



2.7.1 Phenomenon 4: Dissolution of Ego-Identification

The dissolution of ego-identification is a perspective rooted in mystical traditions, particularly in Hinduism and Buddhism. It describes an inner process in which we detach from the self-centered self and expand our consciousness.

In this state, the “I” is no longer perceived as separate or isolated, but as connected with the universal spirit or wholeness (God) and with all beings.

We begin with a philosophical reflection.

Philosophical reflection

In Buddhism, overcoming the ego means seeing through the illusion of a fixed self and letting go of egocentric attachments.

The ego is not to be killed, but to be seen through. It is an illusion, a process, not a solid thing.

Jack Kornfield

Through mindfulness, wisdom, and compassion, the identification with transient thoughts, emotions, and concepts dissolves. This leads to inner freedom and ultimately to liberation in Nirvana.

The Buddhist concept of a complete dissolution of the fixed self or the “I” is difficult for many to accept.

The aspect of the soul’s immortality

Moreover, it seems to contradict the Christian understanding of an eternally living soul that bears responsibility and lives according to the principle of sowing and reaping.

According to the Divine Principle, too, we exist eternally in the spiritual world.

The human being thus remains a lasting entity with responsibility.

At the same time, however, we only become the image of God as a couple and expand ourselves as a family - ultimately encompassing all of humankind.

Over the course of spiritual growth, the ego-centered consciousness also dissolves within the Christian perspective.

Different terms for the True Self and the Ego

Buddhism distinguishes between the true nature and the ego. In the Divine Principle, the corresponding terms are "original mind" or heart and "fallen nature", similar to Christian

terminology.

The Divine Principle describes four main aspects of fallen nature, which have their origin in the fall. Since only these four main aspects are named, many other resulting aspects remain unmentioned.

Buddhism, on the other hand, identifies 108 defilements and afflictions – including greed, hatred, and delusion – that are to be overcome.

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