

Living with our EGO-personality

There is a lot written about the ego and how we have to try to 'destroy', 'conquer' or even 'ignore it'. However the ego is an intricate part of us, it gives us self-esteem, self-importance, self-worth, self-respect, self-image, self-confidence - quite a few things really! So instead of trying to destroy it, why not try to work with it? The ego has been with us a long time and when we react to something through anger or fear, it is usually just because the ego/personality is reacting in fear of its own annihilation. So the next time you do 'anger' and then do 'guilt' - immediately afterwards - give you and your ego a break and just decide to try and do better 'next time'. The more you treat yourself and your ego with kindness, the easier life will become.

What is the difference between 'ego' and 'Ego'?

There is so much discourse about the 'ego/personality' & 'Ego/Higher-self', but what do these words mean?

Different modalities have their own translation and I guess all are correct. However, I thought it might be good to bring forth the teachings and translations of the Kumara Centre, which follow the teachings of psychoanalysis and theosophy.

At the Centre - the word ego is understood in two ways:

ego

The ego (small 'e') means the ego personality of the human being. This is the personality/character of each individual and it develops depending on the life, upbringing and environment that has been the most significant throughout life. It is this 'ego aspect' that is most likely to show our character:

Happy 😊

Sad 😞

Optimistic 😊

Pessimistic 😞

Positive character 😊

Negative character 😞

Do we take responsibility for our lives or do we blame others for our misfortune and always seem to be the victim?

This use of the 'ego' is a common one in today's society. I am sure we have all referred to someone as having a 'big ego'.

Ego

The Ego (with a capital 'E') means the divine part of our beingness, the Spirit, the Atma - our Higher Soul/Self. When the Ego is in harmony with the lower parts of our personality, then 'we humans' are living a happy and contented life.

Looked at in a higher sense, it is when the three vehicles, or the three lower Principles of Man (The physical body, emotional body and manas (Lower mind)) become aligned within the Causal Plane of existence, that the harmony results.

Here is a brief explanation about the Planes of Existence:

We humans live on the Physical Plane, emotions are associated with the Astral Plane and thoughts of a divine nature reside within the Causal Plane. Each plane has sub-levels and the higher sub-levels of the lower planes interpenetrate the lower sub-levels of the plane above.

The human, over many lifetimes, learns to perfect its physical body, through good eating and not overloading it with toxins. Then it gradually perfects the emotional body by trying not to be an emotional barometer, and attempting to have thoughts without judgment, criticism, envy or negativity.

Eventually, through many life-times, we move away from selfishness and greed to sharing and service. It is during these 'transitional' life-times that we start to be able to directly communicate with our Ego, or Higher-Self. This divine aspect of ourselves resides in the inner worlds, within the Causal Plane of Existence: The realm of the Angels of Light and the Masters.

You will note that we do not have to be 'the perfect human' to have a communication with the Ego. If we are trying to improve ourselves through truth and helping others, the channel to your Higher Self will open. Sure, we will make lots of mistakes and that is certainly allowed as we are only humans doing our best on a very difficult Plane of Existence.

So take heart and just do the best you can.

Satya Karuna

Liz