

Spiritual practice for ego removal

Preface

The futility of man's 'I'-ness or ego can be realised from Sant Dnyaneshwar's quote in Marathi that means - 'He who claims I have attained it, knows nothing'. Ego is a major obstacle in the path of man's worldly and spiritual happiness. Since the seed of ego is present only in human birth, it is definitely present in everyone, irrespective of age, rich or poor, educated or uneducated, etc. in varying proportions.

Ego is similar to weeds in a field. Until the weeds are uprooted completely, we cannot harvest a good crop. The weeds have to be uprooted regularly. Similarly, until one's ego is completely eliminated, one cannot obtain God's grace. The very purpose of performing spiritual practice is to eliminate ego; yet, it is so deep-rooted in mankind that its elimination is not easy even while performing spiritual practice. Hence, instead of thinking that the ego will be eliminated automatically by performing spiritual practice, we should make conscious efforts for ego removal.

Besides theoretical information such as definition of ego, its types, origin of ego, its removal, etc., this Text provides information on the reasons for development of ego, the harm caused by ego, the importance of ego removal, etc. This Text also lists various aspects of spiritual practice required for reducing ego and the easy methods that can be adopted according to various Paths of spiritual practice. Efforts made by some seekers for ego removal and their spiritual experiences are also included in this Text.

We pray unto the Holy feet of Shrī Guru, that may more and more people put into practice the efforts required for ego removal as elucidated in this Text and attain Moksha (Final Liberation) faster. - **Compilers**

Index

Contents	
1. Definition and meaning of the word ego	17
2. Synonyms for the word 'ego'	17
3. Types of ego	17
4. Types of ego according to the spiritual level, spiritual practice and life's mission	20
5. Ego and others	22
6. Developing ego	25
7. Harm caused by ego and the importance of ego removal	33

8. Important aspects of spiritual practice for reducing ego	42
9. Methods of reducing ego	48
10. Principle behind ego removal	77
11. Signs of spiritual progress after reduction in ego	78
12. Efforts made by seekers to reduce ego and their spiritual experiences	80
• In depth knowledge on 'Spiritual practice for ego removal'	99