

# The Ego

Mechanisms, Tricks, Disguises &  
Identifications

Why do we need to know  
how the ego works?



# What is the ego?

- Identification with forms
- Content: what
- Structure: compulsion to identify



# What is the ego?

- Wanting is stronger than having
- Results of unfulfilled wanting



# Levels of identification

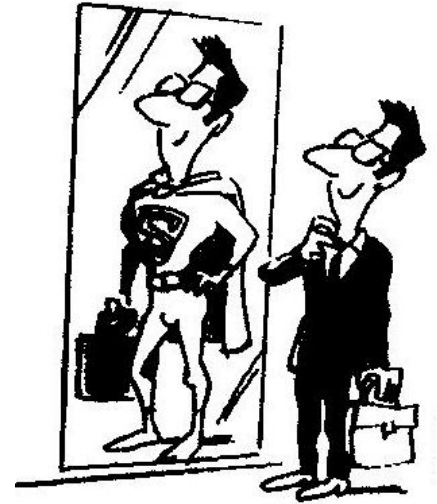
- Material things
- Body and appearance
- Thought forms
- Emotional forms



Both create energy formations

# Other personal identifications

- Possessions, opinions & external appearance
- Long-standing resentments
- Concepts of yourself



# One way the ego feeds itself

- Incessant stream of thoughts - thinking happens to you!



# What is the ego - aspects

- Thought and emotion.
- A bundle of memories you identify as 'me and my story'
- Roles
- Collective and personal identifications





# Role playing

- We are unaware
- Get attention  
(psychic energy)
- Victim

Extravert

Shy person



## Ego delays happiness

- To sometime in the future
- Never, because of the past
  
- How to be at peace?
- Be in the present.
  
- The ego is afraid you'll find out, because that will be end of the ego.

# Beyond Ego: Your True Identity

- How to become free of the ego? Be aware of it - awareness and ego are incompatible.  
Awareness is the power hidden in the present.
- When we have our Spiritual Realisation we can clearly see that we are not what we see, experience, think or feel.  
These are only temporary.

## Beyond Ego: Your True Identity

- When we are conscious in the present, we can recognise the unconsciousness in us.
- We cannot fight our ego and win.  
We just need the light of consciousness.

***WE ARE THAT LIGHT***

# Beyond Ego: Your True Identity

Not reacting to the ego in others is one of the most effective ways of:

- going beyond our own ego
- dissolving other people's ego.

•Forgive: others and ourselves



