

Satsang with Om Baba

(Rishikesh 2019)

The science of removing the ego

When the body is healthy there is peace in the body. When the mind is healthy there is peace in the mind. When the spirit is healthy there is peace in the spirit. When the ego is absent there is peace. The ego is the sickness of the spirit.

When the body is sick it cannot be peaceful. It is in trouble, it becomes restless, trying to counteract its own sickness, trying to come back into the healthy state. In the same way, when there is ego, which is a form of sickness, which is like cancer to the spirit, the spirit is always in turbulence – it tries to move out of it towards its natural state, the egoless state. When by a touch of divine Grace we enter into this egoless state, then there is peace. This cannot be when there is ego, because ego is a sickness.

For those who have not a clear understanding what is the ego, I will define it one more time; ego is the idea of separation, *I am one thing, separate thing, you are something else...* Out of this idea of duality, out of this ego, all conflict begins, all pain begins, competition, hate, jealousy, desire and fear, lack of contentment, fear of death, fear of loss, always missing something, always being thirsty... When this ego that is like a disease is somehow removed, then there is peace. Then the spirit rests in its own natural state, in its own natural egoless state, without any misconception of separation.

Can we take out this misconception just by clear understanding? Simply by understanding it's a foolish thing, it's an unnecessary burden. Why we keep on carrying it, this idea of separation *I am one thing, you are something else?* There is one Life only - one Life! One Being!

It is like a drop in the ocean growing ego and saying: *'Listen! This tiny, insignificant part of water – this is my water! And you, you have your own water! We are something different!'* Nothing can create this notion, except from a misconception, a misconception that is very deeply rooted, very powerful and very well cultivated, both internally and externally. This misconception is the ego! This is the sickness of our spirit, this is the sickness that takes away our natural peace, our natural happiness. Can you remove this? That is all, you don't need to do anything else. All other spiritual practices that we have, they act as auxiliaries, as a help towards this.

When the ego is removed, duality is removed.

When duality is removed oneness becomes known.

When oneness becomes known, love becomes natural and unconditional.

When love is there, joy is there, peace is there, contentment is there.

There is nothing that we can love more than the Self, than our own true Self and when we recognize this true Self to be inside everything, love is natural and unconditional. When we recognize that everything is pervaded by our own Self, what can we be afraid of and what can we desire? When we recognize that this Life that is our essence is indestructible, unchanging, undecaying, what can we be afraid of? That one Life that is inside of us is inside everything else. The same water that is inside one drop, is inside every drop in the very same way!

Maharajji used to say in his own very simple and powerful way; he used to say *Love everybody in the same way!* He was saying, don't pay attention to the personality, to the behavior – different people have different behavior, you are not asked to love the behavior, nobody can do it! Sometimes we don't love even our own behavior, how we can love the behavior of the other? We are not asked to do this! We are asked to love what is behind the behavior. That, which is not polluted by the behavior, is untouched by the behavior, does not have an appearance, does not have a name, does not have a story, does not do good deeds or bad deeds. It is itself perfect goodness!

Isn't this the most beautiful way to live together, to coexist? By knowing this one Life, by knowing this one Self within everything. Isn't it the most beautiful way to coexist? And why we don't do it? Why we rather choose ego? Why we vote for the ego? Why we sponsor the ego? Why we sponsor the idea '*I am this person, I have this name, I have this story, I have this achievements, I have these strengths, these weaknesses, I have this property*'... so what? What is behind all these things? If we could press a delete button and delete all these things, all these characteristics, what will remain behind all these things? If we could press the delete button and delete all these misconceptions, all these ideas, all these beliefs, what will still remain? If we could delete all these misconceptions that just separate us, that bring us apart, what will remain? Love will remain, peace will remain.

If we can eradicate the source of war, which is the ego, what will remain? Peace will remain. If we try to eradicate the war outwards, outside while we keep the ego... that is impossible! Is like trying to push down a tree back to the earth - not even cut it, just push

it back down to the earth - we will fail! It will grow more and more, as long as it has roots. The roots are the ego, the idea of separation. The idea of separation! Not the separation, but the idea of the separation! It is not that one drop is separated from the other drop; it is not that life is separated from other life. Life is not separated at all, but there is the idea that *'Yes! I am this part of life, that is me, that is somehow special, that is different, that is unique, that is my precious'*. So if we press the delete button - *click!* - what will happen?

Isn't there just one unique energy flowing inside all human beings, all living beings, all animals, all trees, all flowers, all microorganisms, all elements? One living energy! We can call this living energy, if you like, God. If you prefer a more beautiful name, we can call it Shiva, we can call it Krishna, we can call it Life. Just to be simple and straightforward, we can call it just Life! Which, I believe is the most direct name of this entity. Life! Isn't just one Life manifesting itself as the whole animal kingdom and vegetable kingdom, as the planet itself, as the Solar System, as the Universe itself? Just one Life!

That is why we say that one of the most important auxiliaries to Self-knowledge is renunciation. By renunciation we mean renunciation of all these concepts, ideas, the idea of the ego, of separation, of our own beliefs, etc... Whatever makes us think that we are a separated entity, whatever strengthens this idea of separation, which can be even property, it can be duties, it can be beliefs, attachments, etc. Do you understand the word renunciation?

Renouncing that which creates conflict inside, renouncing that which steals away the peace. If we renounce it and we stop sponsoring it and we stop carrying it on our shoulder, naturally we will find peace. Can you do it straightaway? That would be wonderful! For most people is not so easy, some support is needed, some help is needed. This help can be the Guru, or it can be a Mantra. This help can be a practice. If somebody is really thirsty for the Truth he will do everything - he should do everything! Whatever is in our hands we should do it! Why not? If we are really thirsty we cannot wait idly - we naturally do everything that is in our hands. We do our practice diligently, we repeat our Mantra. We find a Master to guide us and we carefully follow his instructions. Because, to find a Master but don't do what he says is meaningless; is like we go to the doctor and he tells us what to do and we don't do it - we will remain sick, why did we even go to the doctor?

So, first recognizing the source of pain which is the ego. Recognizing it very clearly, *'This is it!'* The idea of separation with the whole life, this is the source, the very root of all pain. First recognizing it, spotting it, arresting it, seeing it in action, seeing it creating problems again and again. Seeing it constantly regenerating, and arresting it, catching it in action! Having it very clear inside you *'This is the source of my pain'* and second step gathering up

your willpower, gathering up your strength and say *'I will not live like this anymore, I will not be anymore the slave of this ego, the slave of this dark force inside of me, I will not be anymore the slave of it. I will be free from it, I will not anymore sponsor it!'*

Gathering up your willpower, preparing for the rebellion, because the ego now is the king, it is the mighty tyrant. So, when you recognize that you are ruled by a dark force, by a dark king, you must prepare yourself, brace yourself for the revolution. It is literally a revolution, a revolution against the established authority that is the ego. And to make this revolution you must be very intelligent - very, very intelligent, because it has power, the established authority has power. You must be intelligent! And you must use advanced technology to strike against this established authority. You must use the latest technology like mantras, prayers, selfless service, discipline, austerities and most important service and surrender to the Master.

Remember, it's not that you don't have a Master; it's not that there is any conscious being that doesn't have a Master, but for most conscious beings the Master is the ego - and that's a terrible Master! So, if you decide to surrender yourself let's say to a living Master, to a person that inspires you, to a person that you fully trust, to somebody that you love fully - preferably a living Master - when you decide to do so, the ego will resist, will make a gigantic resistance to that, because the Master and the ego cannot coexist. To surrender to the Master is the ultimate strike against the ego, it is the highest technique, the most powerful technique, it is the final blow. If you can do this, that is the greatest practice, that is the greatest technology to out-throne the ego.

If you feel intimidated by the power of this technology you can try other technologies like mantras, prayers, practices of many forms, Yoga, selfless service, all this will purify the mind, all this will make you see more clearly, see more clearly what I'm speaking about. See more clearly what is the ego, how it acts and how it can be removed. See more clearly the need for help from a Master, because the one who says *'I can do everything by my hands'*, who is speaking? Who is speaking?! It is the ego that is speaking! When a little voice appears inside and says *'Don't listen to this man of wisdom or the other man of wisdom, don't listen to the scriptures, you know better...'* What is this voice *'you know better'*? Can you not see how foolish it is? How is possible we know better?

I was also there, I was also rooted there, *'I know better'*! What can the sages tell me? What can the Scriptures tell me? What can this *Bhagavad Gita* tell me? I know better... I was there, so I can understand, but at some moment a flash happened, I said *'Just a moment!'* I caught it in action, I caught the ego in action! *'How is it possible that I know better? Something must be wrong! How is it possible that I know better from the sages?'* And then I divorced myself from this foolish idea and I married myself to the idea *'I know nothing!'*

And the moment we start saying '*I know nothing!*' - that moment wisdom starts! That moment we become open to a much higher wisdom. It's like we empty our cup, we throw out any old water, we throw out whatever is inside, we empty our cup and say '*Fill it up I am thirsty!*' Can the ego say '*I know nothing?*' Very difficult! The ego will react '*How you know nothing? We know so many things!*' This is also a small success of the revolution, when you start understanding that *I know nothing*, the ego starts to tremble, its authority starts to tremble, the established authority starts to tremble and the foundations are laid for a change, for a transformation...

One of the most renowned Sage of ancient Europe was Socrates. Socrates was meeting with the most wise people of his time, to have some entertaining debate. Because for him it was truly entertaining and the first thing he would say was '*I know nothing!*' He was not just modest; he was truly believing it, he was truly entering into this state of consciousness '*I know nothing...*' He was saying '*Let us examine this, let us see what is more correct...*' And starting from this point of view, from this standpoint '*I know nothing*', he was opening himself up to divine inspiration. In this way nobody could stand against him, because everybody else was speaking from his own mind, from his intellect, from his past knowledge. Everybody was speaking from what he had accumulated. Socrates was speaking from fresh, divine inspiration - so, he was unbeatable!

And all those people that speak true wisdom, they speak from this fresh inspiration - they don't speak from something they have prepared. Anything you see written in the Scriptures, don't think that the author, the real author, whoever it was, he prepared it then he give it to the editor, the editor edited it and then it came something out... It was direct, spontaneous speaking! Actually most of the Scriptures, the Indian Scriptures, the author didn't write himself, he was just speaking in ecstasy and somebody would write down what he was saying.

The Mahabharata, one of the most renowned scriptures, was composed by Vedavyasa and the story goes that Vedavyasa, who was a very great sage of that time, was sitting with his disciples, and at some moment he entered into Samadhi. When he came out, slowly, slowly, he said to them '*Take pen and paper immediately, I want to speak now!*' And he looked around, at the people around him, and he couldn't find anybody who could follow his momentum, who could follow his power and his strong inspiration to speak. Nobody could follow him, so he prayed: "*Lord help me! Oh Lord Ganapati, please help me!*"

And they say that Lord Ganesha himself came down from the heavens and he said '*I will write! You speak, O Rishi! And I will write down what you say!*' And he said he didn't have a pen with him, so he broke one of his two tusks, to write down. He said '*Oh sage! I will write down what you speak but if you stop even one time, I will stop and will go.*'

So, Vedavyasa spoke the whole Mahabharata in one go! About 120,000 verses about in one go, without stopping! That's why we read it and we feel '*What is this? Where did it come from?*' It doesn't feel to be like a human work... this feels like some alien work or some purely divine work. And the sacred Bhagavad Gita is just a part of this Mahabharata. In one go, fully spontaneous, like this... You think he knew what to say before he started saying it? He didn't know, he had no idea, nobody knew! Fully spontaneous! That is why, there is no ego involved. That is why it is purely divine!

How can we have access to this amazing inspiration? Very simple, by recognizing that '*I know nothing*'. As soon as we recognize that '*I know nothing*', then inspiration starts flowing. We open ourselves up, we open ourselves to Grace, we attract this Grace and we become filled with Grace. And that wisdom is beautiful! It doesn't come from the ego - the ego stays silent. So, do not hesitate to say '*I know nothing*'. You don't need to say it to the others - just say to yourself '*I know nothing*'.

Life does not need to know something, Life is perfect as it is! And if we understand that we truly know nothing, we open up the doors to know that Life. So, are you ready to sacrifice all this knowledge that you have in exchange for the knowledge of the Self? Are we ready to give up all that we have, to renounce all knowledge that we have, all beliefs that we have, everything we have accumulated, to give it all up for the knowledge of That which Is! Of the Life that Is! Are we ready to make this exchange?

So, that is a technology that can help you in your private revolution against the ego. Remind to yourself '*I know nothing!*' We can go one more step saying '*I am nothing!*' That's a very powerful and nuclear weapon against the ego, '*I am nothing!*' Can you say this? '*I am nothing!*'

'*I am nothing*' doesn't mean '*I am not*'. Of course I am! But I am not something, I am not one thing or the other, I don't have a description, I don't have a characteristic, I cannot have a label. What we speak about in almost every Satsang, '*I am not this, I am not that, I am not man, I am not woman, I am not from Greece, from Russia, from anywhere, I am nothing!*' Can you say this to yourself? Can you say this to your ego? The ego cannot be nothing, the ego has to be something. When you say I am nothing is like pulling out the carpet under the feet of the ego, the ego has to fall down! The ego cannot exist without the idea I am something, one thing or the other - the ego needs a description, a label. When you remove all labels the ego cannot possibly exist.

It is so blissful to feel and to know '*I am nothing*'! No title can stay in me, no title can limit me, no title and no name can pollute me, I am nothing! It's such an extreme joy to be nothing, to know nothing and if you want one more thing, to have nothing.

They say for St. Francis of Assisi there was nobody ever in human History that had less than he had, he had literally nothing! Just an old cloth and nothing else. He was begging with his hands, he was not having even a bowl; he was begging with his own hands, he had no spoons, no blankets, nothing... There was nobody who had less than St. Francis - at the same time there was nobody who was more blissful than him. So, would you exchange your natural bliss, your divine state for the belongings that you have, for the material objects and for concepts that we have, for beliefs that we have? If you had to make this choice, on one hand all that you have, that you consider so precious, your belongings, your ideas, your concepts, your titles, your achievements and on the other hand natural, pure, blissful state, peace, natural joy. If you had to choose between the two, which one would you choose? Think about it!

And can you not understand that the more you increase your belongings, the more you reduce of the other? The more you increase belongings, obligations, duties, ideas, beliefs, attachments, the more you reduce the connection with your natural state? Remember, it is always in your hand and it is always a choice that you can make.

So, accept this technology that I'm offering you in your rebellion against the ego. '*I know nothing, I am nothing, I have nothing*'. Then, when the ego, that is just a misconception, is removed, there is peace.

Then the spirit is healthy, the mind is blissful, the whole kingdom prospers.

The whole inner kingdom is abundant and full, full of everything!

The inner Sun begins to shine, all life inside blossoms,

all that is beautiful blossoms inside.

...just when this ego is removed.

So, from today remember, '*I am nothing, I know nothing, I have nothing*'.

- Om Shanti Shanti Shanti! -