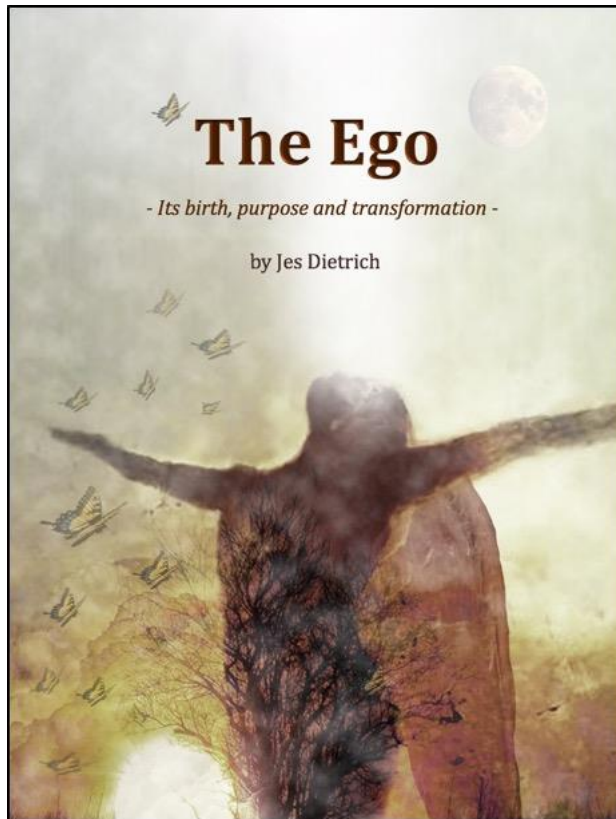


# The Ego

*- Its birth, purpose and transformation -*



## Foreword to the book.

### *The ego and the heart*

Every day, you face the challenge of dealing with your ego, and the worldview we can call “the ego's worldview” (i.e. your beliefs, values, and how you experience life and yourself– when dominated by your ego). The ego’s worldview is based on some fundamental beliefs, that man has believed in for many years, and that we still believe in today. It is a worldview that serves the very important purpose of developing our *individuality*, something that has long been our main challenge in life (please see the Appendix at the end of the text for a more detailed description of the word ‘worldview’).

There is no doubt that developing our individuality is still our challenge, and it has not diminished after another worldview has begun to enter our consciousness. This new worldview is one that challenges the ego worldview. I call it the 'unity-oriented worldview', or just 'the heart worldview'. The hearts worldview will change the way you experience life in more ways than you can imagine!

From the point of view of the ego, ‘the heart worldview’ is one of the most fear-provoking worldviews it can ever imagine. Your ego believes that this emerging change in your worldview will indeed lead to the very end of the ego itself - and it's actually quite right!

As you develop you will more and more be able to choose between your ego and your heart, with regards to how you react to life, and the various situations that you find yourself in. This choice is something that is highly relevant to all people right now, and thus also for you who read this - every single day of your life! It is relevant when making decisions in your life. It is relevant when dealing with your feelings. It is relevant when dealing with your thoughts. It is relevant in all that you do!

If you are like many other people, then you have already started doing things differently than before. You no longer blindly follow the rules of the ego and the ego’s worldview, and as a consequence, your ego has become scared. It has lost some of the control it has had over your life, and it is therefore trying

to get the control back. Sometimes it will be successful, but seen in a larger perspective your ego will most certainly lose its control over you.

You are heading towards something new, and the ego's anxiety resembles the pain associated with the birth of something new, something wonderfully new.

It's an exciting time, but what many people do not realize (and appreciate) is that we can actually thank our ego for reaching this new level of consciousness (in the book I call it 'heart consciousness'). The ego, and the view of life it represents, has led you to being the individual that you are right now. It has manifested an awareness of your own individuality. Most importantly, it has made you ready for the next level of consciousness – the heart consciousness.

#### *The widespread misconception concerning the ego*

Many books have been written about the ego, and most often the ego is described as something that does not support your development. Many equate the ego with a negative form of selfishness. That is a mistake. There are also those who believe that the ego constitutes a false self, or that the ego's worldview is an illusion. It is also said that you should not identify with your ego, and that it is crucial to your happiness that you prevent the ego from having a role in your life. In this way, many people are convinced that the ego is in no way beneficial to their development, and that it is in fact responsible for your pain and suffering. They believe that the ego wants to take control of your life - and will succeed unless you actively fight it. In short, the ego is the enemy!

This is completely wrong, and in fact it is a view that humans have invented to have something to project all their frustration and pain onto. On the one hand, it is useful to project your inner pain onto something, because it can help you see the pain 'outside' yourself, and thus become aware of it. However, it will create an unfriendly relationship with yourself in the long run, because the ego that you blame for your pain, is in reality a part of yourself.

The ego is in fact a form of consciousness that has been created to facilitate the development of your individuality, i.e. your sense of being a unique

individual being, different from all others. Now that you've realized your own individuality, you have begun to sense another form of consciousness, a consciousness focused on *more than just yourself*.

Due to this you may tend to look down at your ego. It's like turning around on a staircase and looking down at the previous step without remembering that without this you would never have reached your current stage. It is a completely normal way of reacting to a new worldview (a new consciousness), but you are very wrong if you think that the ego no longer serves a purpose in your life. Despite what many people think, and many books say, the ego (and the further development of the ego) is still crucial to our development. Rejecting it is therefore a mistake. You may have placed one foot on a new step, but the other one still rests firmly on the old step. So if you think you're no longer standing on the 'ego's step' of the staircase, then let me tell you that this applies only to very few people in this world.

That is why I see a need for this book, a book that makes up for the many negative myths about the ego, a book that clearly describes to you what the ego really is and when and why it was created, and a book about the exciting transformation that the ego is about to experience.

My goal is to help you get a strong and harmonious ego, something that is also *a prerequisite for achieving 'heart awareness/consciousness'*. My wish with this book is to help you wake up from the very widespread illusion that the ego is separated from you, that the ego is something false, and something that you can freely project your pain and frustration unto.

My desire is to help you to *become an observer* of how the ego works in your own life. Becoming an observer is required if you want to develop beyond your ego. The better you are at this, the more you have a choice when you are in a painful situation where the ego's reaction threatens to take over. In such a situation, your choice will be to choose, or not to choose, the ego's reaction. Having this choice will give you an experience of strength and freedom that will influence everything in your life.

Of all things, at this present point of your development, this is most probably what will change your life the most!

Be fully aware that the ego works as it does and as it should, and that it is not to blame for your problems. Therefore, by pulling the projections back from the (often negative) image you have of your ego, you take responsibility for your life. You must learn to realize that this is the only thing that can lead to the harmonious and strong ego, which is an absolute prerequisite for your consciousness to experience the transformation from ego-consciousness to heart-consciousness, a transformation that will eliminate the very foundation of all your pain and frustration, and lead you towards a state where you will have full confidence in that everything in your life has a meaning, a meaning based on love. It will lead you to a peace of mind that goes beyond what the ego can or should offer you.

In summary, first you have to learn to *observe your ego* at work in your life, then you *take back your projections* from it, and start to *take responsibility* for your own life - and finally you *transform the ego*. In addition, one of the important points of this book is to teach you that more and more you will be able to choose how you experience life, and that already now you are able to experience life in several different ways.

#### *A psychological approach and an evolution-oriented approach to the ego*

So to see the world 'through the ego' involves experiencing life through what we can call *a dualistic worldview*, a dualistic Self, or a dualistic consciousness. It's a fact that the Ego does not know how else to experience life. The ego experience the world, based on its control and partial manipulation of your surroundings and the people in it. The ego is present in the past and in the future, but is unable to be present in *the now*. Since life itself is only present in the here-and-now, this leads to an inner loneliness that will always be an integral part of the ego, and which it tries to handle, predominantly through affirmations from your surroundings. It needs to be confirmed to compensate for the loneliness that it continuously experience.

There are many books describing these features about the ego, but my message to you is that merely describing these features about the ego is insufficient if you really wish to understand the ego, the very core of the ego.

This book will show you that to understand the nature of the ego you will

need an *evolution-oriented approach* to it, as well as a psychological approach. An evolution-oriented approach considers our very evolution as conscious beings. It is important that we try to not only *let the ego analyze itself*, but instead try to view the ego from a larger perspective. We must look at the very creation of the ego, and analyze the forces behind this creation. We must ourselves experience these forces that created and developed the ego.

Only then can we understand in depth the role of the ego in our lives, and in our growth as conscious beings.

Try to imagine that an alien suddenly visited our planet and found itself confronting a human being. Just by looking at the human being, the alien can undoubtedly learn something about it, but imagine how much more it would learn if it had insight into the human history and development through many cultures. Then the understanding of this person would involve new dimensions. These are the dimensions that are revealed through an evolution-oriented view of the ego.

So if you think you are about to read a book about how the ego works in your life and how you can learn not to let yourself be controlled by it, and how you can deal with the pain that is associated with your ego, and how you can learn to give room for something other than the ego - then you are absolutely right! However, the point that I am making here is that this book will teach you much more. It will teach you not only to control the ego by gaining insight into how it works, but also teach you about *why* it works as it does. The latter can only happen if you see the ego in a broader perspective, an evolution based perspective!

In summary, there is the psychological approach to the ego, and there is the approach that I call the *evolution-oriented approach*. Psychology focus on how the ego works in your life right now, on your conscious mind and on your complexes/repressed memories, and on studying *the personal psyche*. An evolution-oriented view of the ego assumes that there is *a purpose to the ego*, and as a consequence it also studies this purpose. The ego is therefore seen in a larger perspective, which naturally assumes that there is, in fact, a larger

perspective to see the ego in.

When something serves a purpose, then it goes without saying that it can also fulfill this purpose, which makes it no longer relevant for you. This is important because if we choose to see the ego in a larger perspective, it follows that the ego is something that at some point was created for a purpose, and that it will disappear (or be transformed) when it has outlived its purpose.

So you can see that there is a lot that follows an evolution-oriented view of the ego! This will be described in detail in the book.

### *The book*

The book is based on 9 central informations about the ego, organized in 3 parts.

In Part 1, I will discuss the ego, in a larger perspective, to describe the evolution-based view, on which the rest of the book is based.

In Part 2, I will focus on your own life, as it is right now. Here I will discuss the ego, based on its current expression in your life, and you will see how this expression can change during your life.

You'll see that the ego can have different expressions, each expression holding a unique view of the world, and a unique requirement for how to handle the ego.

In Part 3, you'll see what your most immediate challenges are right now, in terms of meeting a future that entails a whole new experience of yourself and of your life. In particular, I will discuss the role of the ego in helping you reach the level that allows you to experience life in an entirely new way.

With that said, I will end this section with the wish that this book can help you take a step towards a new way of experiencing life.

Jes Dietrich, 2018

## **Appendix.**

### *The word “Worldview”*

Wikipedia’s definition of the word ‘worldview’ is that the ‘worldview’ of an individual is, in short, the way he/she thinks about the world. A worldview express the fundamental cognitive orientation of that individual encompassing the whole of the individual's knowledge and point of view. A worldview can include philosophy; fundamental values, emotions, and ethics. The word comes from the German word ‘Weltanschauung’ composed of Welt ('world') and Anschauung ('view' or 'outlook'). It is a concept fundamental to German philosophy and refers to a wide world perception. Additionally, it refers to the framework of ideas and beliefs forming a global description through which an individual, group or culture watches and interprets the world and interacts with it.

This tells us that the word “worldview” express how you tend to experience the world, yourself and your life. It express your most basic values, and how you view the world and your life when dominated by these values. Such basic values can differ significantly from person to person, and one difference can be how much you focus on *yourself*, how much you focus on *humanity* or just something ‘bigger’ than yourself. The Ego’s worldview is how you experience the world and yourself when you are controlled by a need to *satisfy your ego*. Behind this need we find a dualistic worldview – where there is a clear distinction between what is you and not you, but often to the degree that you actually feel more or less separated from the world.

It is a worldview where *you* are in focus, and where you see yourself as the most important thing in the world. It is a worldview where most things in your life basically revolves around this need to satisfy your ego. You constantly need to be seen and confirmed by the world. Only then do you feel alive. Behind this basic need, in the very depth of your psyche, lies a feeling of being separated from the world (instead of being one with the world), of being separated from other people (instead of feeling that we are all part of the same ‘family’). Therefore, In the core of your personality, you feel alone!

Feeling alone hurts, and this inner loneliness controls what you do in your life, because you tend to seek out experiences that will compensate for the inner loneliness. The only experience that can accomplish this, the only thing that can compensate for your inner feeling of being alone in the world, is when the



world (or other people) satisfy your ego, when the world sees you and tell you how 'good and clever' you are. That is the only thing that can give you a relief from the hurtful loneliness. But having your ego satisfied can be compared to when Dracula drinks blood: it gives a nice brief relief, a feeling of momentary freedom, which however soon passes, and leaves you right back where you came from. Having experienced freedom, only to lose it again, can be frustrating, and that is what happens to the ego - all the time. The only way to experience permanent freedom, the only way rid yourself of the inner loneliness, is to experience life via another worldview than the ego-worldview. Know that this is already now a realistic possibility for you. It will involve developing a strong and harmonious Ego, which in turn will lead to a new worldview, one that I call the 'heart-worldview'.