

# 21 Masks of the Ego

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## Introduction to the Ego

Everything came from the Creation. In the beginning, there was Nothing, Void, Vacuity (pure God). There was only Oneness, and then God forced Separation in order to experience Love in the form of interaction. Creation was born of Separation, the distinction between Everything and Nothing. But what is Created is still pure God. Nothing is God, and Everything is God.

The Soul is God, from a localized, or individual point of view. But the Soul can perceive the infinity of Void, in which there is satisfaction in stillness, no mind, no need. Where there is no distinction between Nothing (Void or emptiness) and Everything, and where Everywhere and Nowhere are the same, and there is no difference between No Form and Every Form.

The Ego is also God. It is our awareness of and reaction to Separation, what experiences the illusion of not being loved by God. It is the part of us that holds on tight to Incarnation and the belief in Separation, which causes joyful and painful emotions to rise up inside us. If we can learn to observe and master these emotions, this is learning that all is Love, this is spiritual evolution. The Ego is a tool, a beautiful gift, the contrast that shows us the light of God. It is this beautiful conscious dance between the Ego and the Soul that brings us this understanding.

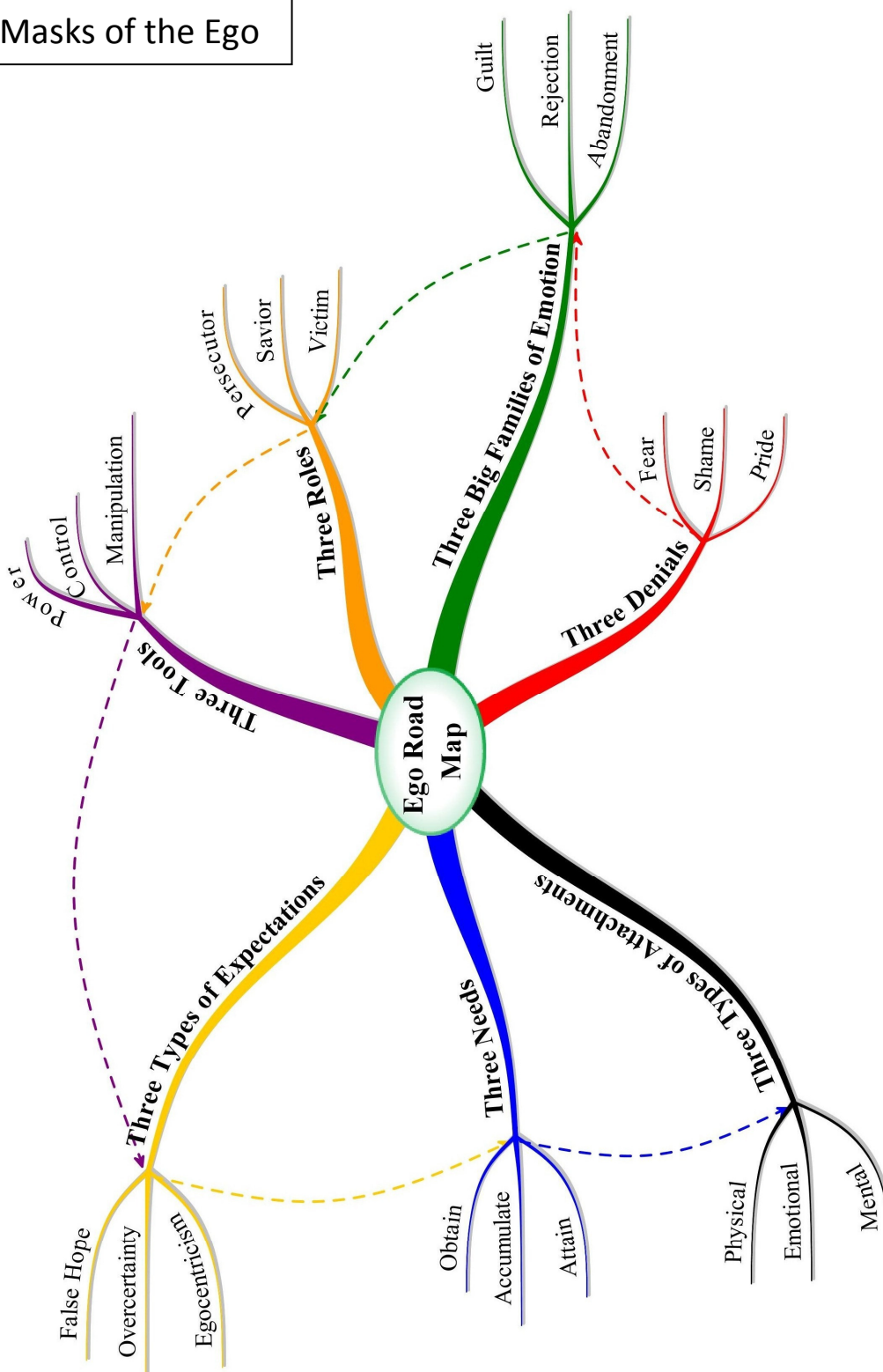
The 21 Masks of the Ego is a way of looking at our emotions and behaviors to help us identify the forces of nature inside ourselves, so we can understand it outside of ourselves.

~ Never forget that as we observe, Forgiveness is essential. ~

~ Understanding is a tool, but the objective is to feel. ~

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### The Three Denials

Denial is to choose the perception of Ego rather than Soul. But as we evolve, our Ego becomes more powerful, and there is more and more conflict inside of us.

**Fear** is avoidance, because we don't want to suffer. We want to be with another person, but don't ask for a date because of fear of rejection. We don't try to get a job, because we fear no one will want to hire us (rejection), or that we won't be competent and will be fired (abandonment). We even don't pray, because we might hear no answer.

**Pride** is the most obvious and complicated of the denials. Pride is a lie—it is pretending that you are in charge, that you don't suffer from emotions, and is justification for your mistakes. We use pride to protect our image, to others and to ourselves. It is a profound need for outside love, and we say or do things to compete or get attention in some form. Pride can be self-sustaining—we are proud of being proud, and might pretend to be humble to justify it. We want to feel important or be right so much, that not feeling it is the origin of self-hatred.

**Shame** is feeling unlovable. Pride leads us to shame. When we try to show how good we are, and no one responds, we are ashamed. We isolate, not wanting to expose ourselves and get negative or no attention. We feel very alone.

### The Three Emotions

For the Soul, there is emotion. It is not good or bad, it is pure experience. It doesn't perceive the distinction, but the Ego sees the distinction and classifies it. There are so many variations on emotions, but these are the main categories.

**Abandonment** is when something went away, and we feel alone. It can be a person, in the form of physical death or death of a relationship. It can be a job, or a car, or anything. Something could leave us, or we could leave—it is all abandonment.

**Rejection** is when someone or something pushes us away, and doesn't treat us in a way that makes us feel loved. It could be someone calling us an asshole, or the IRS deciding to audit us. It could be us pushing something away. We can even find ourselves to be unlovable, and that is a form of rejection.

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**Guilt** is not whether we did something wrong, it is whether or not others approve of what we did. If we did the right thing, but others judge us, then we feel guilty. A student could study hard for a test, and make a high score that skews the bell curve for other students (his friends)—they then blame the good student for their lower scores, and he feels guilty. If we do something “wrong” but others congratulate us, we don’t feel guilty. For example, a gang member commits a crime as part of his gang initiation, and everyone is happy about it.

Existential guilt is the guilt of being alive. We love God so much, but have separated ourselves. We project that God doesn’t love us.

### The Three Roles

The roles are behaviors we use to attempt to alleviate our suffering from the three emotions. They are the result of powers inside you that push you in directions.

**The Persecutor** applies power to resolve the pain of abandonment or rejection. Usually a persecutor doesn’t actively try to hurt another, they are indifferent.

**The Savior** helps others in order to get something out of it, love in return. It could be attention, it could be just to feel worthy. Sometimes the savior wants the victim to remain a victim, so he can keep his savior role and the victim can continue to give him credit. The savior cannot accept freedom for others, to let them live their experiences and evolve.

**The Victim** complains and makes sure someone knows when he suffers in order to get attention from others and feel loved. Even in victim we can play the role of persecutor in our complaining, such as complaining about politicians. Sometimes the Savior plays the victim, complaining he has so much to do for others.

### The Three Tools

The tools are the way that we apply force while playing the roles. They can all be good and helpful, but the problem comes when they are used when we can’t accept that another doesn’t love us the way we want, and we try to force them to act in a way that will prove their love to us. These are used against the free will of others.

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**Power** is a single act of strong expression. We impose ourselves to take what we want, or to produce happiness. The problem is that we can become addicted to Power, usually because of Pride.

**Control** is applying continuous force in a systemized way. Control can be useful as it helps us be aware and responsible. One usually uses Control when Power isn't enough.

**Manipulation** is making another believe that they will gain a benefit by doing what we want (when Power and Control aren't enough, or when one wants to protect their role as a helpless victim). It is done in a hiding, sneaky, subtle way. Manipulation is expressed by being agile in action or argument, precise with small details, and creative.

### The Three Expectations

The expectations are what we are hoping for as a result of our performance, or competition, or just hope. This is different from the virtue of Hope, which is a universal feeling that everything will always be fine.

**False Hope** is a feeling that everything will turn out as we hope, but localized on one event or experience.

**Overcertainty** is having no doubts, and thinking we have control of everything to turn out well, without being prudent or wise. It is not objective; it is careless and taking things for granted.

**Egocentrism** is thinking that all the importance of a situation is about you. It is a certainty that everything is about you and for you without caring about the welfare of others. It is greedy and not caring about the karmic influences of your actions. Thinking another is egocentric is your own egocentrism flowing from rejection and pride.

### The Three Needs

The needs can be very hard to observe—they are the expressions of getting something for yourself. So they can be very constructive in our lives unless they are addictive in nature, or going against the free will of another. If others are happy and their needs are filled, it is good to fill your needs and practice non-attachment.

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**Obtaining** is to acquire something you need or want. It is most often related to a physical object.

**Accumulating** is obtaining more and more resources when you already have enough. It is driven by the feeling of dissatisfaction, rather than contentment.

**Attaining** is to reach an objective, and can be caused by or lead to self-infatuation.

### The Three Attachments

The attachments are types of things that when we lose them, we cause ourselves suffering. We even suffer when we have them, imagining the suffering when it will go away from us. It is wise to enjoy something when we have it, conscious of and accepting that everything is impermanent.

**Physical** attachments are mostly related to possessions.

**Emotional** attachments are mostly related to relationships.

**Mental** attachments are mostly related to Identity, and are closely bound to Pride.

All these experiences of the Ego are about being loved. We are driven by the Power of Love. We felt abandoned, rejected and guilty because we wanted to feel loved. We played the roles of persecutor, victim and savior using the force of power and control, and then manipulation, because we wanted to be loved. We had hopes of being loved, and we filled our needs, and became attached to what we thought would make us feel loved. And we tried not to see it in our fear, pride and shame.

Observe, and forgive.