What is Ego?, by Andrew Cohen

"What is ego? Ego is the deeply felt sense of being separate and superior. Indeed, it is an emotional and psychological compulsion to see and feel the self as being separate from and superior to the other, the world, and the whole universe. It is that locus point where the sense of individuality is also a sense of alienation, where the experience of autonomy is also one of isolation, and where even the experience of freedom is always shadowed, by a deeper sense, at the core of our being, by a sense of bondage, limitation, and hopelessness." "I believe that for most of us, the only solution to this evolutionary cul-de-sac, the only way to our own higher development, lies in the context of human relationship, relationship based upon a breakthrough to a shared experience and recognition of consciousness beyond ego -- a consciousness in which all parties experience simultaneously their own individual and collective transparency while remaining fully and completely themselves. In this higher We consciousness, we recognize, perhaps for the first time, why ego is the only problem, the only obstacle to the fulfillment of our imminent evolutionary potential." "As long as the fears and desires of the ego remain the fundamental locus of our attention and the impulse to evolve is but a faint murmur in the background of awareness, nothing less than overwhelming force will bring the ego to its knees. The force of what? The force of impersonal absolute love that sees no other and recognizes only itself. In that love, our own higher conscience is awakened and screams relentlessly for our unconditional surrender without compromise. And it will keep on screaming until we all have finally transcended the need to be separate." --Andrew Cohen

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