

# OM SAI RAM!

Welcome to Prasanthi Sandesh,

## PODCAST 236, SPIRITUAL EGO, PART 2

April 11, 2024

*The following text contains excerpts from Prof. Anil Kumar's book  
"Sai-Chology," pg. 210-215*

### **"I BELONG TO THE WHOLE – I AM NOT SEPARATE"**

Unless this I-ness, this ego disappears, we cannot experience God. Unless I am no more, I cannot see Him. When this state of egolessness descends, total silence prevails. In that state of stillness and benediction, we find God. In the depth of silence the voice of God is heard, which will come and stay only if the ego is gone.

The ego makes us feel separate from others: "I am separate from others." But it is a great fallacy to think in this manner because no one is separate from anybody. We are one! Why? The blood composition, the respiratory process, the anatomy and the physiology – they are all the same. How then can we be different? Our body is composed of the five elements. This is what the *Vedas* tell us.

The *Vedas* elaborate that the body is composed of earth; the blood is composed of water and fire is responsible for the temperature. Thus, within the body are the five elements. In this manner we are fire, the tree, the mountain, the flower, the rock, the valley – the ocean, and we are One and the same, One entity, **ONENESS!**

The spiritual height of ignorance is for us to consider that 'I am separate' or 'our group, my sub-group, my family is separate'. It is a nasty and vulgar expression of ego. This is one aspect that we have to remember: "I belong to the total. I belong to the whole. I am not separate."

A circle has a universal centre. A bigger circle and even a bigger one, both have the **same** centre. If we draw any number of circles, the centre is one and the same. Hence, to feel that we have a separate centre is nothing but misguided imagination and a gross mistake. The entire universe, the whole of existence, has a single centre, not many centres.

Then, to think that 'I am separate from others' is the distorted expression of ego. Our feeling of separateness creates fear and anxiety. In fact, this feeling of alienation brings about the apprehension of death.

The ocean has a number of ripples and waves. Can a wave die? No! Why? The ocean is permanent. They are all part of the ocean and the wave has no death because it **is** the ocean. The drop **is** the ocean. The wave **is** the ocean and the ocean has no end.

Similarly, the person who feels separate has death. The one who feels that he is infinite, the one who feels that he is vast, as vast as an ocean, has no death. Where there is ego, there is death. Where there is no ego, there is immortality, deathlessness! To be immortal, one must be egoless.

### **MUTUAL CO-EXISTENCE IS EGOLESSNESS**

It is worthwhile to note that the human ego always entertains two feelings: dependence and independence, which are both expressions of ego.

Some may say, "I depend on him; he is helping me so much." Dependence presupposes ego. Others may say, "I am independent." But is it really so? We have not created pipes, yet we get water. Somebody else grows the vegetables that we buy. So, none are independent; it is all an offshoot of the ego.

Then what is egolessness? Egolessness is interdependence. It is mutual. It is mutual co-existence. It is a question of living together.

When someone thanks Baba, He says, "Don't thank Me. I am not the third person. No! I should thank you for giving me this opportunity to serve you." There is no question of thanks because no one is there to receive and no one is there to give. The receiver and the giver are interdependent. If there is no receiver, to whom are you going to give? Therefore, interdependence, mutual co-existence is egolessness, which we have to constantly bear in mind.

### **DROPPING THE EGO IS OUT OF THE QUESTION**

Once I complimented someone on his singing. That person's response was that such compliments only inflate the ego within. The crucial question is: What is ego and where does it reside? The ego is only in our imagination. It is only fiction. Yet, we cannot drop it. If we are holding some papers, we can drop them. But can we say, "Let us drop this ego?" If we have something to drop, we can do so. But if there is nothing, what is there to drop? So, when ego is an imagination, how can we drop our ego? We have to *UNDERSTAND!*

Once we understand, we will realise that the ego is non-existent and a fallacy. To reiterate, ego is of our own making. It is only a mental creation, which is not really there. We have to continually develop this kind of attitude.

### **LET US NOT THINK HUMILITY IS EGOLESSNESS**

When a person claims that he/she is humble, it is the highest expression of ego. Certainly, humility is not egolessness.

If we condemn one thing, another thing comes in. In condemnation there is arrogance and pride. The pride of humility also finds a place. Therefore, let us examine and understand clearly that although there is nothing like an ego within us, over a period of time, we have developed it. One way or another, it will always find expression.

### **I CAN ONLY SURRENDER**

In such a situation, what do we do? We can only understand and then finally, **we can only surrender**. "I surrender at Your Lotus Feet, Bhagawan. Only You can save me." Then there will be no ego.

We may be important in our lives, but in front of Swami there will be no trace of ego because we have surrendered. In front of Him we are egoless and hence, enjoy the bliss.

People feel extremely happy when they see Baba. But why is it that they are not happy outside? Why do they feel good in front of Him and not outside? Because in front of Him, we are egoless and hence joyful. Away from Him, our ego holds sway so the bliss is missed. Therefore, surrender is the best way to be free from this imaginary ego.

### **BE EGOLESS TO KEEP HEALTHY**

Ego causes ulcers, which has been proven medically. Continuous anxiety is the cause of cancer. Too much ego is responsible for a host of other ailments.

The body is sick because the mind is sicker. It is the mind that makes the body suffer. When the mind is perfect, there will be no sickness. Therefore, be egoless to remain healthy.

### **THE BIGGEST OBSTACLE IN OUR LIFE**

We tend to think that ego is simply pride or arrogance. Yet, ego can express itself in different ways from the worldly point of view and also from a spiritual perspective. In both ways, it causes our downfall.

If there is a biggest obstacle in our life that comes in our way, the worst of enemies that keeps us away from God, it is only the **EGO!** Let us pray to Swami to help us to be egoless from now on!

And so Prof. Anil Kumar concludes this very important subject of ego. Thank you for your time,

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