

# Undressing the EGO

When we are listening and reading the following three reactions can happen:

- agreeing
- disagreeing
- ignoring

The first and the second reactions are very obvious but the third reaction , ignoring, is not easily seen because we ignore things out of confusion, we ignore things that we can't understand.

Let's go back to the first and second reaction. Ideas come to us when we hear or read. Some ideas are right, some ideas are wrong. Some ideas are beautiful and , some ideas are ugly.

Who is judging? Who is comparing? Nobody but the EGO.

The EGO says : YES, RIGHT, CORRECT and BEAUTIFUL if those ideas are fit to the EGO.

The EGO also says: NO, WRONG, INCORRECT and UGLY if those ideas are not fit the EGO.

In this manner the EGO uses the so called right, good, correct and beautiful ideas as clothes to cover it.

Also the EGO throws this so calls wrong, bad, incorrect and ugly ideas away to make it beautiful again.

Those ideas are external before we read or hear them. No sooner the EGO touches they become internal. "I like this idea", "This is correct" and so on.

Those external ideas do not need our approval but the EGO cannot exist without wearing external clothes.

The EGO needs to wear others ideas to cover it's true nature.

What is the true nature of the EGO?

Nakedness, emptiness, nothingness, foolishness, childishness and being nobody. Therefore the EGO has a desire to become SOMEBODY by borrowing

and wearing external ideas. Afterwards the EGO has trillions of ideas - it has become a bank of ideas.

As you know, a bank has got so much money. However, every single coin belongs to the customers not to the bank. After asking others to deposit their money all banks claim to have their own capital.

Likewise after borrowing and wearing others uniforms and ideas the Ego thinks : " Now I'm an extraordinary person and others are ordinary". Therefore the EGO easily accepts things like sickness and death of others. The EGO thinks: "This is the nature of life and nature of the world".

However, the EGO cannot accept when something similar happens to me or my people. It cries, saying: "This shouldn't happen to us we are still so young". The EGO wants to be young long as possible.

No sooner the EGO starts making my world duality sets in automatically, creating my world and others worlds.

The EGO has got millions of ideas about everything and everybody. All these ideas are not constructed by the EGO but borrowed. Just ask the EGO "What is your opinion about meditation?" The EGO is so eager to answer like this: " My idea is, meditation is about concentration, meditation is about mindfulness, meditation is about making the mind.....". The EGO may even say that "meditation is a way to overcome the EGO."

Then please ask the EGO, "How do you know?" The EGO would say, " Oh, I know because this book says and that book says, this teacher told and that teacher too."

See - all these ideas do not belong to the EGO. All what the EGO knows, all these ideas didn't come from first hand and original knowledge, because the EGO is not the origin of knowledge.

These ideas are not second hand either. Those ideas may had been used and worn trillion of times by millions of people before you. Those ideas are not pure, not fresh but unclean and old.

But for the EGO it doesn't matter. The EGO needs to cover its own naked foolishness. So it uses used clothes to cover its naked nature of unknowingness

because the EGO doesn't like to say: " I don't know"

The EGO knows nothing. Even the EGO doesn't know that it knows nothing. It reads thousand of books, listen to hundreds of people to hide and cover it's own unknowingness.

It's extremely important to ask the following two questions if you really want to see the nature of the EGO:

What is your idea about this? How do you know?

Only then you can see others used clothes and dresses. If these ideas did not original belong to the EGO - remove them.

Don't be afraid to remove inner clothes. After removing the outer used dress only you can see that there is only another dress. Ask again: "Is it your own idea?" In the beginning the EGO may say, yes, but after investigating you can find out that even the second dress or idea is not yours. Then remove it too.

In this manner learn to undress the EGO as we were born not only with a naked body but also with a naked mind.

Children too have EGO but their EGO is so simple because it stays just as it is. But the so called adult society doesn't allow the children to be natural. The egoist society thinks that is their duty to dress the naked EGO as the naked body of the children. Of course the adult society is responsible to introduce the world to the children. It is their responsibility to introduce toys, relatives etc. to children so that the children can say: "This is a toy and they are relatives."

Instead the adults would tell their children:" That is your toy and they are your relatives." The moment the toy becomes YOUR toy it is not longer pure because the later is touched by the EGO. Like clothes get dirty touched by the body.

This so called adult society introduces identifications instead of introducing the world as it is. Used phrases like my and mine are around me now. As a result children start wearing clothes belonging to others for covering the own naked EGO. This they are learning from parents, primary schools, secondary schools, High schools, Universities, Temples, Churches, Mosques, Meditation Centres etc.

After all nobody knows how many layers of dresses covering the EGO. This is because the EGO doesn't know how to undress the old dresses before wearing a new one.

After wearing millions of other dresses EGO has become so big, so huge and so fat now compare with the body.

But the naked childish EGO is inside all those thousands of ideas borrowed from others. Therefore learn to undress inner self by practicing Vipassana or Insight Meditation.

One can do that by observing, by asking questions and by doing Dhamma discussions. There are two kinds of discussions:

1. Ordinary discussions to accumulate more new ideas. The EGO likes to take part in intellectual discussions
2. Dhamma discussions to remove and uproot old ideas

We are so shy to remove our dresses in front of others, especially in front of strangers or those who have dressed in more beautiful clothes than ours. Therefore Kalyana mittas, spiritual friends, are so important because they are already naked. They have nothing to cover and nothing to hide. You feel so relaxed in front of them. You can speak openly as they don't judge you. Also you know that they can already see your true nature regardless of the type of dress worn by you to cover the EGO.

If you are not the origin of whatever idea coming to you of any subject, please remove it. Let go of it and uproot it without thinking about it over and over.

Of course ideas make knowledge and then knowledge make this illusion; "I know"! However, knowledge is associated with the past. So, be in the present! Learn to see what is really happening in this moment without colouring, without decorating and without modifying.

See things just as they are. Only then you can say this: "I really don't know". The real learning process starts from that point.

The wisdom appears when the EGO disappears. The wisdom says that everything is empty. Only toys are there - they belong to nobody. Therefore one can say that even toys are empty and there are no owners.

Only ideas are going from one EGO to another EGO just like the breath. Nobody can say that "I" am the owner of this breath or nobody can say that "I" am the origin of this breath.

We are like empty tunnels - that is our true nature.

Be an empty tunnel!

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