



Ego Meditation

In this meditation, we will take away layers of the self, until we discover what is on the inside. The self is like an onion – you can peel and peel until you eventually find **emptiness**.

1

Ask yourself, “Who am I?” and notice the first answer that comes to your mind. Don’t resist it or try to find the right answer. Whatever answer comes, let it be.

- What arises when you ask yourself this question? Is it a thought? Memory? Physical sensation?
- Find its origin. Where did this come from?



2

Notice that in this moment of experience, that it is just a thought. The thought is not attached to your existence.

- The thought is a shell of your identity.
- Observe something – anything about your existence. Notice your weight in existence, your breath, or your faculty of seeing.



3

Next, discard that element of identity.

- Notice that if you think you are a failure – that is not something you can see in this moment, not something you can experience.
- Breathe in and then with an exhale, discard it – let go of it.



Repeat these steps three times in a row.

