

The Egoism (EGO)

What do I think it's all about?

The EGO and its various forms are omnipresent and make our coexistence difficult from day to day. It is not easy to define what EGO is, but one definition is most appropriate for me after long research: "EGO is everything that is not you" – clear, but so difficult to understand and above all difficult to digest

My theses

- EGO is when people derive their identity (their ME and who they are) from ephemeral things such as their own thoughts and emotions (not manifested thoughts), money, power, religions, party books, affiliations to institutions, without really knowing who they actually are
- an EGO is always afraid that if he were to lose all these transient things, then it would feel like nothing would remain of him
- these people tend to forget that all these transient things are subject to duality (two sides of the same coin), i.e., transient and/or can spontaneously turn into the opposite. Therefore, EGOs have the need to accumulate more and more things, that exactly this case will never happen, felt to be a nobody
- Most people don't know anything about their EGO and have never thought about it, but feel deep inside them that these transient things actually have nothing to do with themselves
- The EGO in us (and one can confidently describe it as the second person/parasites in us) cannot and does not want to understand and defend itself and the whole argument for its existence and the whole around it vehemently. Who does not know sayings like "You need a healthy EGO"
- Therefore, the closer we get to the actual truth about ourselves (and the world), the fiercer the resistance of the EGO within us and that of the other EGOs around us becomes.

***The EGO, the illusion, the lie in us and in the world does not want to die
and does everything to survive***

- In a nutshell, EGO is therefore also the clinging to the past
- EGO is our permanent mental positioning, our personal view of things, our personal truth (which is shaped/clouded by our experienced past, education, friends, belonging to religion, parties, companies, culture, etc.). Unfortunately, our own point of view/truth with which we see and judge things often has nothing to do with the absolute truth, i.e. reality (see also the chapter truth)
- EGO arises very early in childhood when parents make their child clear for the first time that the toy is their toys. The EGO always grows when parents make their children clear what they understand under the term my, your and ours. Parents are only too happy to project the self-experienced from their own past, their own values and embossing, onto their virgin child. Often under one pretext that the child should have a better life in the future

I love at this point a statement I once read (I think it was by Vera F. Birkenbihl) which says "we are born at the beginning as Homo Sapiens with all the associated potentials, without prejudice and then came the education"

- "The child needs a healthy EGO to survive in this world" – translated means that you have to give the child strong elbows
- observe for yourself how many times a day you use these possessive pronouns "my", "your", "his", "our", "your" and "you" mentally / linguistically, the result may be frightening for some!

People who can explain this very comprehensibly (scientifically/ethically and religiously based) for each intellect in detail, here are two representatives of these wonderful people: Eckart Tolle, as already mentioned and Vera F. Birkenbihl (of course there are certainly many others of these wonderful teachers/masters/guides). Even the great founders of religions were such teachers who tried to show us the right way.

Consequences and examples of the EGO in us and society

- The ever-growing EGO in us, in our society, leaves behind a personal and collective ever-increasing malaise
- this malaise is caused by the feeling of separateness between me and the world out there and all the other people and beings and could best be described as fear
- our growing EGO makes us incapable of relationships, intolerant and ultimately sick. The EGO changes society in such a way that more and more people want to realize themselves individually and everything that prevents the EGO from doing so is pushed aside or eliminated, e.g. partners, parents, children, colleagues, friends, etc. Often a hollow, anxious, aggressive, sick individual or society is left behind

- the leadership in politics and business is full of EGOs, which in turn put systems and ideologies into the world that do not serve the general public or the world, but only their own EGO or higher-level collective EGOs. It serves only one's own satisfaction, one's own well-being and one's own striving for power and maintaining power. True to the motto, deceive the world on a grand scale, live in luxury at the expense of others, exercise power and you are a respected citizen. All the little EGOs look up at you and applaud you, *dancing with you around the Golden Calf*
- We see many examples of this every day in the neighborhood, in the family, with friends, in business, in sports and in politics. Just a few examples:
 - Company bosses who have driven their company into ruin are compensated with millions and reappear a little later like a phoenix from the ashes in the next company
 - Politicians show blatant misconduct, take political responsibility, if anything, and then stick to their chairs so that no one can get them away.
 - EGOs in politics shit on the will of the voters and do what they want just to stay in power
 - during the corona crisis, EGOs broke up with their longtime friends simply because they disagreed.
 - Etc. etc.
- one of my favorite examples is the stock market. The stock market is no longer a serious matter, where righteous people invest in companies on a long-term basis. The stock market has degenerated into a gambling booth, where power- and money-hungry EGOs enrich themselves like vultures from the decline of companies or influence world events (often even deadly) just to maximize their profit and thus their power (felt), i.e. satisfy their EGO
- CORONA and the war show at the moment that these EGOs will stop at nothing and enrich themselves at the expense of others in this difficult time worldwide.
- further examples can be found where EGOs in investor circles, supported by politics, e.g. drive housing to exorbitant heights and thus drive people onto the streets and/or into poverty
- In the private life, too, there is no longer any limit to the vanities of EGOs; cars, houses, bigger and bigger, holidays crazier and more expensive, just to name a few examples
- **the powerful of this world have long recognized that the largest possible EGO in the population, with the associated ever-increasing dissatisfaction, is the best engine for substitute satisfaction CONSUMPTION**

- a particular aspect of male EGOs:
 - Men have known for thousands of years that women are equal, better, wiser, more suitable in many things, but have always found ways to get women small and keep them small out of their own lust for power and recognition
 - just look at the Christian faith as an example: Maria Magdalene is called a harlot in the Bible. Was she really one? Adam flew out of paradise because of Eve. And when women became too self-confident in the Middle Ages, the Inquisition burned or drowned them in rows as witches. (only that the Christians do not "crucify" me now, similar things can also be found in other religions and cultures)
 - even today, women are measured by men against traditional things just to keep them small, but which have nothing to do with the cause and the potentials and unique selling points of women. The whole thing is only staged so that the fearful EGO in the man can show who has the power
https://www.nationalgeographic.de/geschichte-und-kultur/2023/01/patriarchat-schwache-geschlecht-kulturelle-erfindung-frau-mann-gleichberechtigung?utm_source=pocket-newtab-global-de-DE
 - look closely and you'll see what male EGOs have done and are doing to the world. With a few exceptions, I know of no female warlord, despot or dictator, neither in the past nor in the present. All the great evils of this world have been done by men (and please no discussion now that behind men are women. If the man were not such an EGO, the woman would not have the opportunity to manipulate him! Hope we agree)
- more and more states are run by pathological EGOs, ruthless, corrupt, greedy, violent – the bad thing about it, everyone knows it and watches. As in many areas, they even join these Super EGOs to give their own little EGO a little more shine and to gain in importance. A small but very common example of this is namedropping
<https://de.wikipedia.org/wiki/Namedropping>

- you are asking not really how something like this can happen. Just look at the movie *The Wave* and you will understand how such systems work and how it can happen very quickly (again). In addition, the *Dritte Reich* and the *GDR* were the prime examples of the last 100 years of what EGOs are capable of (how little EGOs betrayed and spied on their relatives and friends just to polish up their little mental and felt EGO)
- currently, topics such as Corona and the Ukraine war show how EGOs divide and destroy not only society, but also friendships and families (driven by fear, greed and righteousness). In the end, in many cases, all that remains are relationship ruins and other collateral damage in society and relationships, not to mention the damage to the psyche

And all this only because the majority of humanity runs after the transient things and even identifies with them and thus succumbs to the lie, the illusion, that these things have something to do with them and without these things they are a nobody.

My logical conclusion with solutions

- Honestly, I don't have a solution, just a few thoughts from, I think, very smart people and spiritual teachers, enriched by my personal thoughts and conclusions that I have drawn from it for myself. **But one thing is clear to me, if we do not recognize the EGO, the lie, the illusion, in us humans and do not get a grip on it, we will perish. Only a radical change in consciousness can still save us humans**
- By the way, I am firmly convinced that humanity, as in Groundhog Day, has been to this point several times in world history and has lost the battle with itself and the EGO. And this will happen until we have overcome our EGO and are allowed *to return to paradise*
- One of these teachers said

At the latest death will take everything from us that is not us

(i.e. everything perishable)

- For most of us, it starts much earlier that the lie and the illusion become visible. I'll tell you a true story about this:

My former girlfriend, works in nursing. Every day she visited properties with 500 square meters of living space and thousands of square meters on land. What did she find there? People who lived at ground level in a room, next to the kitchen. People whose only joy was when the nurse came and gave them their medication to relieve the pain and prolong the misery. To have the opportunity to talk and exchange ideas with someone for 10 minutes.

But even then, there were patients who could not take off their EGO, even in this almost inhuman situation they were distant, domineering, unpleasant, condescending – unbelievable but true. But the majority are able to change in this final phase of life, they become wise and enlightened and can lay off their EGO. These people become gentle and grateful for everything left. Grateful for every word, for every little window to life. Grateful for every beautiful memory. Grateful for every day that is granted to them in this wonderful world

- Last but not least, one of my favorite examples to give an idea of what we are and what EGO is in this world
 - Anyone who has ever stood on a high peak on the mountains and experienced the infinite beauty and vastness can certainly remember the feeling he felt at this sight. A mixed feeling to be very small on the one hand and on the other hand to have the feeling of being part of this infinite vastness and beauty. Das Gefühl die Zeit steht still. This is the moment when you feel your true self as part of the universe and you experience how all the transient things, problems move away from you or even disappear completely for seconds
 - when you sit on the plane, get a name of some Super EGO in your head and look out of the window at this wonderful world. Suddenly you will feel how this oh-so-big name suddenly seems so small, so insignificant, almost ridiculous. The Super EGO suddenly becomes what it really is, a human being with the number 7,645,001,009, you don't even see him. Conversely, this is exactly what the EGO feels and knows every day, very deep within himself. However, since the egoistic person himself has never experienced who he really is and is permanently afraid of ending up as nobody, he inflates his imaginary EGO more and more. With this, the EGO tries to escape the emptiness in him, the non-knowledge of who he really is and the permanent

threat of transience, again and again.– isn't that sad? Instead of searching for who he/she really is, without all these ephemeral things.

- If the EGO person (and I think we should all feel addressed; who can say he is free of EGO) would start searching, maybe one day he would find what he was looking for and could be happy. He would no longer make his ego dependent on transient things, such as money, power, reputation, etc. He would find that even without these things, he is already perfect. With this realization, he could still enjoy his wealth, his transient things, perhaps even more than before his search. He would no longer be afraid, because he now knows who he is, even in case tomorrow all the transient things around him should no longer be there. His actions would no longer be driven by the fear of being a nobody, but by pure joie de vivre.
- Today we know that these "conscious" people are often very successful in their lives

I think everyone should answer the following question for themselves: Do you belong to the EGO people who pollute this world and live at the expense of others or are you one of the people who tackle this world together and thus keep it worth living?