

Satsang with Om Baba

(Rishikesh 2019)

Explaining ego

One of the topics that we speak very often about is the ego, because it's something very important to understand clearly - what is this ego and how we can remove it. And first, to understand why we should remove it at all. What is its function and what is its dysfunction. Does it have any benefit at all? Or is it like a thorn on our throat?

The ego is the idea of separation. *"I am one thing, you are something else. I have this name, I have this personality, I have this story; you have something different. And my separate individual existence is somehow more special than yours - I am more important in the hierarchy of life. And since I am a human, my individual existence is more important than that of the animals; I'm a superior being! And of course, I am superior to all the plants and all the trees! And how about this planet which is just an unconscious entity out of stone, why should I care about it?"* This is the ego! This is the ego expressing itself!

Now, the main obstacle in removing the ego is that we are actually addicted to it; just like an alcoholic is addicted to the alcohol. He receives from it a tiny amount of joy and a big amount of suffering...but he keeps on doing it. He might even understand that he receives very little joy and too much suffering, but he keeps on doing it, because it is an addiction and because maybe he feels there is not another option.

So, let us examine the same with the ego. If an alcoholic wants to be free from the alcohol, first he needs to understand that it is something harmful for him. He can see there is a tiny amount of joy but he must see that the suffering is much more than the joy. If he recognizes this, then there is a chance that he may make some effort to be free from it. It is the same with the ego; if we recognize that it is a source of pain, we have a chance to start doing something about it. If we recognize this addiction to the individual existence is something harmful for us, we can start doing something to be free from it.

Now, in the case of the alcoholic he can be free from the alcohol simply by very much strength, by taking a very firm decision, an adamant decision, saying: *"That's enough! From today stop!"* Not utilizing any technique, just by mere willpower. Can he do it? Yes he can.

Can we do the same with the ego? Difficult... I will not say impossible, but very difficult! However, strength is necessary, willpower is necessary, even if we have a clear understanding that it's something harmful for us. But, even if we manage to push it out somehow, we will find it coming back again and again... When we believe we are successful, that we have defeated the ego...it was simply waiting, hiding behind the corner...it will wait until we become careless and then it will strike back with double force! So, strength is needed but is not sufficient by itself, a certain guidance is necessary, a certain method is needed.

Now, Yoga is this method! It utilizes many, many different techniques to try to neutralize the ego from many different points of view. Many scientific techniques, but ultimately the primary condition is our clear determination to be free from this. This must be very clear, without any doubt, because the ego will come again and speak cunningly: *'I am so important to you! Without me you will not be able to survive! In this hard world I am the only one who can protect you! You need me, I'm your best friend!'* So, if we understand that this is a deception and a deception that we actually enjoy, then we have a chance to stop it! Not before this.

Most of us we are fully under this deception. We feel the ego is something useful, it's even beneficial, it is a valuable friend. It is protecting us from the harsh world...

What can the ego protect us from? From other egos? *'I need to protect myself from the others'* - this is the ego speaking! When the idea of 'others' is removed, then there is just your own Self. Then there is an interaction from your Self to your Self.

The function of the ego is not to protect us from someone else, who might do us harm; it cannot anyway! The ego is not for this thing. The ego is the deep-rooted idea *'I am a separate entity!'* It is because of the ego that there is the notion of 'others'. Can we give up this notion? Can we give up our individuality? Can we give up the idea *'I am an individual being'* and gracefully merge into the great cosmic life. Can we do this? The first condition is to want to do it. If you really want to do it then we are going in the correct direction.

Jesus Christ was saying: *"He who wants to keep his life will lose it and he who will give his life will keep it!"* By giving up this idea of individuality, for the first time we can discover what Life truly is! Discover that Life that has no name, it has no form, it has no limitation, it is not dependent on time; it is timeless, infinite, pure and it's all the time pervading everything and it is this that we truly are and we fail to see it, because we prefer to be an individual entity.

That's why we say that essentially spiritual practice begins from this choice, of leaving behind individuality and becoming Life itself. Every single day that you sit for meditation you can practice like this;

"I dissolve my individuality in the Great Life.

I renounce the idea that I am a separate being.

I throw myself in the Ocean of Life.

I disappear, I lose myself to discover truly who I am.

I throw away the idea that I am a separate being, I fully renounce it,

I give up this terrible addiction and I wake up into divinity, my own natural divinity.

*I don't try anymore to protect or nourish my individuality, that will lead me nowhere,
that is only a source of trouble to me, that is only a waste of time.*

I cannot save this individuality no matter how much I try

and there's no reason for me to save it.

There is something much greater and I wish to know it,

I wish to awaken to it!

I have struggled my whole life trying to protect it, thinking it is something precious...

but now I see it is something empty, it's just a false idea.

I joyfully give it up to see what lies behind it.

Seeking the Truth of my Being...

I give up the false idea of individuality."

And this is not really a big sacrifice... to give up a false idea is not a big sacrifice. To take a burden out of your shoulders is not a big sacrifice. To be light and free! It's so easy...

And anyway, if you would like to discover something beautiful you have to be a little bit brave. If you want to discover a treasure or anything precious you have to go a little bit beyond your boundaries...you have to transcend your boundaries. This is what I'm asking!

Yes! Go beyond the boundaries of your ego, go outside your little box, find out what lies beyond, find out how your experience will be without this false idea! Experience it! Be brave!

Even if you don't trust the saints, be brave for yourself and find out for yourself! And if you do trust them...then you have one more reason to do it! Be brave!

And for some blessed seekers this is very clear, "*I want to be from my ego!*" They ask: "*What should I do?*" There are there so many practices! Of course, the most important practice is the Guru himself. We need somebody, who is free from the ego, otherwise how will we do it? We need somebody to inspire us not just by words, but by a state of Being. Stay with this Sage! Bow down to Him! Touch His feet, do *pranam!*

If one has a strong ego, he cannot do it! The ego has a very stiff back, it cannot bow down. And to bow down to the Master, is not just a typical gesture - it is a very high science! This is a way to receive the energy from the Master that flows downwards like a waterfall, following the law of gravity.

Another practice is selfless service, i.e. to offer without expecting something in return. The ego can never do this, only an egoless being can do it. And by doing this, by living like this, one becomes egoless, one gets an experience, a direct experience, of the egoless state. To offer without expecting something in return, that is divine practice! And all the other practices come after this! Be it Japa, Mantras, be it Meditation, be it Yoga, any other practice... Study of the Scriptures, all these will help... *Which one should I do?* If you are really thirsty to be free from ego...do all of them! If you are a little thirsty just choose one that you like and do this. If you are not thirsty at all...just stay in the YouTube. Keep Spirituality in a safe distance, don't come too close because it will burn your ego!

Can we be free from the ego? Absolutely! Otherwise no great being would come out and teach Spirituality. If the great sages couldn't see that everybody can be free from the ego they wouldn't come out and teach - they would just stay at home. They would not write the scriptures, they would not give teachings. But, on the contrary, they see this is a potential of every conscious being! They see that this ego is just a stupid idea that everybody carries with him and they try to remove it with all these methods.

So, either you understand the urgency to be free from the ego or you don't understand it - my suggestion is be brave! Be an explorer, step out of your box and see what's out there. The moment we step out of the ego all the troubles finish, because Life itself has no troubles. Only the individual being has troubles which are never finishing. Mark my words: *never finishing!*

Just like the surface of the ocean is always troubled by all sort of things, is troubled by the winds, by the ships, by garbage, by plastic, by temperatures...but the depth of the ocean is ever placid, peaceful and perfect! Therefore, dive inside this depth beyond the appearances and beyond the mind, beyond any individuality and find your natural peace. And this is the place where we all meet. This is the true meeting place. This is the place where all separation finishes and Oneness begins.

- Om Shanti Shanti Shanti -