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The Teachings

The Regulations for The Teachings

A Partial Teaching on Regulation 7

Keeping the personal ego under control is important

Discourse

My ego is a creation of my mind.

Ego is a complete filter on my sight, hearing, smell, touch, speech, understanding, emotional and psychological capabilities.

My ego is the cause of [harm](#) to my [Atma](#), my [body](#), my psyche, and my emotions.

My ego acts as a refracting filter in front of:

- my brain, my eyes and my ears
- all my senses
- my speech
- my perceptions
- aggressiveness
- accommodation
- understanding
- deceitfulness
- creating and projecting a false image of my persona
- self-doubt
- doubting everybody else
- suspicion
- envy and jealousy
- hatred

- selfishness
- greed

I need to realize that my ego prevents me from serving my own Atma.

I need to submit to my own Atma.

Ego prevents me from actually [worshipping GOD through The Teacher.](#)

I need to submit and surrender to The Teacher.

I need to prevent my ego from controlling my thoughts, my hearing, my speech, and my reactions.

I need to be forever vigilant to ensure that the ego does not take control of my emotions, psyche, reactions, speech, writing, physical actions, and doing my duty.

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Ask your Question

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