

The Ego and The Dualities

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Why is it that success does not last?

EGO claims credit for what is achieved
by effort, capacity or Grace

Our lives consist of dualities – every
positive comes with its opposite

Ancient Vedanta

- All is Brahman
- Brahman is Sachchidananda

Later Vedanta

- Ego is the creator of the world.
- When ego dissolves, world disappears.
- Immutable Brahman is God
- No escape from the dualities in life.

Sri Aurobindo

- Brahman is the Omnipresent Reality.
 - Mutable and Immutable
 - Becoming and Being
 - Universe and Superconscient
 - Finite appearances and formless Infinite
 - Many and One
- All is Sachchidananda
- Divine Life is inevitable

If all is Sachchidananda, why do we experience life as dualities?

- Ego distorts the way we experience reality.
- Death, suffering, evil, limitation are creations of a distorting and dividing consciousness
- We have fallen from the total and unifying knowledge into a divided and partial experience.

Life Divine gives the solution

- ❑ Supermind is the Creator, not Mind or Ego
- ❑ In Supermind, both God and World co-exist
- ❑ Dissolving ego, dualities are reconciled.
- ❑ Transformation eliminates dualities.
- ❑ Then we experience life & world as Sachchidananda – the Marvel

What is ego?

- ❖ Temporary deformative factor – not the true Individual
- ❖ **Self-limitation of consciousness** by a **willed ignorance** of the rest of the play
- ❖ **Exclusive absorption** in one form, one combination of tendencies, one field of the movement of energies
- ❖ Our sense of separateness, difference, importance and superiority
- ❖ That which possesses, desires, reacts, prides, triumphs

Dualities arise because ego tries to realize unity exclusively in and for its limited self, rather than as the total truth, good, life and delight of our true being which includes all because it is universal and transcendent.

The Dualities are only reverse terms, shadow forms of their luminous opposites

We meet the dualities in life to help us overcome our own ego.

Problems come because we
separate ourselves, detach from
the world around us.

Ego is the source of all our problems

- ❖ What ego seek evades us
- ❖ What ego expects gets delayed
- ❖ What ego fears seeks us
- ❖ What ego demands resists
- ❖ What ego dominates rebels
- ❖ What ego offends reacts
- ❖ What ego rejects returns

What is the solution?

- ❖ Redemption comes by recovery of the universal in the individual and the spiritual term in the physical.
- ❖ Universalization overcomes ego by harmonizing and reconciling dualities in the totality of all.
- ❖ Transcendence transmutes opposites into divine unity.

How do we move from the egoistic to non-egoistic viewpoint?

- ❖ Non-reaction
- ❖ Non-initiative
- ❖ Take the other man's point of view
- ❖ Take consciousness responsibility
- ❖ Self-giving
- ❖ Self-forgetfulness
- ❖ Move from ego to the psychic being

Eliminating ego converts crisis
into opportunity

The Dualities are not inevitable

- ❖ The way in which we experience Life results from ego
- ❖ It is not the only possible way, not the complete and right and ultimate formula

Other States of Consciousness

- ❖ Pain is a violent backwash of waters of universal delight
- ❖ Limitation is a turning of the Infinite upon itself
- ❖ Evil is a circling of good around its own perfection
- ❖ Death is only a change in immortal Life

Gita warns us not to disturb the values and beliefs of other people.

We must shift from secondary perceptions to essential causes -- root-knowledge.

Our viewpoint is reverse of reality

- ❖ We judge everything from an egoistic, personal standpoint.
- ❖ Sun does not revolve around earth.
- ❖ Life, world and God do not revolve around us.
- ❖ Our view must change.

The Divine is the center, not ego

Abolish the egoistic values

- ❑ Irresponsibility
- ❑ Falsehood
- ❑ Self-importance
- ❑ Superiority
- ❑ Selfishness
- ❑ Possessiveness
- ❑ Competitiveness
- ❑ Jealousy
- ❑ Domination.

Transcend the dualities

- ❖ Essence of all Life is a movement of universal and immortal **Existence**
- ❖ Essence of all sensation is the play of a universal and self-existent **Delight in Being**
- ❖ Essence of all thought and perception is the radiation of a universal and all-pervading **Truth**
- ❖ Essence of all activity is the progression of a universal and self-effecting **Good**

Rediscover the right relation between the individual and the totality.

- ❖ Eliminates the ego-determined reactions.
- ❖ Move from the ego to the Psychic Being.
- ❖ Consecration is the method.