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## **2.7.7 The Process of Dissolving Ego Identification**

The process of dissolving ego-identification can be illustrated with the following metaphor:

Imagine two trees standing close to each other. One tree symbolizes the ego, the other our true self. A person wanting to move from one tree to the other without touching the ground represents our consciousness.

It would be extremely difficult to move from the ego tree to the true-self tree by letting go of both hands at once. But it becomes possible once we have grasped a branch of the true-self tree. Then - with a bit of courage - we can fully release our grip from the ego tree and swing over with both hands to the side of the true self.

**The most critical phase of this transformation is the transition where we must let go of the ego without yet having a firm hold on the true self.**

This requires faith and trust in the mystical path.

Thus, once we have caught a first glimpse of inner joy and peace - figuratively speaking, once we have grasped a new branch with one hand - it becomes possible to completely let go of the ego.

Identifying with the true self does not mean that the ego disappears. Rather, it means that we experience ourselves as the true self and can then educate the ego from that higher perspective.

### **Our two selves: the true self and the ego**

One perspective that has been very helpful to me in this process is the distinction between two levels when using the word "I" — **the ego** and the **true self**.

**When we speak of "I," we should be aware of which level of being we are referring to — the ego or our true self.**

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