

PODCAST 78: "OH EGO, YOU GO!"

Om Sri Sai Ram

Prashanti Sandesh 78th episode welcomes you. Thank you very much for your time. We are very much encouraged by your spirit and your views expressed on these podcasts. Please continue to evince the same interest in the coming days also. Thank you very much.

Well, today's topic is this: "Oh Ego! You Go". I repeat, "Oh Ego, You Go." Well, let me share with you a couple of thoughts on this topic: Ego.

Unless ego goes, we will never know the reality. So long as we are egoistic, we are not acceptable in the community. We separate ourselves from society because of ego. You will be left all alone because of your ego. Therefore, let us talk on this subject in a broad sense.

Why the sense of ego raises its head? What is the root cause for this ego? It is very simple. So long as I consider myself to be the doer, 'I am the doer', *kartrutva*, well that is the basis, that is the root cause for this ego. And this ego is like a poisonous serpent; this ego will cause a severe wound to us. When there is more of ego, there is more of this *kartrutva bhava*, the feeling of doer-ship. So long as I think 'I am doing it', yes, you are egoistic. So long as you think, 'I alone can do it', oh-ho, ego has gone to the top!

You construct a big house. As big as the house, so big is your ego. The ego and your house are directly proportionate to each other. That is why some people go on bragging about their houses. "You know this house was built in the fifties. You know, all the marbles are brought from Rajasthan." Who asked? Who wanted it? It is only because of ego, a display of ego.

And now some people want to conquer the world. Can you ever conquer the world? Is the world under anybody's hands? Is it in anybody's hands to conquer? And even if you conquer, will it remain with you? [This is] Nothing but expression of ego.

Take for example a Minister or a Chief Minister or a very big officer, district level or state level, whichever it might be. They are very stiff and they are highly reserved. They don't communicate with people. They don't mix with people so long as they are in position. That is because of ego.

Well, the ego, its grades may be different, but all have this ego in a small proportion or in a bigger proportion. Take for example, a professor thinks that he is the monarch in his classroom. An office superintendent thinks that he is an emperor of his office. Why to that extent? The helpers or peons think they are the bosses. Why? Because they can ask anybody to wait.

Therefore, ego is there at every level, every level. And now what happens is when this ego gradually leaves, goes, then we understand how meaningless it is to be egoistic. That ego has no relevance to our life at all. And also, if you examine you will come to know that ego lives within the boundaries of what we do. If I think I am very great in my family, yes, you are egoistic within the range of your family. I am a very

big man in society because I am a legislator or I am the mayor of the city. Yes, you are egoistic to that level. So, in the area of operation, you have this sense of ego, it's very clear.

And we would also know another point about these egoistic people. No egoistic man is prepared to say 'yes' for anything. You ask him, "Yes sir, shall we do it?" No! "Sir, am I correct?" No! He begins to say 'No' because in saying 'No' the egoistic person feels that he is really powerful. His power rests in being negative. And this egoistic man, the boss, what happens if he says yes? He will feel helpless, powerless -- see that. So, another sign of an egoistic person is that he is always negative, a 'No' man indeed. Why?

I heard a little episode from my grandmother. It seems a beggar came begging for the alms. The daughter-in-law of the house came out and said, "Oh! We are not free, please go."

So that beggar left. In the meantime, mother-in-law came from the temple and saw this beggar coming out from their house so mother-in-law asked, "Why are you going?"

"She asked me to go."

"No! You come on." And mother-in-law went inside and says, "Now you go." Meaning, the mother-in-law feels the daughter-in-law has no right to say "No." "I only have got the right to say 'No'," feels the mother-in-law.

Therefore, this kind of 'No' temperament makes people feel very powerful, which is very false. This is there in the family also. Yes or no the mother or the father should say. The children can't say that because it is a matter of ego within the range of the family.

And, we also understand that these egoistic people can afford to be atheist or non-believers because there is no God above them. They are final. 'Yes - no one is above me. I am ultimate.' That is the feeling they have and this feeling makes them very happy. See that, what a funny thing it is!

After all, it is the ego that is the cause for our birth, and for death ego is the cause. So, it is ego that dies, but not the person or Atma or the soul or consciousness. It is the ego that dies and we follow this ego which is death. What a miserable thing it is!

And so long we are egoistic, our defeat is guaranteed. It is guaranteed that you are going to lose because, being a man of ego, you are all alone. Nobody would like to talk to you and you cannot mix with anybody. You have no contact with this vast existence outside all around. Therefore, in that aloneness, you are sure to be lost at one time or other.

After all, I can tell you that this egoistic nature will make us [and] our life very unhappy because it is a wrong way of looking at ourselves and also at the world around. Wrong looking! If you look properly, well, you will be happy. Right looking

makes you happy whereas wrong looking makes you unhappy. So, ego leads to wrong looking, leading to unhappiness.

An egoistic man cannot have any trust at all. He lives in distrust because he cannot consider that he is a part of the whole, that he's just a part of the whole of existence. No, because he feels separate, that he is unique. That is the sign of ego. Distrust is his breath, the breath of an egoistic person.

And an egoistic man will always have expectations and many, many demands which cannot be met with at any time. Impossible! Expectations are very high. Demands are limitless. How can you be ever satisfied? This is the nature of ego.

And this ego is an infection. If I see one man of ego so stiff or so reserved and very rough in his dealing in his life, I feel, 'Oh! That is the status. Okay, that is dignity. Why can't I be like him?' That way ego is infectious. It is contagious disease, I would rather say that.

And this ego is present, as I said, in everyone. Even among prisoners, criminals there is ego because one committed a greater crime than the other, and ego is like a ghost that haunts you, that chases you throughout your life.

And this ego will make you identify with your body, identify with your actions, identify with your intellect. And you don't identify yourself with your consciousness at all. Therefore, when you identify with all these things -- with your thoughts, with your body, with your intellect, with the positions, well you are bound to be egoistic. These are the features of an egoistic person and the effects of ego in our daily life.

Now, let us examine for some time a non-egoistic person. How is it that he is non-egoistic? He has no trace of ego at all. Why? Because he thinks, he knows that he is not the doer. There is a director God behind, God above; he is only instrument in His hands. Such a man will enjoy the beauty of life, the taste of life, because he believes in God. He is a believer, he is a theist. He knows that God alone exists, that he is not. "Oh God! I am not. You alone exist." That is the feeling of a non-egoistic man, who is very close to the Divine.

Actually, the man with this sort of egolessness will never be unhappy, take it from me. He will always be happy. Why? Because he lives in a sense of satisfaction. He knows whatever God decides will happen in his life. Thereby he develops a spirit of acceptance, acceptance. He considers himself a just a speck, a drop in this ocean, that's all. He just considers himself a sand grain, that's all. He doesn't imagine himself very high.

Therefore this - we have to understand - this kind of egolessness, this sort of awareness will bring us very close to Divinity. Thus, we become immortal in our life.

An egoless man is deathless, no doubt about it, and he will never lose anything. You cannot defeat him. He may never lose anytime. Impossible! Why? He left the result in the hands of God. "It's God who decides my defeat or victory. Well, I am nobody. I am not responsible." So how can you defeat such a man? Impossible! And then this egoless man, yes, works in co-operation with others. He is so simple, innocent, so humble.

Therefore, unless you drop your ego, you can never find, you can never notice and experience Divinity within you.

And then a non-egoistic man will have this trust in God, trust, unshakeable faith, that makes him feel that he is not a separate entity. After all, he is part of existence, he is not anyway different from anyone, and he is not unique -- nothing doing. That's what he is.

Therefore, an egoless man spends a life of bliss, extreme joy. And egoless man who is close to the Divinity will experience that eternal witness in him. "I am only a witness. I am not part of what all that has been happening. This is all the drama of life. God is the Director. He is *sutradhari*, Director. I am only *paatradhari*, an actor here." That's how an egoless man is always happy because he has got 'right looking' at the life, by and large.

In fact we have to question one thing. Are we aware of our birth? No. Are we certain of the date of death? No. So this ego developed in between birth and death. Why should we be egoistic at all? It is very funny.

Therefore, a non-egoistic man is always happy with whatever he has, because he has no expectations. He has no demands because he is aware that God grants him what he deserves, what he needs. Therefore, he has got very high spirit of gratitude and thankfulness.

So, the egoless man, we always find him smiling, laughing, singing, dancing. He is very jubilant, walking the stars, walking along the garden, watching the moonlight, he is very happy, because an egoless man is in contact with that consciousness. Therefore, he knows the knower. He is in the process of knowing what it is.

Therefore, we have got to understand that to be egoistic is the nature of a worldly man. Non-egoistic is the nature of a spiritual man. Let us pray and work hard to be non-egoistic in this life.

Sai Ram.

Thank you for your time.