

*Ego and Satori*  
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Various mystical and esoteric traditions put an emphasis on inner work in order to get to a supreme state. Reaching this state is their essence and top wish. This inner work (in order to reach this state) is wide spread amongst movements and groups such as: Sufism, Hinduism, Zen Buddhism, Buddhism, Kundalini Yoga and more.

Even Carl Jung, the famous Psychiatrist – writes about it as a desired state and in his preface to a book on Zen Buddhism (together with D. T. Suzuki) he offers more than hints that the real goal of psychotherapy is to change and upgrade the state of being of the patient. This elevated state could be called by different names: Enlightenment, Consciousness awakening, Satori, Aparka Marg, Samadhi, Moksha, the outbreak of kundalini, Kensho and more.

But in almost all of this approaches there is a mention of a degree of difficulty in the inner work (towards this high state) in which the person needs to give up (gradually in general) of what could be termed as: an undeveloped self, which is generally called: the ego.

And about this giving up of the ego – we will return to the preface to the book on Zen Buddhism - Carl Jung writes: "Basically, psychotherapy is a dialectic connection between the doctor and the patient. It is between two spiritual beings, in which all wisdom is just a tool. The purpose is change; indeed it is not the kind which is being fixed beforehand, but in truth, it is a change that could not be defined, as the only criteria is the disappearance of the selfhood".

(From now on only the term Satori will be used) if the inner work for the searcher to reach this state of Satori entails giving up his selfhood, which for him it is the center of his existence – then it is for him not only mission impossible but also a completely undesired situation.

This giving up of his ego means giving up the great dominance of his uncontrolled emotions on his life and of his identification with his emotions.

A person on the level of the ego perceives his emotions as a central part of him and in the process of inner work towards the state of Satori – he needs to understand that his emotions are not him and not only that, but that they could stand in the way for him reaching a real self, a higher self.

When they understand this heavy price they have to pay - many of the searchers surrender to a preference for the ego. It is like person reaching a very much desired job but when he gets it he is being told that he has to give up his salary and the executive status with all the benefits that come with it.

What should come instead of the ego is what could be called as: a conscious self, but the problem is that before he gains this higher state -he nee-

ds to give up his ego without the higher self is in him. This Intermediate state is a vacuum or a void which is unbearable for him. It is followed by a great fear from disappearing, from sinking to a state of none being.

It should be cleared, that arriving at high center of gravity is not the yet the state of Satori, only after that comes the satori. If Satori is fire, then a high self is the burning material for it. (Not like the ego – the lower self – which is not a good burning material).

This combination of inner work and holding on to the ego - is very common amongst members of popular spiritual groups.

This common combination also brings the searcher to a state of being burned up and accosted. This is what is so strange in the inner work; exactly this lack of authenticity is what makes the inner work so difficult, much more difficult than the efforts to be elevated, above the level of the ego.