

Living Presence (Revised) Helminski, Kabir Edmund.

CHAPTER 9: The Tyranny of the False Self

Part 2

THE COMMUNITY OF THE EGOLESS

Friendship, service, and communion can lead to cosmic Love.

<there is a danger in being too alone, trying to satisfy ourselves exclusively>

[Human interaction allows us to outgrow ego]

The ego has its many modalities:

1. Attention seeking or the constant need for validation often stems from an inflated sense of self-worth. This prevents genuine self-awareness and growth, keeping us in a cycle of superficial performance.
2. Martyrdom or relishing in perceived wrongs feeds a harmful cycle of self-pity. This could obstruct our capacity to rise above circumstances and evolve.
3. A compulsive need to be busy and accomplish tasks can isolate us from relationships, indicating an imbalance in life. By avoiding meaningful interactions, we might miss opportunities for empathy, understanding, and emotional growth.
4. Cynicism and a perpetual critical attitude towards others may be a defense mechanism against past frustrations. It could limit our potential for open-mindedness and learning from others.
5. Harboring anger and judgment equates to figuratively "murdering" others in our minds, preventing us from seeing their virtues and goodness. This hinders us from experiencing positivity, love, and peace.
6. Expectations from others, especially pertaining to our sense of importance, can lead to resentment. This reflects an unhealthy dependency on external validation, which can stifle our individual growth.

These arise from a denial of love. These tendencies can obstruct our spiritual journey and personal growth. Acknowledging these patterns and consciously working to transcend them is a crucial step towards a more harmonious, mindful, and enriched existence.

A passion for life is good, egoism, and fixation on its desires must be avoided.

Spirituality can be used for the ego, so it requires sincerity and selfless thinking.

we fail to bring our full attention to living. Because we are filled with desire, anger, loneliness, and fear, our conditioned self cannot stop comparing, wanting, defending, resenting, and being afraid. (this is compulsive living , painful, lonely)

If we could bring our full attention and presence to each moment of life, that false, conditioned self would run out of energy.

“Just Be” to escape the “lostness” and find Love. Dwell in the essential Self.

The personality can then be guided by an inner discrimination and can begin to act in response to the needs of the moment, not from compulsion or misguided self-interest.

The submission of the lower self to the higher Self, of the self to the Whole in each moment, becomes the central fact of existence. Submission is to live for one's Self—the eternal I—not for one's ego.