

The Ego

The ego is the lower emotions and the animal states within; it is the main obstacle to spiritual growth and awakening; it is that which traps and blocks the spirit and traps the consciousness. The ego is almost all of the human emotions: anger, lust, envy, pride, greed, sadness, rage, gluttony, jealousy, excitement, pleasure etc.

The core of the soul is the essence or consciousness. It is that which is the true self, the I, the sense of existing and being awake. It is the part of the self, which is enveloped in the bodies, both the spiritual bodies and the physical.

The consciousness, which is the essence, is blocked and trapped, hidden beneath the ego. It is like a bucket of water inside of which a lot of sand is filling up the bucket and hiding all the water, absorbing the water. Very little to almost no water is visible and accessible. The ego needs to be eliminated in order to free the essence, the consciousness, so that the consciousness can grow, fill out to its true size, and to activate its potential that lies beneath the ego. As the ego is destroyed and the consciousness freed, it becomes available and accessible, like removing the sand from the bucket, making the water accessible, visible and free.

The ego is all of the lower animal states, almost all of the emotions. As the lower emotions are eliminated, the spiritual qualities such as love, empathy, peace, tranquility, wisdom, understanding, sense of beauty, chastity, generosity, willingness to help others etc. are increased.

The ego is the darkness within which needs to be removed and eliminated in order for light to shine. It blinds a person, creates illusions, and makes the person see the world and reality in a way which is wrong, preventing the person from seeing reality and the world the way it truly is. It creates an illusion within the person and distorts the way one sees reality, like wearing the colored glasses which filter and distort the world around you.

The anger for instance can make you see a person like a monster or an enemy, as if they are fully against you, when in reality the argument between the two of you could have been caused by simply misunderstanding each other. They likewise can see you in a way which is not a true representation of who you truly are. When you later calm down and the ego state has passed, you will see the person in a completely different way; in a way which you are used to, and you might think of them as a friend.

The anger has distorted the way you see the person, and the way you see them is not a true representation of who they truly are. Same applies to other egos. Greed might make you want to accumulate a lot of money, buy boat, a new house, buy items that you feel are very important at the time. And then later, once you have owned the objects for a while, they might lose their appeal, they no longer seem as important. You might get tired of the boat, might want a car instead. And the money that you accumulated, you want more of, never truly

satisfied. The accumulation of things and the acquisition of money can seem very important, when in reality they are only objects, and the items you purchased are temporary and you will lose them in one way or another, at one point or another.

All of the egos trap a person in the state in which they can only see through the ego itself, preventing them from being who they truly are, preventing them from seeing the world objectively and the way it truly is.

One likes a person one day, hate them another. Or love them, and then get tired of them, even though they are the same person.

You like your job, is exhilarating, fun, though the next day you might hate it, because you get tired of it, feeling its boring, even though it is the same job.

You might feel comfortable staying at home, having a quiet day, no company. And another day you might feel it entirely different. You may want to be out with friends, do something, go to a restaurant or a party.

The egos are responsible for almost all of the suffering and pain within the human being. They control the person like a puppet, pushing in one direction or another, based on individual conditionings.

Anger will put you to react, scream, yell, punch, argue, and you will suffer because of it, because things are not the way you wanted them to be. You get angry because something is in a way that you don't want. When someone says something that you don't like, you get angry, reacting against what they said. You wanted them to say something else, to agree with you, to express themselves in a different way. You do not agree with what they have said, and so you feel pain and you react. While in the state of anger, you are not calm, nor peaceful, content or happy; you feel that things are in a way you do not want them to be. You want things to be different, cannot be happy and yet want things to be different.

You broke your precious item and you get angry and upset. Because you liked that item, there is pain; you want it to be back whole again. There is pain because things are not you wanted them to be; you want that item to be whole, you liked that item, you wanted to maintain it, keep it, not understanding that your ownership of that item is temporary and that sooner or later, at one point or another, you would have to let it go. It would eventually get broken anyhow, or it would get old and you would be tired of it and have to throw it out. And even if you managed to keep it long enough, you would have to part with it at the point of death; you will continue after death and the item will be left behind. You cannot truly possess anything in the physical world. Everything here is temporary, in one way or another.

The anger will control you, push you to scream, yell, argue. It is the opposite of being content and in peace. The same applies to other egos in their own ways. If you feel fearful, feeling like the whole world is against you, you will feel crippled, prevented from functioning properly, because fear is a very low energy causing you to experience a heavy inner state.

Vanity, the concern with the way you look and appear. You feel that the way you are is not satisfactory. You want to appear in certain ways to others, but the way they see you and the

way you see yourself is probably not the same anyways. To be concerned about your appearance and the way you look, to have pleasure by seeing yourself in a certain way and having others see you like that and having them treat you in a way which you feel suits the way you want to look and be treated - that concern and that pleasure is also illusion, it is false. Another person might look at you and treat you in a completely different way. One person might compliment you, think you look great, and another person could think you look bad; another person might think you would look better in other clothes, in other makeup, in other car, with another watch etc. The way you see yourself and the way others see you is an illusion, it is false, because we all see different things in different ways. It is not objective and it is not true.

Desires, you want this or you want that. The fact you want something means that you are not happy, content and in peace with what you have. You feel that by wanting, by having this or that, you will be happy and more content, that you would feel more complete, but you would be wrong in assuming that.

You can feel a state of happiness and pleasure for a while. You buy something you want and you are happy with it, enjoying it, but a year later you might find it has been on the shelf all this time and you never touched it. No matter what you buy or how much you acquire, your focus will soon shift to other direction. You might feel content for a while with what you have purchased and acquired, not long afterwards, however, you feel a need to get something else, feeling that this thing that you now want to buy or acquire is needed to feel more happy. But the circle continues. No matter how much you buy or acquire, you will never truly feel that you are done. You will always feel a need for something more.

The ego is the principle obstacle to spiritual growth. It is the work upon the ego that is the foundation of all of the spiritual work. The consciousness which is the central core Self - the I, the myself, the sense of being, the awakensness, the sense of self-awareness - is enclosed in the physical and spiritual bodies. The work of freeing the consciousness so that it expands and restores to its full potential size is the base of all other spiritual work.

The ego in turn is that which traps and covers up the consciousness, prevents access to it, and makes it smaller than what it could truly be. So it is the work upon the ego that is crucial to all spiritual work, because as the ego is being destroyed and eliminated, the consciousness that is trapped inside it is freed and it can then return to its full size; it can expand and become larger, little by little, as the ego is destroyed more and more. If the ego work is weak, all spiritual movement is slow or non-existent. If the ego work is strong and effective, the consciousness is freed quickly and all other inner qualities can emerge with it, and the steps forward and up the Mountains can occur faster.

It takes a certain amount of consciousness, for instance, to be allowed to enter into a certain initiation, around 16% for instance to be allowed into the 3rd initiation of the First Mountain. So if you start out with 5% of consciousness, it means that 11% more needs to be freed. And if it takes you many years to free those 11%, it also means that it will take you many years to reach the 3rd initiation. If those 11% are freed quicker, it means that the climb can also occur sooner. There are more requirements to climb the mountains, however. For instance, the solar

bodies need to be created and the tests need to be passed, but if you do not free the necessary consciousness, which is done by eliminating the ego, no movement can occur at all; you are then stuck. It does not matter what other work is being done, because if the ego is not being eliminated and destroyed there can be no movement.

How much consciousness the person has when starting out can vary. Some can have a little bit more than others, and others can have less. Regardless of that, the amount of consciousness that the person has when starting out is very tiny. The consciousness has to reach 50% in order to be able to finish the First Mountain. This means that if someone starts out with 5% of consciousness, they will need to eliminate 45% of ego in order to reach the end of the First Mountain.

If only 1% of consciousness is freed per year, it would mean that 45 years are necessary to reach the end of that Mountain; not counting in all other requirements, such as the creation of solar bodies and the tests that can cause person to get stuck.

There is therefore a very strong need to work very hard and in the right way so to eliminate and reduce the ego; to put in a lot of practice and learn to do it very well, at all times, every day, in order for the spiritual ascent to be realistic and for it to be possible to achieve high levels such as the end of the First Mountain and beyond.

It cannot be pointed out strongly enough the importance of studying about and practicing the death of the ego, getting it right. If you do not get it right you cannot ascend.

Vishnu

(NOTE: This document can be distributed freely both online and as physical copies, however it is not allowed to make any changes to it, nor to make profit out of it.)