

## EGO and Non-Duality

For three years and two months I spent time alone in silence and stillness in a young thick Colorado forest of Aspen and Pine. I had become aware of the natural flow of things. I had learned to be in the flow.

Nature and the outdoors had proven to have been the most powerful ingredients in my forty-three years of meditation. I am a child of nature. It was during this period of spiritual growth and expansion that I let go of my ego. In doing so, I met my authentic self which had been obscured by my ego.



## **Car Analogy**

I had put 240,000 miles on my four-wheel drive Toyota Landcruiser. My friends and family with perhaps an exception or two shook their heads at my faithful yet beat up vehicle. When I finally bought a shiny fully loaded Camary everyone nodded their approval.

It reminded me of my first car above (photo by Barthelen Riguard, Unsplash), a 1967 green Mustang with four on floor. The first time I drove to the store, I was surrounded by several girls from high school that previously had never given me the time of day. Their smiles turned inviting. I was suddenly cool. I had identified deeply with my Mustang.

The first week I kept my Camary spotless and parked it super carefully. Each week that followed my careful attention to it diminished. Until one day while camping, I scratched it against a thorny bush, big time, all across the passenger side door.

Friends and family shook their collective heads once again. I tried to make the scratches disappear with touch up paint from the dealer to no avail. The deep scratches actually looked worse.

Then after a dear friend's funeral, I accidentally backed into a fire hydrant and dented the passenger side rear panel. I fixed the damage

with color matching duct tape. Friends and family shook their collective heads once again. When would I finally get it fixed was the refrain?

I don't identify with the Camary. It is my car, but it is not me. I have no relationship with it. It gets me from A to B safely. I am not scratched. I am not dented, held together by duct tape. I am not an embarrassment to friends and family. My car is. I am not my or anyone else's thoughts, feelings, or perceptions.

Relationship with objects and forms of any kind becomes identification. Self-identification with objects obscures one's essence or authentic being. It is important to disidentify from one's mind and thoughts. One's not the content of one's experience, one's not one's thoughts, feelings, and perceptions.

Emotions are a reaction to one's thoughts in one's mind. One's authentic self, one's essence is obscured by thought. One's contact in life is primarily with thoughts. One's mind has served up thoughts compulsively which we take as reality.

Identification with one's mind creates images, labels, and words, which builds an invisible wall, a veil, an illusion of one being separate or dual. Our true nature is non duality. The following SNL video perfectly exemplifies the nature of ego and the illusion of duality.

[Penelope: Traffic School — SNL \(youtube.com\)](https://youtu.be/NCjjx8A-jfE?si=UYHEuf2vgDPjtV_U)**Penelope: Traffic School — SNL**

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**YouTube**

**Saturday Night Live**

**3.1M views**

**Sep 20, 2013**

***“I think therefore I am.” Philosopher Descartes***

***He was mistaken — Most everyone thinks compulsively, this makes one feel separate or dual. One does not cease because one stops thinking or ignores one’s content of experience for any length of time.***

**Being Aware of Being Aware**

MOJO is a way of observing one’s state of being. Whether or not one is in balance and present. I became aware of my MOJO while playing basketball for the better part of my life. I would go into the zone while shooting three-point shots. In the flow or in the zone the crowd became

silent as did everyone on the court especially the referee. I was at ease in the zone. I flowed with the energy on the court. The only thing that could create an unbalance, put me in dis-ease, and take me out of my MOJO was if I thought about something like the score of the game for example.

## **Being Present**

You are not your mind or your thoughts. The most important things like inner peace, quiet joy, and love arise in pure awareness, the sense of your own presence which rests beyond the mind. A wise man once said the key to staying in balance is to have no preferences, which is to say, “I don’t mind, repeatedly.”

The future never really comes to fruition. Only the present moment. Thinking about the past typically results in feelings of regret. Thinking about the future typically results in anxiety and fear.

It helps one stay balanced and in the flow of life if one accepts without judgement whatever one experiences in the present moment. Stressful stuff happens in life which we don’t like. It is simply part of living.

When one simply deals with whatever it is, and takes appropriate action whenever necessary, one can get back in balance relatively quickly. One can always eventually regain their MOJO.

Consequently, one should try and avoid denying what is happening in the present. Denial is energy intensive and wasteful. Better one invests that energy in awareness being which is happiness itself.

Be well!