

Prostrations

Respectful greetings

Namo Buddhaya

Enlightened persons

Namo Dharmaya

Way, path, method

Namo Sanghaya

Pure hearts





Lectures on Ego

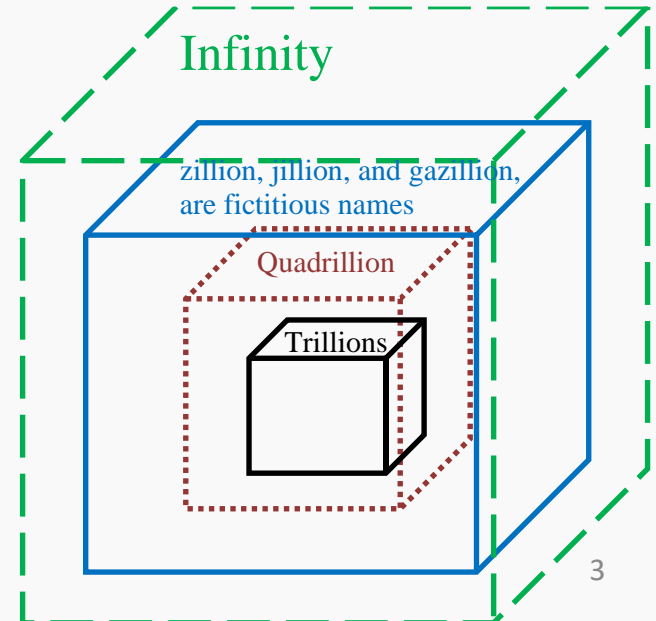
- 1. Definition of Ego**
- 2. Evolution of Self in Human**
- 3. Formation of Self in Individual**
- 4. Characteristics of Ego**
- 5. Inflation and Defense of Ego**



Definition of Ego

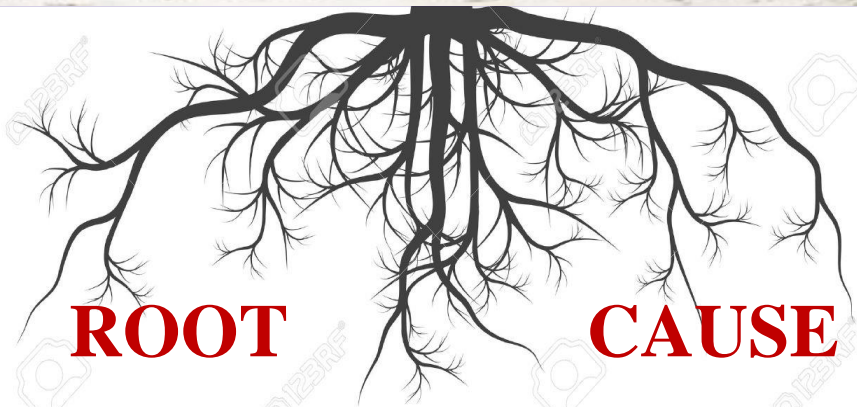
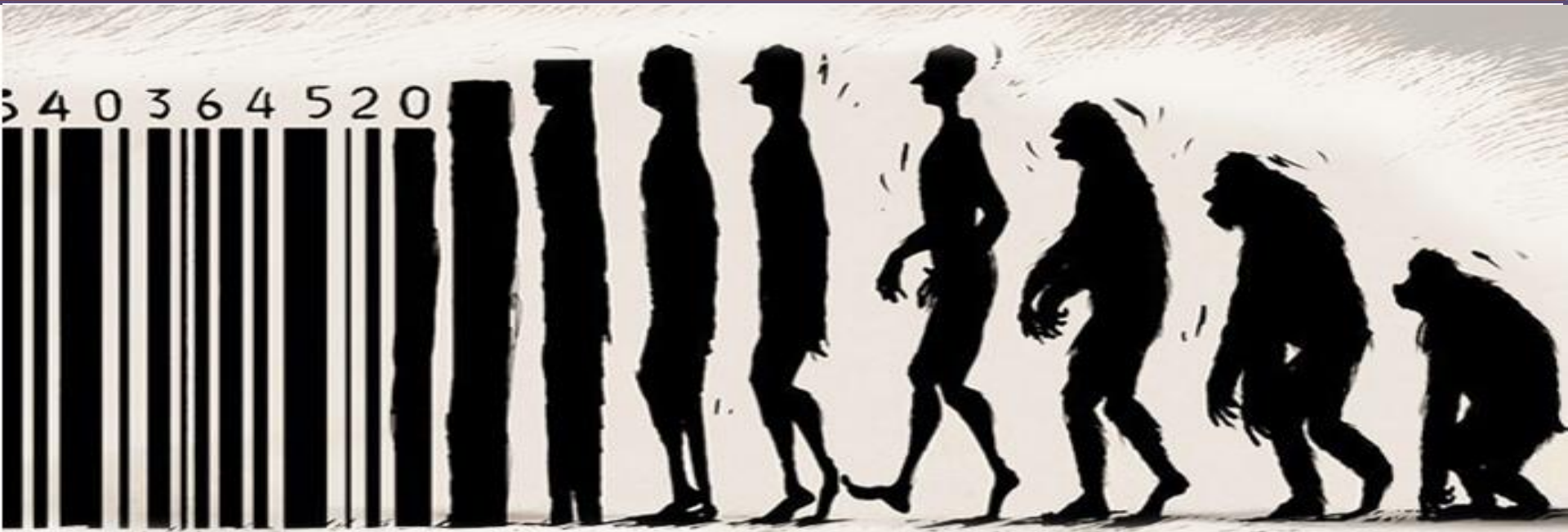
Ego:

- I/self/me
- 7th sense
- Survival
- Small thinking boxes
- Thought process
- Limited
- Aggregates





Evolution of Self/I/Ego



SURVIVAL INSTINCTS



Formation of Ego



external stimuli
sound



thought process



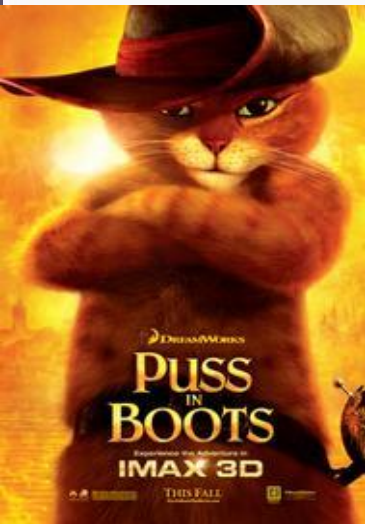
self (physical entity)

Duality – (I/self/me) separation of self from others



Characteristic of Ego

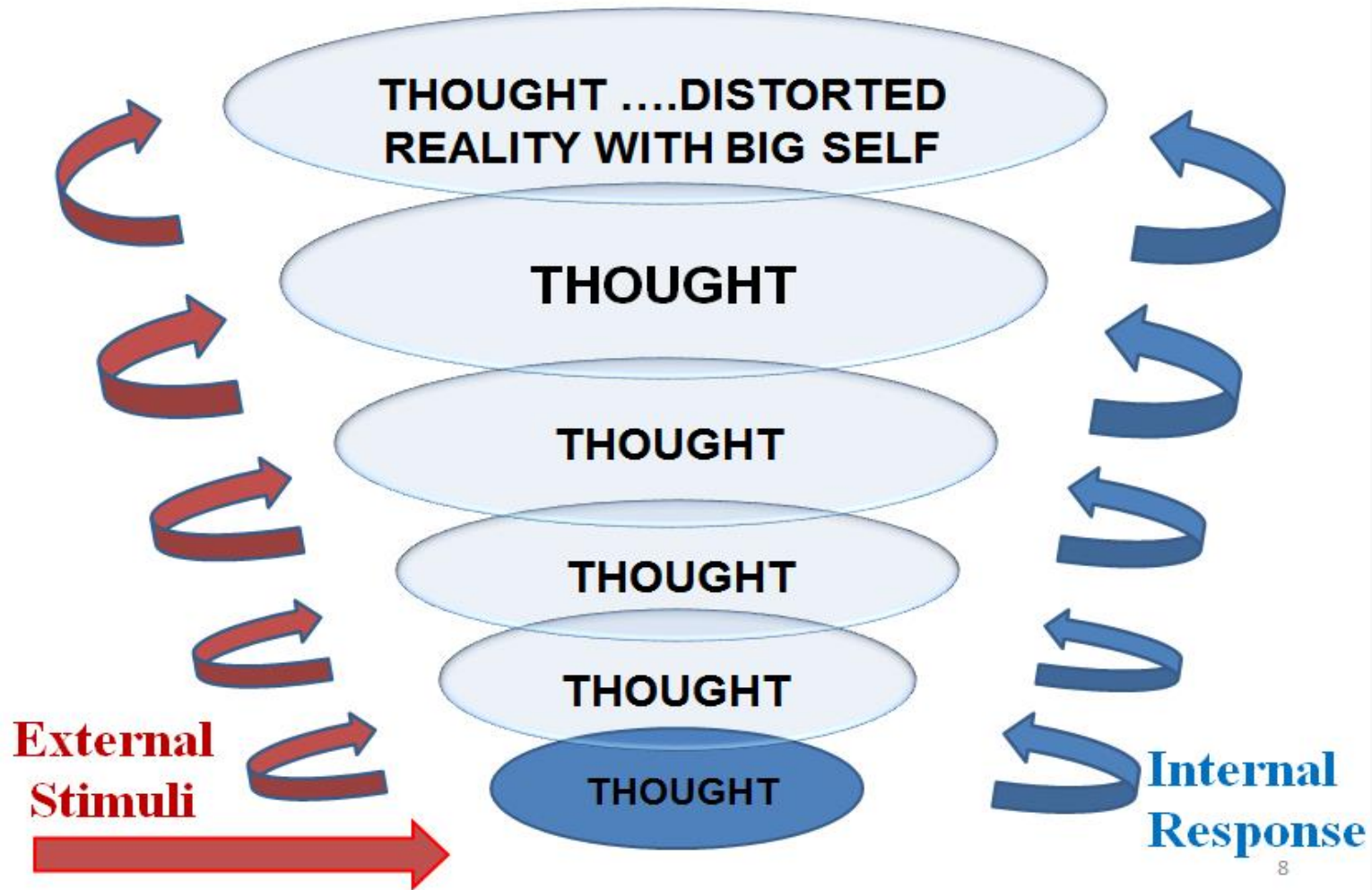
Identification with things, wealth, status
and fame



Having = Being

3 poisons (greed, hostility, ignorance)

Inflation of Ego



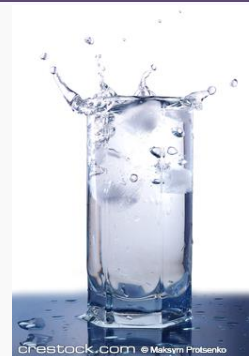
ensuring the survival of ego



Defence of Self/I/Ego

❖ 1st level of defence – primitive resistance

I will not listen



❖ 2nd level of defence – rationalized resistance

No harm in listening. Anyway,

I won't be able to understand



❖ 3rd level of defence – highly intelligent resistance

I understand but

I will immediately forget





Ego - Enlightenment

- **Starting life:** Non-dual (limitless/boundless)
- **Living life:** Duality (limit/boundary – ego/suffering/aggregates)
- **Ending life:** No self (ego accumulated from many life times and carried on to next life)

Ego (duality - self)

↓ **Awareness** ↓

Enlightenment (non-dual - selfless)



Ego - Enlightenment

**The objective and key teaching re:
the ego lecture:**

- ❖ **Identify the obstacle to Enlightenment – ego is the obstruction to Enlightenment.**
- ❖ **Understand how ego works, survives and its defensive mechanism.**
- ❖ **Understand why it is difficult to become enlightened.**



PERCEPTION OF REALITY

**To Be Continue
Thank You**





Transfer of merit

By this effort, may all sentient beings be free of suffering.

May their minds be filled with the nectar of virtue.

In this way may all causes resulting in suffering be extinguished, And only the light of compassion shine throughout all realms.

