. However, it will come from the Greatest of all Esteems, if you give up the esteem you currently seek. The two cannot exist at the same time. You will need to be willing to let go of the identities the Ego has created. You will have to cease trying to be somebody.

As a matter of fact, do your True Self a favor and work hard to be nothing at all. Even in the swirl of emotions, the roller coaster ride between elation and sorrow. Be nothing at all. Don't perpetuate your current condition by being that condition. Say to yourself, "That is the Ego feeling those emotions, not my True Self." Tell others nothing about it at all. That will truly starve the Ego.

It is difficult to be nothing. You will face a fierce fight inside with the Ego. But you will win if you want to. It is like an itch that will not go away. Any attempt to scratch it away works only for a moment and the itch comes back worse than before...the only way to make it go away is to fight through the agony until it suddenly stops. This is exactly how it works with the Ego. And you will never know this for yourself until you do this for yourself.

Will you give up the Ego? Entirely? You *must* to enjoy the True Freedom I write about. You should know however, that you do not have to do it all at once, nor could you, if you aimed to do so. It has to be done one string at a time, one less bite of food. The new freedom will satisfy the void as it becomes and it will give you strength and Knowledge to take the next daring step.