

Prostrations

Respectful greetings

Namo Buddhaya

Enlightened persons

Namo Dharmaya

Way, path, method

Namo Sanghaya

Pure hearts





Lectures on Ego

- 1. Definition of Ego**
- 2. Evolution of Self in Human**
- 3. Formation of Self in Individual**
- 4. Characteristics of Ego**
- 5. Inflation and Defense of Ego**



Definition of Ego

Forget-me-not

www.AWE-edu.com

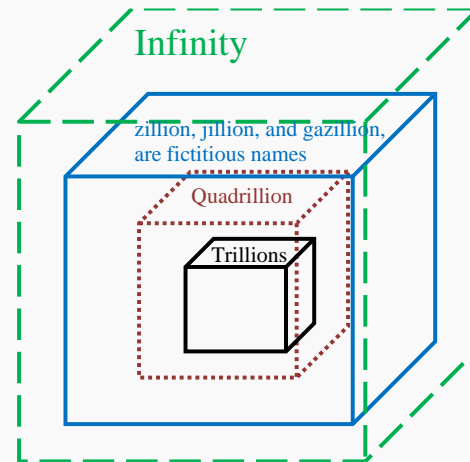




Definition of Ego

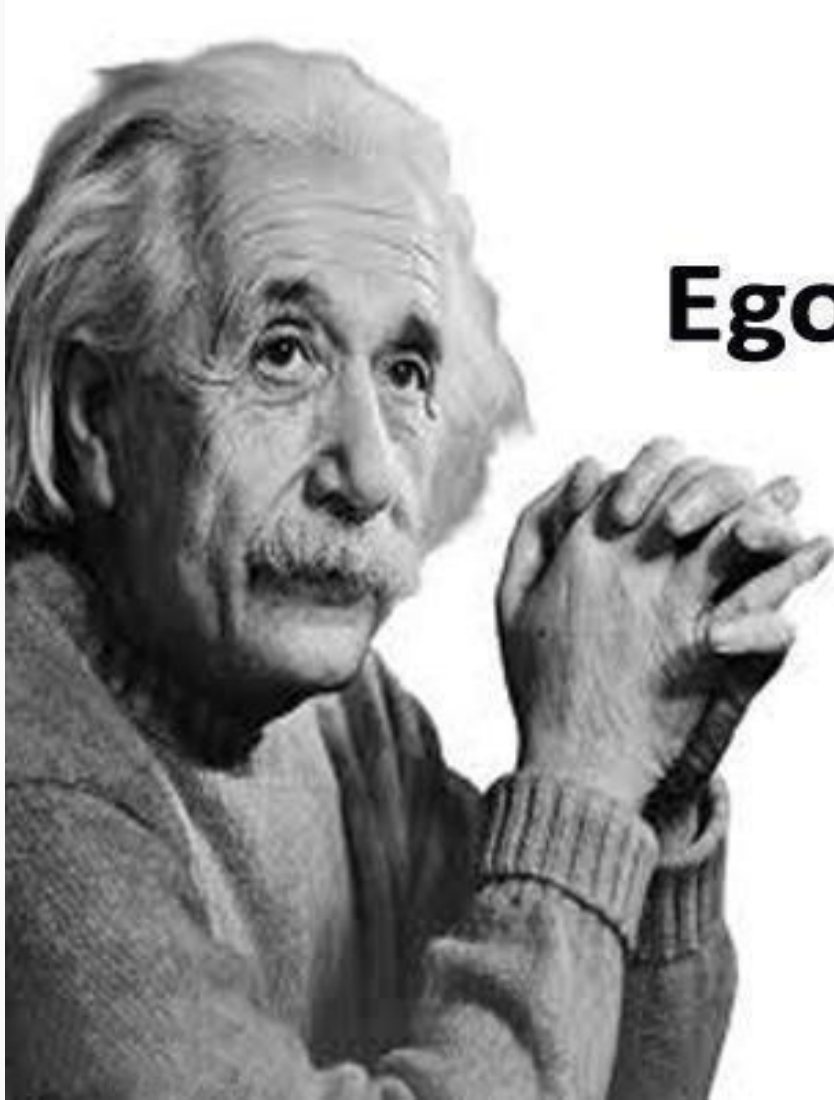
Ego:

- I/self/me
- Identity
- Fears
- 7th sense
- Habits
- Blind spot
- Survival tool
- Thinking boxes
- Thought process





Definition of Self/I/Ego



$$\text{Ego} = \frac{1}{\text{Knowledge}}$$

(Correct knowledge)

*“More the Knowledge
Lesser the Ego,
Lesser the Knowledge
More the Ego...”*

-Albert Einstein.



Definition of Self/I/Ego

Rene Descartes: “ I think, therefore I am”

I think = ability to form a concept = thought process

Jean-Paul Sartre – If there were nothing but thought in you, you wouldn't even know you were thinking. The consciousness that say “I am” is not the consciousness that thinks. It is a different dimension of consciousness.

Tom Campbell (26:00 – 32:00)

EGO = awareness in service of fear

<https://www.youtube.com/watch?v=d0Avfihg060&t=2573s>



Consciousness

I/self/me is made up of three parts:

- **Physical body**
- **Mind**
- **Soul/spirit**



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Buddha nature

Cognitive power - True self - Seed of Enlightenment



Definition of Self/I/Ego

Ego is no more than an identification with form:
thought form, physical form **and** emotional form,
but primarily thought form.



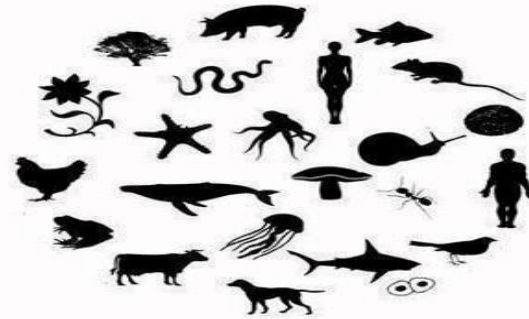


Definition of Self/I/Ego

EGO



ECO



**Illusion of separation -
individual self**

This “Unawareness” or
“Forgetfulness” is
“original sin”, suffering
delusion

**True self – Buddha nature
Wholeness – interconnection
non-duality – true happiness**



Definition of Self/I/Ego

- The word “**I**” is a misperception of who you are.
- “**I**” is an illusory sense of identity.

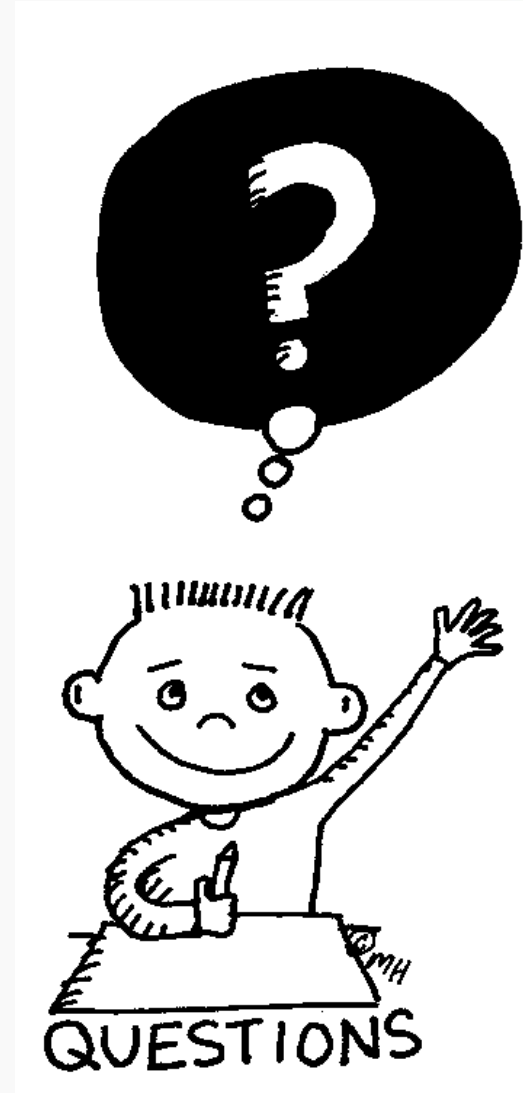
Cat → thought process → Lion





THE END

Thank You





Transfer of merit

By this effort, may all sentient beings be free of suffering.

May their minds be filled with the nectar of virtue.

In this way may all causes resulting in suffering be extinguished, And only the light of compassion shine throughout all realms.

