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## **2.7.6 The Ego Causes Unfreedom and Suffering**

The ego wants to be seen, respected, and appreciated, and to be especially important to others. It strives for its achievements to be recognized and admired for all eternity.

The ego is vain.

It feels hurt when we are not seen or taken seriously. It becomes jealous and offended when it is ignored and forgotten while others are rewarded. It gets triggered when it feels devalued by someone — even if it wasn't intended that way.

It always wants to win. When it loses, it becomes deflated and frustrated. The ego is afraid of losing and is greedy for always getting more.

How proud it is of its own opinion, even though it can only take a limited perspective!

It constantly compares itself with others, trying to elevate itself and feel better by devaluing others.

It seeks praise and recognition from others, striving for it with all its might, while losing sight of the true purpose.

You all know how you really are. Don't have too high an opinion of yourselves.

[Sun Myung Moon](#)

**How liberating it is when we no longer take ourselves so seriously and do not hold a high opinion of ourselves.**

Others are welcome to be better, receive more – more appreciation, recognition, and attention.

Everything becomes more relaxed, and we become free.

**We can focus on what truly matters.**

No 'I', no problems!

Famous expression in Zen

**The ego seeks external love but finds no access to the true love that comes from within.**

It strives for external happiness and blocks the path to true inner bliss, which can only be found in God.

When we manage to free ourselves from this ego, we experience how simple it is to be happy.

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