



2.7.3 Self-Denial

In the Christian context, the process of dissolving ego-identification is often described as self-denial.

However, it usually does not become clear that there is a level within us that we do not need to deny.

For whoever wants to save their life will lose it; but whoever loses their life for my sake will save it.

[Sun Myung Moon](#)

Luke 9:24

The life we are meant to save is the spiritual life of our true self.

The life we are meant to lose is merely the life of the ego.

Since the ego is closely connected with the physical body, it could also be called physical life. The spiritual process requires - as long as we are identified with the ego - the willingness to die in order to be reborn in contact with the divine being.

Therefore, we should deny the ego, the self-centered or fallen nature.

But how do we recognize the side that represents our original or divine nature - our true self?

One way to approach this could be to classify certain needs, desires, and behaviors into the categories of original nature and fallen nature. But if we reflect honestly and deeply, we realize that this is not enough.

As long as we only try to categorize personality structures, we remain on a superficial level of the individual self,

and cannot achieve the true transformation.

We need to connect to deeper levels of our being, levels that go beyond the individual "I", in order to truly detach ourselves from the fallen nature.

The lack of access to deeper levels of being causes many problems

Many problems caused by religious people arise because they superficially categorize behaviors and individuals without having found real access to the deeper level - the level at which we can resonate substantially with God's love.

In true contact with God, negative judgment and arrogant judging of others would no longer be possible - and would make no sense.

When you give up the "I" and the "mine," what do you need with enemies or friends?

Shantideva (Bodhicaryāvatāra, Chapter 8, Verse 97)

From the connection with God's love, we gain a completely new perspective on ourselves and other people.

We no longer perceive ourselves as entirely separate individuals but as part of an inseparable unity.

Source URL: <https://baum-des-lebens.org/the-inner-path/self-denial>