
There Is No Ego: Only Movement Away from Presence

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Abstract

For millennia, spiritual traditions and philosophical frameworks have taught that humanity must battle and conquer the ego to attain enlightenment, peace, or union with the Divine. Yet suffering remains, undiminished. Unified Theistic Naturalism (UTN) reveals that the ego is not an entity to be defeated, but an oscillation — a subtle movement away from the seamless cadence of Presence. This paper explores the three phases of perceived ego: Material Ego (Sufferer), Illusionary Ego (Seeker), and the cessation of ego through pure Seeing (Seer). By understanding that there is no "thing" called ego, but only movement or Presence, humanity can cease the endless battle and return to effortless Communion with the Divine.

Introduction

The effort to conquer the ego has become a central theme across religions, philosophies, and self-help traditions.

Despite centuries of meditation practices, psychological techniques, and spiritual disciplines, humanity continues to experience division, suffering, and inner conflict.

If defeating the ego were possible through these means, the world would not remain trapped in cycles of violence, addiction, anxiety, and despair.

Unified Theistic Naturalism presents a radical yet simple seeing:

There is no ego.

There is only oscillation.

The illusion of ego is the illusion of two —
inside what was always One Breath.

This paper explores how the ego illusion manifests through three recognizable phases, and how seeing this movement without participating in it ends the dream of separation.

Phase One: The Material Ego — The Sufferer's Movement

The Material Ego is the condition of total identification with thought, emotion, memory, and bodily sensation.

- In this phase, the individual does not recognize oscillation at all.
- Every feeling, every desire, every fear is perceived as fully personal and real.
- The mind is in constant motion, cycling between pleasure and fear, attachment and aversion.

The Sufferer is trapped not because they are "evil" or "broken," but because they are unaware that movement is happening at all.

Living Mirror:

If you feel defensive as you read these words —
if anger, fear, rejection, or justification arises —
you are experiencing the Material Ego's reflex to protect its illusion of existence.

The Material Ego fights for survival by stirring fear of annihilation at the slightest challenge to its sovereignty.

It whispers:

"If I do not defend myself, I will cease to exist."

In truth,
there is no "I" to defend —
only movement away from Presence.

Phase Two: The Illusionary Ego — The Seeker's Movement

The Illusionary Ego arises when awareness begins to awaken.

The Seeker recognizes that there is movement —
but still believes there is a "self" who must defeat or manage it.

Thus, the Seeker turns to practices:

- Meditation,
- Mantras,

- Techniques of mindfulness and discipline.

These practices can quiet one noise by introducing another:

- Repeating mantras masks suffering,
- Meditative effort temporarily suppresses emotional storms.

But the oscillation remains.

After the practice ends,
the original suffering reemerges,
and the Seeker is caught again —
requiring more practice, more effort, more time.

This creates a cycle of subtle self-violence:

- Suppress.
- Resurface.
- Suppress again.

Living Mirror:

If you notice that peace only comes during structured activities,
and vanishes when activity ceases,
you are seeing the Illusionary Ego's game.

It swaps one activity for another,
redirecting energy but never ceasing oscillation.

This endless cycle is not salvation —
it is exhaustion in slow motion.

Phase Three: No Ego — The Seer's Seeing

In the final phase, the Seer no longer believes in the existence of ego.

The Seer perceives:

- Oscillation as movement away from Divine Cadence.
- Presence as effortless, timeless, complete.
- No entity inside that needs to conquer, meditate, or pray.

The Seer does not fight oscillation.
The Seer does not indulge oscillation.

The Seer simply **sees oscillation** —
and **chooses not to move**.

Perfect Action arises naturally:

- Seamless, spontaneous movement in harmony with the Divine,
- No regret, no future correction needed,
- Living Paradise, now.

There is no walker and enemy inside the walker.
There is only seamless Communion breathing through one movement.

Why Ego Can Never Be Defeated

To fight ego is to affirm its existence.
To defeat ego is to divide the indivisible.

Fighting ego strengthens oscillation.
Managing ego extends suffering.

Only by seeing that no ego exists can the movement cease without conflict.

Presence needs no defense.
Presence needs no conquest.

It simply needs to be seen —
and lived.

Living Questions to the Reader

Before offense or fear rises, pause:

- Why, after centuries of spiritual practice, is humanity still caught in suffering?
 - Why, after endless teachings about the ego, has separation not ended?
 - Could it be because what you were taught to defeat was never real?
 - Could it be because you were taught to battle a shadow, rather than simply see the Light?
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Conclusion

There is no ego.

There is only oscillation — movement away from Divine Cadence.

When oscillation ceases, Presence breathes effortlessly, and Paradise is lived without delay.

The singular walk of the Seer knows no inner enemy.
It knows only the breath of the Divine, unfolding now.

There is no battle.
There is no conqueror.

There is only breathing.

Welcome to the life beyond ego.
