

On Ego

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Really, you want to know my advice? I'll tell you something.

Watch your ego.

Now, in the future, continuously.

What is our number one obstacle maker?

Ego.

What is our biggest, deepest obscuration?

Ego.

What will screw up everything, every time?

Ego.

Nobody can kill you, but your ego can kill you.

You think somebody can beat you up? Your ego is beating you up. Most of the time when somebody gets beat up, it's because of their ego. Their ego and big mouth, these two: troublemakers! The biggest troublemakers.

Here I am watching a movie, and of course it's just a story, but it's so interesting: All the people are "easy cry" and then "easy kissing." We think it's so important—when we are crying, crying's important; when we are kissing, kissing's important. When somebody hits you, then that's important. Each second, our ego must be the most important thing.

Actually, what is the ego?

Nothing.

Ego is the biggest liar.

Ego is the biggest cheater.

Even if someone cheats you of all your money, still they are not as big a cheater as the ego. What does ego cheat you of? Your liberation. Each second, you choose your ego rather than your liberation. Ego is that kind of cheater. Please, everyone, watch that naughty, cheater, troublemaker ego! Where it goes, you don't have to follow. Please.

Enough's enough. When you practice, you have the chance not to follow your ego. When you look at your own faults, then you don't have to follow your own ego trip. You can see that a fault is a fault, and you don't want to go that way. You have the chance because you looked. You don't have to go the ego way. You can follow your liberation path instead. You can follow Shakyamuni instead.

We don't look, so we don't see our enemy. Instead we love the ego, we think that it's the best.

Really? Do you still think that it's the best? How many lifetimes has it been cheating you, lying to you? Do you think a cheater and a liar is the best? I didn't think you were that kind of dumb! You Americans love to think that you are smart. If you are really smart, then be smart the real way and don't follow your ego. Enough's enough.

The real way to practice is to look at your own faults. What is our biggest fault? Ego. What is the biggest thing we need to eliminate? Ego. What is the basis of all our samsara? Ego. Watch that ego, continuously. That is not the one to be a servant to. That is the one you want to watch so that you can step back. You don't have to go the ego way, the MY WAY, stupidly every time. You can step back. You have a brain. You have two legs. You have eyes. You can look. You can see. You can stand up, step back or forward or wherever you need to go.

If you want to go ego's way, go for it. The whole of samsara is there! Everything is waiting for you there!

But if it were me, I would try to watch; and then when I see ego, I would step back, try to go a different way. Whose way? Any buddha's—Shakyamuni's way, Guru Rinpoche's way, Vajrasattva's way, Amitabha's way, Tara's way, Kilaya's way. All the buddhas and the bodhisattvas and the lineage masters, they went Buddha's clean, pure way instead of following their own ego's smelly shit way.

You think, "I am special! I don't have a smell!" Uh-uh! You need to check carefully! We are none of us special. We are none of us clean and pure. Outer dirt and smell don't matter. Americans love to take baths and showers all the time and still they smell like something rotten!

Oops! My mouth! Excuse me. It could be that I made a mistake. Not definitely, but maybe slightly. Maybe now I need a lawyer—call Odzer the cat! [He laughs.]

But anyway, we need to clean the inside, not the outside. We need to wash away our obscurations, and that means ego. So everybody, try this way, okay?, instead of worrying about who is the most handsome and the most pretty. You think your ego is

more pretty than somebody else's ego? Does that make you proud? Sorry, doesn't work! That is just showing your shame.

Everybody try, watch yourself carefully, and say Vajrasattva mantra, or BENZAR GURU mantra, or MANI mantra. That is your weapon against your ego. All the dharma is your weapon. All the dharma will help you get rid of your ego, and that is liberation! Try that, okay? That is my advice, that's it!

Tashi delek!

-Gyatral