



**EGO**  
**The pride of Ego**  
Extract from 18/11/09 Satsang

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*Om Shri Paramatmane Namaha*

All saints tell us that Ego is the last hurdle in experiencing Truth, Self or God. I would like to make a couple of remarks about Ego. People are wrong to think that Ego should be finished or killed. Ego cannot be killed so easily. It has to be understood in its true nature. Then it has to be transformed and purified.

A very important and practical point is that Ego should gradually become without pride. The element of pride should be taken from Ego. Ego is the sense of existence or I-ness. There are two 'I's. One 'I' is the Truth which is always in us. The other 'I' is the one which we have created for ourselves due to – cultural, educational and suchlike factors. This has caused us to be proud: "I am a disciplined man! I am an educated man! I belong to a big family! I belong to such and such a country!" One starts to make comparisons: "I am an officer! I am a scientist! I am beautiful! I am ugly! I am rich! I am poor!" All these statements demonstrate Ego. Slowly all these identifications must stop. The Ego that is 'Is-ness' is the Truth. 'Am-ness' is to go away, 'Is-ness' is to remain. Is always is, only pride is the problem.

Once I visited a house in Europe where I overheard a heated discussion between a husband and his wife similar to that which occurs from time to time in most households. I happened to hear them quarrelling about a trivial matter – whether they should make a certain journey or not. Quarrels often occur about such flimsy matters. They put the problem before me, asking my advice on whether they should make that journey. I advised them not to stay or go but to consider a third option. They were surprised and asked what the third option was. I told them to be silent there and then. It was not important whether they went or not. Nothing was going to happen either way but if they become silent at that time they would evolve. They understood my point. Then I said that it would be very useful for them to meditate for some time.

Whatever happens in the world around you will not make much difference to your life. A real improvement is created if you are peaceful in any particular situation.

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