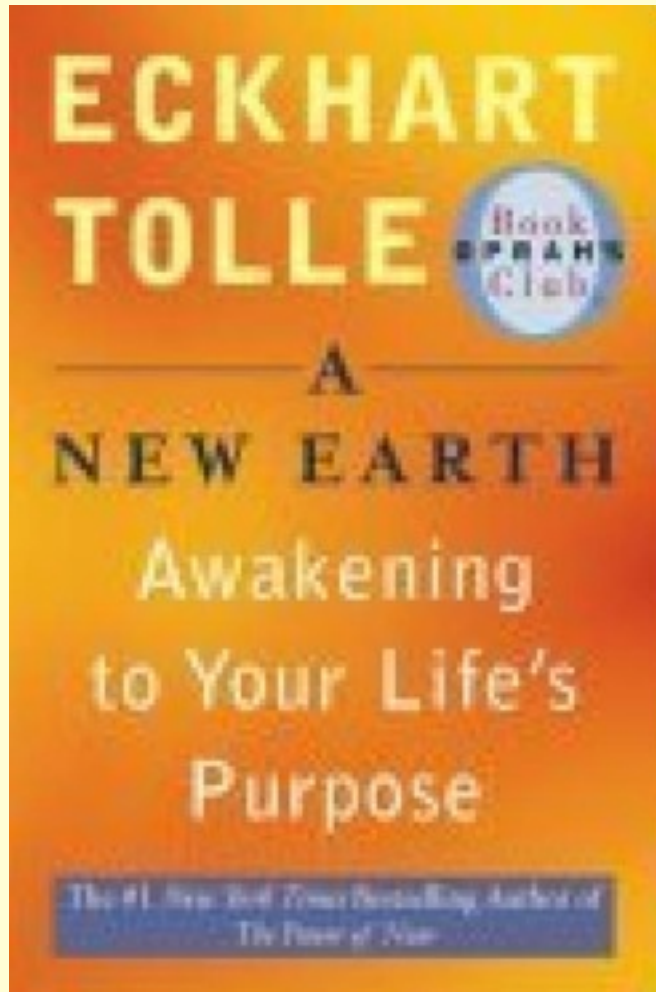
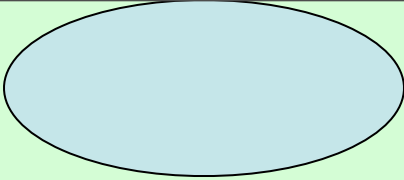


Today – Chapters



3 -The Core of Ego
4 – Role-Playing:
the Many Faces of
Ego



THE CORE OF E G O

Tolle's belief is that E G O is

Our identification with forms:

physical

mental

emotional

Exercise

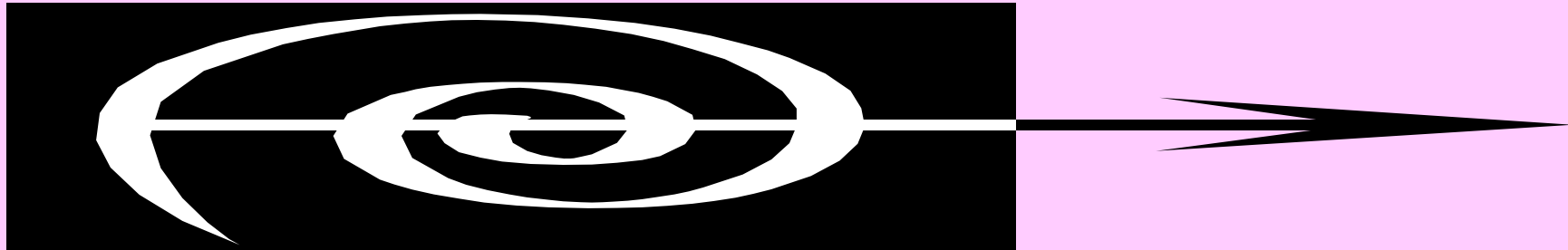
- What physical forms (things, body) am I identifying with?
- What mental forms (thoughts/beliefs/attitudes) am I identifying with?
- What emotional forms (feelings/attitudes/beliefs originating in the past) am I identifying with?



THE CORE OF E G O

1. To uphold the ego's I-thought,
it needs 'the other'

2.



Complaining
& Resentment



Physical violence – Individuals
Warfare - Nations

One of the most effective ways of going beyond ego in yourself

NON-REACTION TO THE EGOS OF OTHERS

We may have to take steps to protect ourselves from deeply unconscious people....

Another word for non-reaction is what?

- FORGIVENESS - TO OVERLOOK OR LOOK THROUGH
- LOOK THROUGH THE OTHER PERSON'S EGO
- HAPPENS NATURALLY WHEN YOU SEE THAT YOUR REACTION STRENGTHENS THAT FALSE SENSE OF (YOUR)SELF



Video clip

E. TOLLE

**“ARE THOUGHTS THE
SOURCE OF EGO”**

MAY 2010

BEING RIGHT, MAKING WRONG

- What points did Tolle make on this subject?
- Complaining, faultfinding, reactivity ALL strengthen the ego's sense of boundary & separateness.
- NOTHING strengthens the ego more than _____!
- Ego derives its sense of superiority from _____!





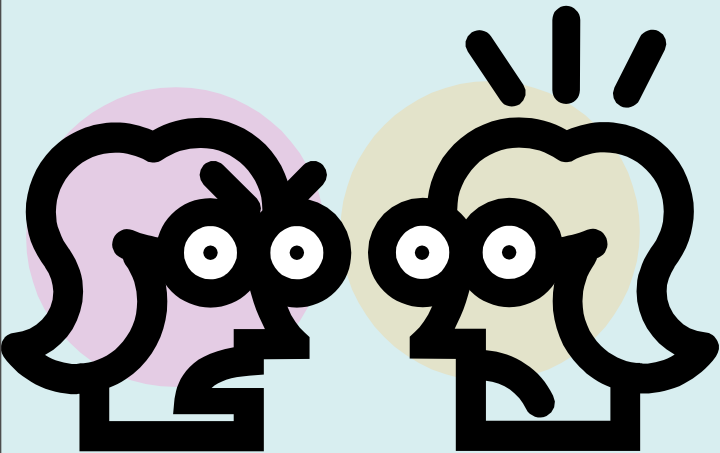
TRUTH – RELATIVE OR

- We won't find absolute truth in doctrines, ideologies, sets of rules or stories
- All religions are equally false and equally true, depending on how you use them
 - In the service of the ego, OR
 - In the service of the Truth
 - See P. 71, 3rd Para, “The Truth is....” to the end

WAR IS A MIND SET

- Do you recall what Tolle had to say about this?
- Unconsciousness, dysfunctional egoic behavior

CAN NEVER BE DEFEATED BY
ATTACKING IT!



IT IS NOT EASY TO BE THE *WITNESSING PRESENCE*

- Once you have a taste of it, you will grow in
PRESENCE POWER
- The E G O
will lose it's grip
on you
- Awareness
is the power
concealed in
the present
moment

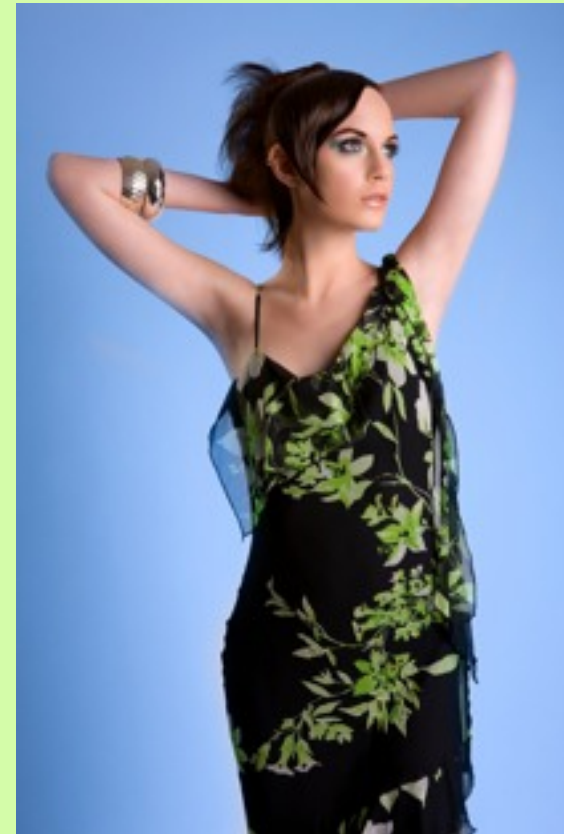




ROLE PLAYING &
THE MANY FACES OF

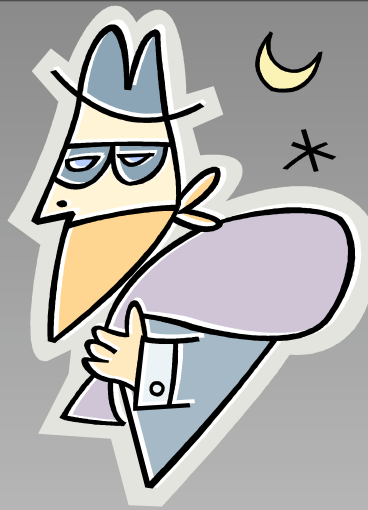


EGO

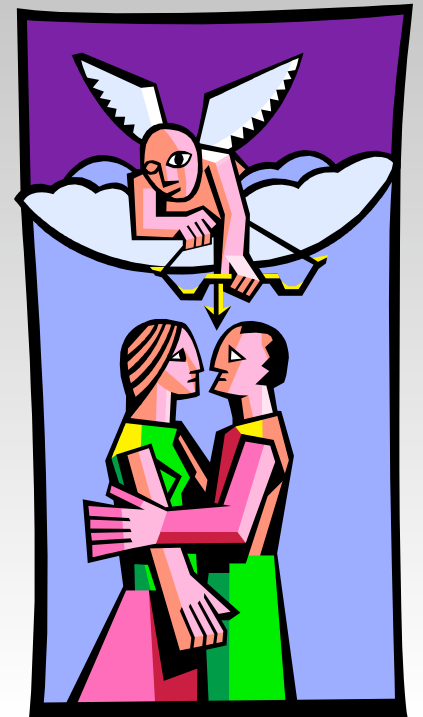
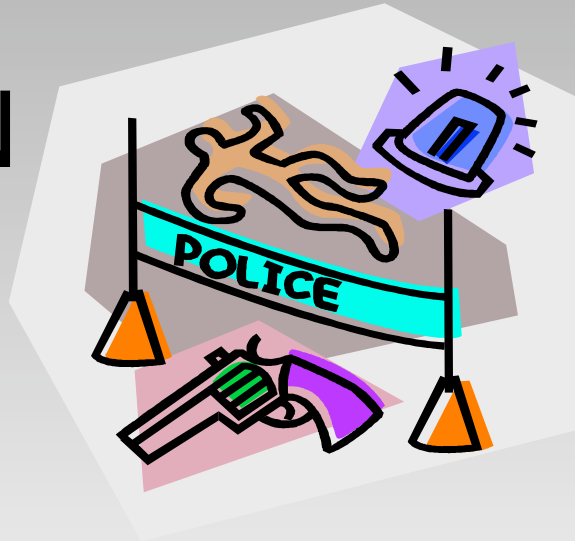


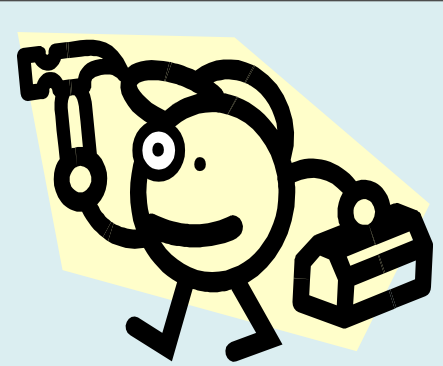
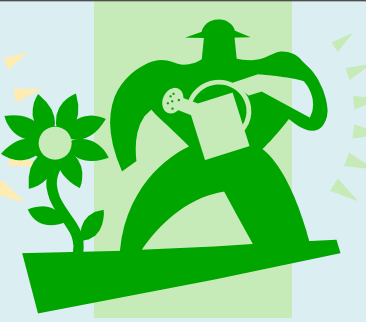


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VILLAN





RARE BEINGS





HAPPINESS AS A ROLE VS. TRUE HAPPINESS

- If there is unhappiness in you, SAY, there is unhappiness in me.
- Then, investigate it. Change what you can change! Problem-solve... avoid, delegate, etc. What you can't change - ACCEPT
- Primary cause is never the situation – it is your THOUGHTS ABOUT IT!

Do you want to discuss any of these?



- Parenthood: Role or Function, p. 97
- Conscious Suffering, p. 101
- Conscious Parenting, p. 103
- Recognizing your Child, p. 104

What happens when you/we don't play roles?

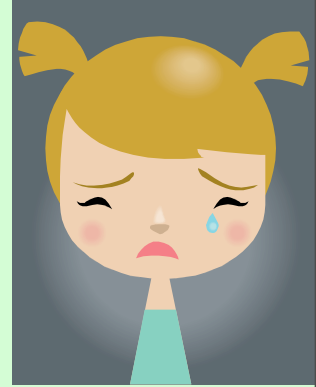


- DISCUSS.....
- WHAT HAPPENS TO OUR POWER?
- WE ARE THE _____
BEHIND THE _____, A FIELD OF

- WHAT ARISES OUT OF THAT REALIZATION?

UNHAPPINESS

- IS AN EGO-CREATED MENTAL-EMOTIONAL DISEASE REACHING EPIDEMIC PROPORTIONS.
- IS THE INNER EQUIVALENT OF THE ENVIRONMENTAL POLLUTION OF OUR PLANET.

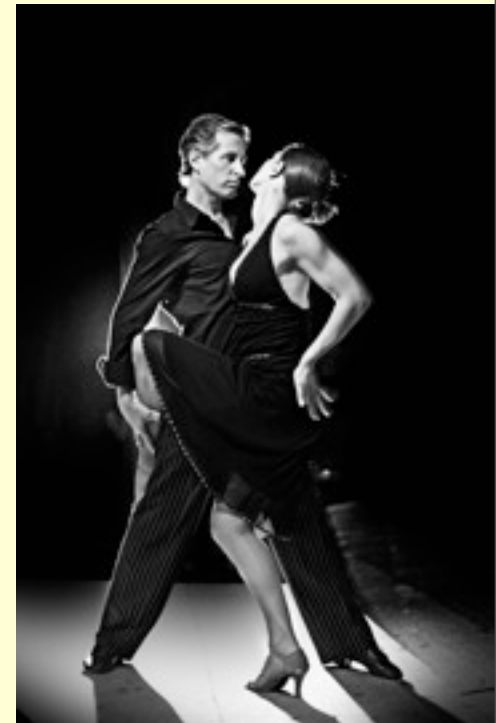


- WHEN IN A NEGATIVE STATE
THERE IS SOMETHING IN YOU
THAT WANTS IT!



THE SECRET OF HAPPINESS

- What does Tolle say is the secret?
- Peace is the end of the ego
- How to make peace now? Make peace with the present moment
- Then, see what happens, what you can do, or what life does through you
- Being one with life is being one with now. Life lives you
- Life is the dance; you are the dancer



Video Clip

E. TOLLE

**“CAN I BE THE
SPACE FOR THIS?”**

CHAPTERS 5 & 6 TOMORROW



sondra