

There is a natural pulsation.

Expansion, contraction, expansion again. Ever pulsating, reverberating. Out and back, in and out. Endlessly, forever.

Mind is engaged, then mind is quiet. Ego is engaged, then ego is quiet. And again ...

This ebb and flow may happen in any time frame. A few seconds, a few hours, a few lifetimes. In fact, it is always happening, eternally and everywhere, in EVERY time frame.

Rather than setting the goal to be a state where mind is always quiet, ego always quiet, consider the goal to be this ... |

... Simply to accept this flowing from one shore to the other and back again within the all encompassing ocean of yourself. This is the natural character of consciousness moving within itself.

The acceptance of this flowing makes life fluid. It allows life to move and evolve through the endlessly and infinitely transforming sequence of each moment flowing, transforming, into the next. This is truly living NOW.

Regarding ego ...

There are two aspects to ego. These are sometimes referred to as ahamkara and asmita.

Ahamkara is the sense of "I" and "mine," the small self, the little "me." Ahamkara is necessary to live as a human being in the world.

The word asmita is often used in the same way as ahamkara, but there is also another meaning. In this discussion, I'm using asmita to refer to the overlay of conditionings that shadow the ego and give it the undesirable, "egotistical" qualities. Asmita will gradually dissolve as awakening becomes more and more fully integrated throughout every dimension of the person.

There is this "thinning out" of ego, as asmita evaporates away, but there will always remain some vestige of ego, and this is as it should be.

There will be times when ego seems entirely absent.

That is part of the natural pulsation of consciousness. The nature of ego, the role of ego, of ahamkara, is to take up and to let go.

When ego has let go of anything, it disappears. It disappears because ahamkara takes something up by identifying with it. When it lets go of whatever thing, it lets go of its own sense of identity and seems as if it has died.

And here is the experience many believe will become permanent and the hallmark of enlightenment. No ego at all.

But the ego has not died forever. If it did, we would not be able to exist as an individual in the world, however awakened.

The ego will again take something up, identify with something new. And this will bring some motivation, some motion. And then the ego will die again and stillness will predominate again. And again ...

“Brahman is That which accepts everything and rejects nothing.”

It is in this all-accepting awakening, that enlightenment becomes reality.

Yes, there is practice, and cultivating the connection with transcendental silence, awakening the eternal Self within.

There we will cultivate the silence, and there we will transcend the ego.

But then there is the entirety of life to be lived.

Then our practice becomes, to integrate ALL into Self, so silence and dynamism, ego and egolessness, mind and beyond mind are all intermixed and flow endlessly within the all encompassing, fully awakened Self.

Best wishes,
Jerry Freeman