

We from Bagavath mission are presenting this short clip about Ego and tips to handle it better in our day to day lives.

1) All problems are problems of the Ego (When Ego works dysfunctional)



1. We all know that the "MOTHER OF ALL PROBLEMS IS NOTHING BUT EGO"
2. If we closely examine, all practical problems of life, say relationship issues ; stress ; anger ; depression etc arise on account of Ego conflict.
3. We all want peace of mind to be happy. But the mind refuses to accept the reality of any situation just because of Ego

2) Ego as we know it



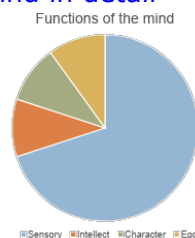
1. What is our idea about Ego? Ego as we commonly know is the opinion about ourselves.
2. The term *ego* is as confusing as any other term in psychology. The psychological landscape is littered with concepts that include "ego" in one way or another—egotism, egocentrism, superego and so on.
3. In Echart Tolle's words: "Vanity and pride are what most of us tend to think of when we think of ego, but ego is much more than an overinflated sense of self. It can also turn up in feelings of inferiority or self-hatred, because ego is any image you have of yourself that gives you a sense of identity—and that identity derives from the things you tell yourself and the things other people have been saying about you that you've decided to accept as truth."
4. So this self image that we have about ourselves, in terms of our capabilities, knowledge , likes and dislikes etc forms a false protective shell and imprisons us in our own world.
5. While it is a fact that only the present moment exists, and the past and future exist only in the mind, your ego wants you to be thinking about the past and future. Lost in thought and trapped in self image we fail to see what is obvious.

3) Knowing is the real Cure



1. Why does Ego exist in the first place? Ego is an essential subtle tool of the mind which has taken millions of years to evolve. It is much more than just an opinion about the self or self image as it is popularly known. It is essentially part of every single experience one has. But we have a very limited understanding of this particular entity of the mind..
2. The main cause of problems getting bigger and unmanageable is because of this lack of understanding about itself. Once its nature and purpose is understood, then we would have a whole new perception about Ego and we can start using it beneficially instead of resisting it.
3. Knowing about the nature of Ego is an effortless way to handle all our problems. This does not mean that the problem ceases to exist but rather problems will be seen as challenges.
4. So what does ego **actually** mean? To put it simply, the English word "ego" is the Latin word for "I." Literally translated, ego means "I." (If you were writing "I love you" in Latin, you'd write *ego amo te.*)
5. Ego is actually the feeling of "I" - (The experiencer) that comes with every single thought. So I would like to repeat, It is much more than just an opinion about the self or self image as it is commonly known.
6. The primary cause of unhappiness is never the situation but our thoughts about it.
7. So it is time to dive deep into knowing what thought is and the role of I (which is ego) that comes along with each thought.

4) Know your mind in detail



1. It becomes essential to study the nature of our mind, where all thoughts arise. Sacred Books of the East have a store house of knowledge on this subject. Let us see the functioning of the mind as described in these texts.
2. As you see in this picture, the functions of the mind can be grouped under
 - a. Manam - Conscious mind -
 - It is the tool that is receptive to the signals from the 5 senses
 - b. Buddhi - Intellect -
 - It is source of knowledge and is the decision maker
 - c. Chittam - the mind field
 - It is character or personality. This personality or the mind field can vary from person to person. You can compare this to the various chemical and physical properties of chemical elements. Individual Mind

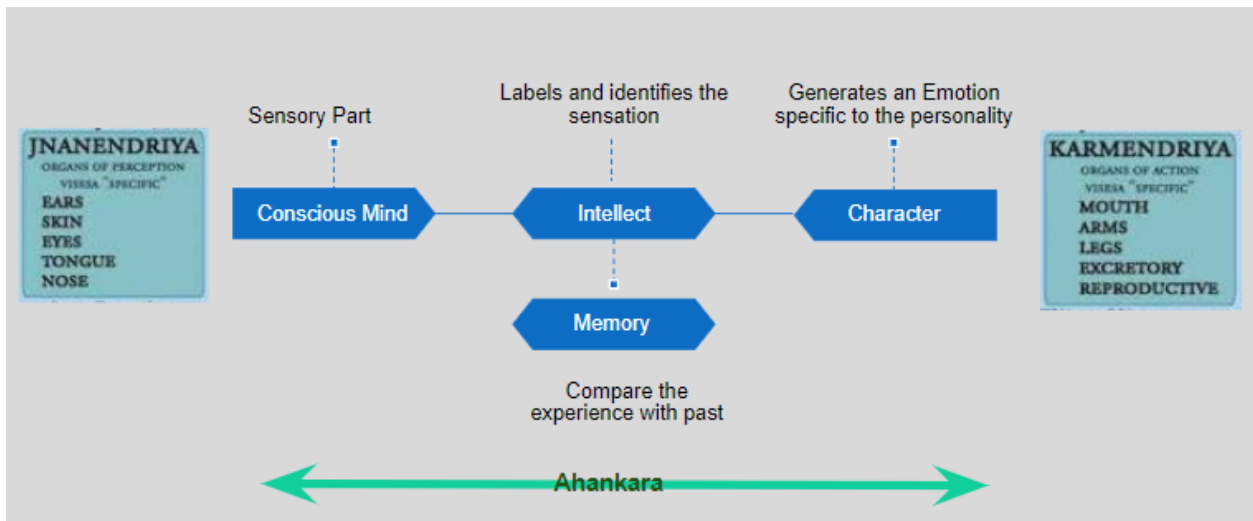
also has similar properties

d. Ego / Ahankaram

- It is the feeling of "I" that comes with every experience. It is the experiencer.

3. You can see from the pie chart that, the function of Manam (Conscious Mind) is predominant, say about 70% leaving 10% to the rest of the functioning. Now lets see how each of these subtle entities, function and interact with each other.

Functions of the mind



1. Stage 1: The Manam/Conscious mind integrates the various signals from all 5 senses. It is here that the external world is reflected onto us with the help of the senses. This is also the place where observation/experience happens.
2. Stage 2: Now the Intellect takes the role of recognizing and labeling the observations. It also compares the current experience with past data from the memory.
3. Stage 3: Now the experience which is cognized creates an emotion depending on the personality/character (Chitha) of the experiencer.
4. Stage 4: This emotion is responded back based on to the external world with the help of Mouth, Arms, Legs, etc.
5. Throughout this process of experience, in all the 4 stages, the thought of "I" which is the Ego/Ahankara is indispensable. It is the experiencer which is part of every single experience.

5)Role of the Ego



1. The Ahankaram/Ego, is the thought that comes as an experiencer whenever an

experience happens. Its nature is very much like a shadow that is created when an object comes in front of a light source.

2. The experiencer changes with every new experience. It can be compared to 2 sides of a coin that cannot be separated. We can thus say that, there is no experience without the experiencer and vice versa.
3. So now where is the problem? The Ego/Ahankara does not have any problem while observing the signals from the senses (that is from Stage 1) nor while the intellect identifies and tags each experience (which is the Stage 2).
4. The problem is when the experience interacts with the personality. We saw earlier that the personality can vary from person to person. for eg. when someone sees an insect nearby, they can have different reaction like disgust, curiosity, fear, irritation, admiration etc
5. Based on the personality, like /dislike experience is felt. It is here that the experience gets converted as "I am having this experience".
6. Like in the previous example of the insect in your vicinity, the response(like /dislike) of different people can vary based on their personality. Dependingly the experiencer might respond back with
 - a. Retaining the experience
 - b. Abstaining the experience
 - c. Or Being Neutral
7. But alas this is not possible. The Ego , which is the observer in the whole process, cannot change the experience, because it is a shadow of an experience. The shadow is powerless.
8. A shadow can never change the object or its source. Which means Ego/observer can neither change the experience or the personality.
9. Here what happens is that , the 10% of emotion is trying to control 70% of our conscious mind which is just an observer. So the self is trying to have a preferred set of experience. This is the cause of the conflict within, which we were referring to as the self being in conflict with itself. This is where the Ego, which is the experiencer, gets into trouble.

6)Nature of inner self



1. The solution to all problems lies hidden in understanding the nature of the self.
2. Every experience produces an emotion which is cognized by the experiencer. The experiencer varies as the experience varies. There is no permanent experiencer.
3. If you take a closer look, you would see for yourself that, the nature of the self is fleeting, depending upon the experience. It is very much like a fluid which takes the shape of the container.
4. If the self understands its fluid nature and knows its limitation in controlling the experience, then it would withdraw its efforts to retain/abstain the experience.
5. This is actually the solution. With this understanding the conflict within(war within) is stopped. Now the experiencer is free to focus on handling the external situation without any internal conflict.
6. Once this is understood, the mind is in a state of acceptance. The first stage of accepting all kinds of experience and knowing that each experience is short lived however good or bad.

7)What happens when Ego understands its real self



1. So now who is to understand this nature of Ego? Of the four entities of the mind that we saw earlier, it is the Intellect that has the ability to understand anything.
2. If the Intellect is given the knowledge about the nature of the Self/Ego/Ahankara, it effectively performs its duty as regulator and decision maker, whenever the Ego wants to retain/abstain from any experience. Intellect will start playing the role of conflict resolver effectively.
3. When the Intellect leads the way , emotion surrenders. This is where true acceptance takes place. Accepting the self enables one to accept others. With this one gets to experience FREEDOM. Free from the grip of Ego.

8)Handling the practical difficulties of Ego

1. Finally there are 2 main ideas that one needs to understand to tackle the problems of the Ego
 - a. Knowing the fluid nature of the self and the concrete nature of the external world (which is its opposite), helps shut down the internal conflict and divert the attention in responding suitably to the external world
 - b. Secondly whenever the Intellect recognises the Ego in conflict with itself, i.e when the Ego blows up a problem and creates an overinflated sense of self or a feeling of inferiority, the intellect would do the remediation and cut off the internal conflict.
2. How does one act when they see others acting out of Ego? Like Managing Ego at work or in personal relationships.
 - a. The solution laid down so far is only for the self to understand about its nature. That said, it is very much a personal assistant and is not a cure for the external situation.
 - b. But remember we started detailing about Ego problems saying that "The primary cause of unhappiness is never the situation but our thoughts about it." This understanding comes handy to not bother the thoughts that act abnormally and just focus on the need of the hour. This reduces the stress by 50%.
 - c. Also, whenever you see others under the grip of Ego, see if you have any scope to help them understand the nature of Ego. So that they are also free from its grip. Do this not while they are on their emotional peak, but rather when are calm.
 - d. If that is not the case, then just be not bothered to retain/abstain from your own experience. Keep your focus on how to respond back with values.
 - e. Extend the newly gained self love to the external situation. This is how one spreads love. And this is also how you use your Ego Beneficially.
3. Whenever you observe yourself or others, under the grip of Ego, you can test this solution and see how this understanding helps.

