

God's Number One Enemy – Ego

Dr. M.W. Lewis

San Diego, 6-27-54

The subject this morning, "God's," you might add, "Number One Enemy – Ego."

Some people wonder what the ego is. I can give you one simple rule whereby you can know whether you are still in ego consciousness. If anyone can hurt you by telling you anything about yourself, or your friend, and you feel it, and are hurt by it, you are still in ego consciousness.

Remember that now. Next time you feel yourself getting hot under the collar, or you feel yourself flushing, say: "Get down ego, I'm above that!" And that is a fact. You will find by self-discipline and following the techniques of Self-Realization, that you will reach a point of oneness with Spiritual Consciousness, wherein no one, or no condition can hurt you at all. Why should it? You are not that ego! The ego is the Soul attached to the body – pseudo-self. The Spirit is far above likes and dislikes. And so, let us understand first, about this number one enemy of God.

Now, the Soul is attached to the body and becomes the ego. And that ego is God's number one enemy because it prevents us from knowing and realizing our oneness with Him. It prevents us from realizing our heritage – the conscious realization that we are a son or daughter of God. And so, ego is the enemy, because it keeps us in ignorance. And ignorance is the greatest sin, because it prevents us from consummating our heritage, a true child of God – the realization that we are a true child of God.

And so, the Soul, attached to the Physical vehicle, that's all, is the body, and attachment to that body is the ego. And so, the ego, being attached to the body, is subject to all the imperfections of the body, and especially the fact that the body changes and passes away and is non-existent after a while. That's the greatest sin. Don't you see? Because then, you resolve yourself into nothing – nothingness. So, it is a good subject. God's enemy, number one enemy, is ego.

Now the Master has said, if you still the Physical breath, if you still the Astral breath, if you still the Mental breath – in other words, if you quiet the movement of outward consciousness – what you have left is God. So, it shows that the subject of the Physical, Astral, and Mental breath is this ego. That's the subject. And so, by removing, removing that subject, or of stilling the movement, which are watched

over and guided by that subject ego, by doing that, then you eliminate the ego and allow the perception of God to be fulfilled. He is there in us, the Master has often said. God is in each one of us. We should feel that, instead of feeling a separateness from Him. Any aspect of God that you can contact – as the light at this point [between the eyebrows]; or the Sound, the Cosmic Sound; or the Love in the heart – the minute you have it, seize it! That's far above ego consciousness. Say, "Father, I have Thee." How can the ego exist? It cannot. And so, this ego really is an enemy of God; something that prevents us from knowing Him; actually stands in the way. And that which stands in the way, is the greatest enemy, because it prevents us from knowing our kinship with our Father.

Now, God doesn't think too much [electronic noise] very often is too well – he doesn't have much use for ego-conscious people. He doesn't think very much of them. You say, "How do you know?" Well, it's simple. In the Bible, in Matthew the 11th Chapter, 25th Verse – we wouldn't have these words if God thought very much of those who are puffed up in ego consciousness, and "have a swelled head," as we say. He doesn't like them very much, for He says in that scripture: Jesus says, "...thou dost not reveal thyself unto the prudent and the wise,¹" (Sic) or those with ego. That is, those who are prudent and wise, according to worldly standards of outward consciousness, God doesn't have much use for them, because it says He doesn't reveal Himself to those kind of people. But who does He reveal Himself to? "Thou dost reveal thyself unto babes."² (Sic) Now, children, or babes, have what sort of a conscious? They have a consciousness, a humble consciousness, a consciousness without guile, that's the important thing. Those people, God does reveal Himself unto. And we have scriptures to this effect.

In Nathaniel, in St. John, the 1st Chapter, St. John the 1st Chapter the 47th Verse we read this: "Jesus saw Nathaniel coming toward him, and he said, Behold, an Israelite indeed, in whom is no guile!³" (Sic) He might have said, "in whom the ego has been eliminated," "in whom the ego has been thrown out," "in whom the ego has been superseded by that great, humble, Spiritual Consciousness, or God Himself." And then, he goes on to say in the 51st Verse, because you have done this, Nathaniel, because you are without guile, and have eliminated, eradicated the ego consciousness, which is in itself nothingness; because you have done that, he says: "Verily I say unto you, Hereafter ye shall see heaven open, and angels of God ascending and descending upon the Son of man."⁴

So, you see it is so important in eliminating this number one enemy of God, the ego; to have the consciousness of babes, guilelessness. And that comes only with full surrender to God. Then you realize you are nothing, nothingness. Then you realize that you are nothing. That is, you as ego, can do not a thing. But when that Consciousness of God comes, and that humbleness before His Majesty, before His Great Light flows in upon you, then you realize why ego is the number one enemy of God.

Now going on a bit, let us consider for a few moments the audacity of ego – the audacity of egoism. Here we have the bodily kingdom, right within us, which is run not by ego, the egoist think they run it, it is not run by ego at all. It is run through the Intelligence of the Soul. From the Throne of the brain and the 6th Center, the 6 other Centers of the spine, comes the Intelligence of God to run this bodily machine, this bodily kingdom. And there we have, throughout the body, billions of cells, billions of cells, which, by the Intelligence of Soul, perform their various functions properly; taking up and performing their various duties to run this organism. And we have the various systems of the body – the nervous system, the circulatory system, the excretory system – formed from those cells. How? Through the Intelligence of the Soul within.

And then, we also have through those systems, the vegetative functions of the body, performing all their intricate works to keep this body in proper harmony. That goes on how? Through the Intelligence of God within us – the Soul. And then, to cap the whole climax, we have fifty million, fifty million phases of consciousness as Astral Rays and thoughts, and emotions, going on in order, under the Intelligence of the Soul.

So don't you believe, don't you think, it is the height of egotism to presume governorship of this body and this entity we have, and to indulge in ego consciousness, when you think of those things? That's why, that's why, when you begin to have an insight into the Power of God within you as the Soul and its activities, and the Intelligence shown there, then, the ego can't stand it all. The ego has to go! When you feel and realize the greatness, the Majesty of God within. That's one of the greatest ways to get rid of the ego; is to look within, through introspection, and get a glimpse of the Power of God within you, and what is going on. Then the ego crawls away – eliminates itself.

Now, God will increase – this part of the talk I like very much – God will increase as the ego decreases. So, if you see a person with a great big ego, don't waste too much time. Be nice to him, be good to him, love him – he's a child of God. But don't be attracted too much, because you can write it right down as an absolute fact that, as the ego increases, God withdraws. And so, likewise, God will increase as the ego decreases.

We have a wonderful reference to this point in St John the 3rd Chapter the 30th, and 31st Verses. Soul Consciousness, or Christ Consciousness within, spoken of in this way: "He must increase, but I," I, the ego "must decrease."⁵ "He that cometh from above is above all..."⁶ Naturally, that which came from God, our Spiritual Consciousness is far above ego consciousness, which is simply the subject of worldly consciousness – our thoughts, emotions, and actions here on earth. And so, it says, "He that cometh

from above is above all: he that is of the earth is earthy...he that cometh from heaven is above all.7”
(Sic)

And so, the ego is of worldly consciousness, earthy consciousness; and as that decreases, as God, or Spiritual Consciousness is always with us, always was, always will be, then, naturally, He flows, without obstruction, when we eliminate the greatest enemy – ego. When the ego is fully deflated, then God’s Light and Intelligence therein, can be fully comprehended; but only then. The ego must be eliminated; otherwise, why did Jesus say, “Here comes Nathaniel who is without guile?” Then he said, because of that, Nathaniel, you shall see the spiritual light from heaven descending and the light going back to heaven. That is, he shall have the Spiritual Consciousness, because he has eliminated the ego within. That is why ego is God’s number one enemy. It prevents us from knowing, realizing our oneness with Him.

Now, going on just a bit, for a moment or two, and then we’ll be through. With the aid of ordinary evolution it’s going to take a million years to get rid of this ego. Just think, a million years, a million years of ordinary solar evolution to get rid of ego consciousness and allow the realization of Cosmic Consciousness.

It’ll take a million years to work out, to work out karma. Latent karma has been laid up for ages, for incarnations. We have latent karma laid up. Cause-and-effect operating; and the subject of that cause-and-effect is ego. How are we going to eliminate it? Many lives we have brought it over. Those causes are there, and they have to be eliminated, because there can be no realization of our oneness with God as long as the ego is there. As long as there is any latent karma within us, there’ll be ego.

So you can see the yogis found out, and reasoned, and understood that to eliminate the ego, they’ve got to eliminate latent karma. How to do it? It’s gonna to take a million years of ordinary solar evolution to do this. But this thing they realized; that by speeding up evolution, they could eliminate their karma in a much shorter time. By speeding up evolution, and germinating those seeds of latent karma in a shorter time, without waiting for natural evolution.

And so, by following the techniques of Self-Realization, especially Kriya Yoga, you can do just that. You can speed up your evolution so that these latent seeds of karma, which are going to keep you in ego consciousness, will germinate. Then you can burn them up by the fire, the Spiritual Fire within. Remember, that as long as there is any latent karma within you, you are still going to be subject to ego. You still will be under the rule of ego consciousness. So it behooves us, without question of a doubt, to

follow those methods and means whereby we can burn up, eliminate, latent karma within us – cause-and-effect. It's bound to work in ego consciousness, in outward consciousness. It is that cause-and-effect that ties us to the body through ego.

Now, we have the key in these words, "To him that overcometh will I grant to sit on my throne,⁸" (Sic) as Jesus said. To him who overcometh what? Who overcometh the ego within, who speeds up his evolution, germinating those latent seeds, and then burns them up in concentration. If we will do that, we can, in a very short time – compared to a million years – eliminate the ego within. It is absolutely scientific.

Now, all those matters that are approached in a scientific way – like in this country we approach production in a scientific way – look at the results we get. There is no country that can touch America, because she has gone at it in a scientific way. Look in medicine. Look at the teams of men working in laboratories, and how efficient they are, and what results they get. Why? Because it's scientific, they've approached it in a scientific way. And also, they have clinical teams working to combat pathology of the human race. Look at the wonderful results. Why? Because they went at it in a scientific way! Why not with religion? If we go at these other things, approach them in a scientific way, why not religion? Why not religion? It surely can be done! And religion can be placed on a scientific basis with just as satisfying results as you do any other thing in a scientific basis. Because the science of knowing God is the Greatest Science; and the method of overcoming ego consciousness is a part of that science of knowing God. So, it can be done in an exact, in a scientific way.

Now, we come to the point: how to do it. Through the techniques of Self-Realization Fellowship, by developing within us concentration and control of the Life Force, which is the key to the elimination of ego-conscious, because ego cannot operate when you withdraw the Life Force. All this realm in which we live, this realm of matter, is supported by the movement of Life Force. So, when by proper scientific techniques you withdraw that Life Force and follow the first and greatest commandment – to serve God with all your strength, which is Life Force, as well as with all your heart⁹ – when you do that, withdraw the Life Force, the ego eliminates itself.

And so, this is a very important part. If you want to banish the number one enemy, which prevents you from knowing God, follow the techniques of Self-Realization, which are absolutely scientific, and give the scientific method of eliminating that thing which prevents you from knowing your oneness with God.

Now, some of the techniques of Self-Realization – the first technique, there's the Hong Sau technique; and the Om technique; the Recharging Exercises – develop your concentration. Without concentration, you cannot control Life Force. Without these first techniques, how can you expect to enter into that highly scientific technique of Kriya Yoga, which is scientific in removing ego? So these first techniques are very important. Develop your concentration. Develop your ability to put your concentration on God at this point [between the eyebrows]. And then, when you follow the scientific technique of Kriya Yoga, then you will bring out those seeds of karma, germinate them, and then burn them up, so that you are a Free Soul, and can go back to God!

Now, as I said, it takes a million years to do this. But by these scientific techniques – you have for instance a seed of karma that is going to come out from your subconscious mind in one year's time; and it's coming there just as sure as you are sitting in that seat, because that's God's law. Now, by performing Kriya Yoga, the techniques of Self-Realization Fellowship, in one-half minute, you can bring that seed out, germinate it, and burn it up! These are not imaginations – these are facts. And some seed of karma, which is about to bear fruit in say, ten years; in one minute, one minute, you can bring that seed out, from the subconscious and the unconscious mind, into your waking consciousness, or your Spiritual Consciousness, having brought the seed out, you can burn it up, and do away with it.

And so, by taking these two illustrations of time – ego consciousness bears fruit in time; latent karma comes out in time – by speeding up the time, by increasing your evolution, speeding up your solar evolution, which Kriya will do, you can bring out karma from years back, ages back, into the present, burn it up; then you are free! Then you have eliminated ego, the number one enemy of God, and you can once more regain your birthright – Oneness with Him.

There is one catch: you cannot lay up any more karma. You have to do right action, proper action, so that you lay up no more karma. Then you are free. Then, you have eliminated that number one enemy of God – ego. If we do that, if we eliminate that by these scientific methods – why do you suppose some of the old yogis gave their lifetimes to sitting in meditation, following these techniques, so that right now, according to God's plan, you and I can have the benefit of it? Why not do it? It is scientific! And the reward is great: Oneness with the Infinite Spirit, Oneness with His Great Light and His Love, in which there is no vestige of ego consciousness; in which no one can hurt you, no matter what they say or do to you; because then you know, having eliminated the ego, that you are a child of God, made in His Image, above likes and dislikes, and especially above the assault of ego consciousness.

1 Matthew 11:25, "At that time Jesus answered and said, I thank thee, O Father, Lord of heaven and earth, because thou hast hid these things from the wise and prudent, and hast revealed them unto babes."

2 Ibid.

3 St. John 1:47, "Jesus saw Nathanael coming to him, and saith of him, Behold an Israelite indeed, in whom is no guile!"

4 St. John 1:51, "And he saith unto him, Verily, verily, I say unto you, Hereafter ye shall see heaven open, and the angels of God ascending and descending upon the Son of man."

5 St. John 3:30, "He must increase, but I must decrease."

6 St. John 3:31, "He that cometh from above is above all: he that is of the earth is earthly, and speaketh of the earth: he that cometh from heaven is above all."

7 Ibid.

8 Revelation 3:21, "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne."

9 Matthew 22:37, "Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind."