

We have become so accustomed to ego-based emotions such as misery, worry, fear, and conflict that we believe these are our normal states. But this is not how it is supposed to be. We were born to be happy and to love unconditionally. So how can we return to a nonlinear state of happiness and peace when everything around us says that nothing is more important than me, me, me? The Ego-Less SELF is a journey of discovery and a return to the deepest truth. It looks closely at the notion of spiritual transformation by first showing you how the ego develops over time to cause suffering in our lives. Once the ego is stripped away, the pathways to the self—heart, mind, and action—can begin to work. With a broad range of spiritual influences, from the Bible to Zen Buddhism, The Ego-Less SELF sets out to deflate the ego to let the true self shine through. You will begin to learn how to get rid of resentments, surrender the ego's unconscious programs for happiness, and employ simple techniques to increase contact with consciousness. The road to self is not about trying to acquire anything but rather the willingness to surrender all of our egoistic ways, thus taking us back to that which we are—the purest self.

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