

THE PATH FROM THE
PERSONAL SELF TO THE
UNIVERSAL CONSCIOUSNESS

THE TEACHINGS OF CONSCIOUSNESS



FRANK M. WANDERER

**THE PATH FROM THE PERSONAL SELF TO THE UNIVERSAL
CONSCIOUSNESS**

The Teachings of Consciousness

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INTRODUCTION

THE BEGINNING OF THE SEEKER'S JOURNEY

1. Why do we embark on the path of seeking?

Something feels missing. Maybe you can't quite put it into words, but it's there—a subtle yet persistent sense that the life you're living isn't fully whole. That there's something you're not seeing, even though it feels incredibly close.

This quiet inner pull is what starts many people on the path of seeking.

It doesn't always begin with suffering or crisis. Sometimes, it's just a whisper of emptiness, a breath of stillness during a sunset, a question that rises from nowhere:

"Is this all there is?"

Many begin their search by looking outward. A better relationship, a more fulfilling job, a new purpose. But when none of these bring the lasting peace they long for, something inside begins to stir. A turning. A remembrance. A subtle recognition that what we truly seek is *not out there*.

In truth, the spiritual journey doesn't begin when you

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start walking—it begins when you begin to question what you once believed was certain.

When, for the first time, you wonder if you're really who you think you are. If maybe life is more than your stories.

If perhaps there is something deeper, truer, timeless—and that something lives within you.

This recognition is not loud. It's not always clear. But like a faint call, it pulses deep in your heart. And if you listen closely, it begins to guide you. At first, only through questions:

Who am I, really?

Why do the same patterns keep repeating?

Is there a place within me untouched by change?

These aren't theoretical questions—they are inner compasses.

They don't lead toward more information, but toward the truth behind appearances.

The beginning of seeking is not a dramatic event, but an inner shift—when surface living is no longer enough, and you long to see what lies beneath the surface.

And from that moment, everything begins to change. The world may remain the same—but you start to see it differently.

Ordinary things take on new meaning. Simple moments become deeper. And even if you don't yet know where you're going, you feel it: something real has begun.

This is the path of seeking. It is not sacred because it is special—but because it is sincere. Because it arises from within you.

And if you truly listen, you'll discover that the seeker is none other than Consciousness itself—yearning to awaken to itself.

2. Suffering and Dissatisfaction as Catalysts

The search rarely begins when everything is going well.

More often, it starts when something breaks. A relationship ends. A dream dissolves. The body becomes ill. Or the world you built begins to feel hollow.

These moments of fracture are actually gateways. Not punishments, but invitations.

Suffering is not the opposite of life—it may be the first doorway into deeper life.

We spend much of our time trying to avoid discomfort. We distract ourselves, we fight, we try to stay in control.

We chase happiness, while tension quietly builds beneath the surface. Until one day, we can't avoid it any longer. The emptiness, the anxiety, the deep questioning becomes too loud to ignore.

And here lies the hidden gift.

Because if you can become still in those moments, if you stop running and turn to face the pain, you'll see: suffering is not your enemy, but your teacher.

Every painful experience in your life has been an opportunity to see more clearly, to grow more honest, to begin seeking something that cannot be lost—your true Self.

Look at your own life. How many times has something painful led to transformation? What deeper realizations were born after your lowest moments?

This is why the masters say: *"Bless your suffering."* Not because it feels good—but because it wakes you up.

And awakening doesn't always begin in light.

Often, it begins in the quiet dark.

3. The Question of Identity: Who Am I Really?

At the heart of every true search lies a single, timeless question:

Who am I really?

Not your name. Not your roles. Not your past, not your ambitions. Not what you've achieved or lost. Not your

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emotions, your thoughts, or your desires. Something deeper. Something timeless.

As children, we instinctively felt this vastness of being. But as we grew up, we were taught: “This is me, and that is not me.”

And slowly, a sense of personal identity began to take shape—the ego.

Until one day, we find ourselves inside a box that others helped build—but we now maintain through words, beliefs, and stories.

The search for identity is the beginning of questioning that box. And when you begin to observe, from the outside, who you *think* you are—something changes. A space opens. A question arises: *What if I’m not who I thought I was?*

This is not a theory—it is a key.

A key to a new way of seeing, where the form is no longer the focus, but the one who sees it. Not the thought—but the awareness of it. Not the story—but the silence in which the story appears.

This realization rarely comes all at once. It may take months, even years, for your identifications to slowly dissolve.

But every moment you sincerely ask this question is already an act of awakening.

4. The Initial Impulses of Spiritual Seeking

The spiritual search doesn’t always begin with a grand intention.

Sometimes it’s just a book that falls into your hands “by chance.” Sometimes it’s a sentence spoken in passing that touches something so deeply, it feels like it came from within. Sometimes, during a quiet walk, something in you pauses—and a voice whispers: *“There’s more than this.”*

These early impulses are not loud. They’re more like a soft knock at the door. And yet, those who listen, hear it.

At first, the search may not even seem “spiritual.” It might just feel like a hunger for depth. A sense that you can no longer live the way you used to. That what satisfies others no longer satisfies you.

And that can be unsettling. You’re disoriented. You’ve outgrown the old—but don’t yet know the new.

Many begin to read. They look for teachers, meditations, answers. And that’s completely natural.

The mind seeks form to hold onto. But deep down, it’s not the teachings or words that truly move you. It’s the presence they awaken within you. The silence they stir.

The recognition that whispers: *“This is what I’ve always known, I just didn’t know I knew.”*

This is spiritual remembering. Not learning something new—but remembering what was always here.

And slowly, this remembering begins to reshape your life.

Not outwardly, but inwardly.

Not dramatically, but gently.

Your interests shift. Your conversations deepen. You begin to turn toward what matters—even if you can’t name it yet.

This is the beginning.

And the beauty of it is: you don’t need to know anything, follow any system, or prove yourself.

You only need to listen. Because once Life has called you, it won’t let go. Not to pull you away from the world—but to lead you home to yourself

I. THE ILLUSION OF THE EGO
AND THE PERSONAL SELF



WHAT IS THE EGO AND HOW DOES IT WORK?



*T*HE BUILDING BLOCKS OF THE EGO: MEMORIES, BELIEFS, AND STORIES

IMAGINE LOOKING at a complex yet seemingly solid structure.

This structure is the ego. Its walls have been carefully built over time, brick by brick.

But what are these bricks made of?

The ego's three main building blocks are memories, beliefs, and stories—these form the self-image we cherish about ourselves.

If we recognize that these bricks are not as solid as we once believed, a doorway to a deeper truth begins to open.

1. Memories – The Shadows and Imprints of the Past

For the ego, memories are not just past events; they are the pillars of our identity.

We believe that who we are today is a direct consequence of what we have experienced.

The mind continuously weaves stories around them, replaying them over and over, as if trying to prove,

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"I am this way because this and that happened to me."

The trap of memories lies in the fact that the mind not only preserves them but also colors them with emotions.

Reliving a painful memory triggers the same biological and emotional responses within us as if the situation were happening right now.

The ego uses these replayed experiences to reinforce its own narratives and the self-image we identify with.

Example:

As a child, James was humiliated by his teacher in front of the class when he answered a question incorrectly. The other students laughed, and James felt deep shame. This single event continued to affect him years later: whenever he had to speak in public, he immediately felt insecure. At that moment, the ego whispered: *"Remember? You're not good in these situations. It's better to stay quiet."*

So, James avoided similar situations, further reinforcing his identity tied to that memory.

But does this memory truly define James's essence?

Or is it just an old shadow that the mind keeps recalling?

Another important aspect is that memories often become distorted over time.

The ego is not an objective archivist but a subjective storyteller.

A past hurt may seem more severe as time passes, while a pleasant memory may become idealized.

That is why it is essential to recognize that what we perceive as a memory today is not necessarily an accurate reflection of the past— it is more of a mental construction, shaped by the ego to fit its own narratives.

The first step in letting go of memories is recognizing that we are not defined by past events but by how we relate to them today.

When we see the role a memory plays in shaping our

identity, we have the opportunity to look at it differently—to observe whether it still holds true for us in this present moment.

Observing Memories Without Identification

Ask yourself: *"Does this memory truly define who I am now? Or is it just a story I keep telling myself?"*

2. Beliefs – The Invisible Limitations

Beliefs are like chains placed upon us without our awareness.

Often, we do not even realize that we are living according to them.

From childhood, we accept statements from others as truths—coming from family, society, and school.

These beliefs shape the way we see the world and ourselves.

The hidden power of beliefs lies in their deep-rooted nature; they often go unnoticed within us.

A belief can be obvious—such as *"you must work hard to succeed"*—but it can also be completely hidden, like *"I am not good enough."*

These thoughts influence our decisions, perceptions, and approach to life without us even noticing.

Some beliefs stem from personal experiences, while others exist within us as multi-generational programming.

The society we grow up in conveys certain values and expectations that we unconsciously adopt.

Often, these collective beliefs become such an integral part of our lives that we never stop to question whether they are truly relevant to us.

Example:

Emily grew up in a small village where the prevailing belief was, *"A woman's duty is to care for the family, and she shouldn't chase big dreams."* Although Anna deeply longed to see the world and live an independent life, every time an

opportunity arose, she was overcome by fear. The ego whispered: *"This isn't for you. Stay where you are safe."*

So she kept stepping back—without realizing that she was living in the prison of a single thought.

Beyond family and societal beliefs, we also inherit mental programs from school and early life.

Children are especially receptive to the feedback they receive from their environment.

If a child constantly hears, *"You're not good at math,"* or *"You will never be truly successful,"* the ego integrates these statements as part of their identity.

Another common belief is *"Mistakes are unacceptable."*

Many people learn this in childhood when mistakes are met with punishment or shame.

As a result, many adults fear trying new things because they dread failure.

For the ego, making a mistake equates to a loss of personal value—when in reality, mistakes are a natural part of growth and learning.

But do these beliefs truly reflect our inner truth, or are they merely inherited programs that we have never questioned?

Breaking Down Beliefs Through Awareness

The first step in dismantling limiting beliefs is awareness.

When we recognize that a thought is not an absolute truth but merely an inherited program, we gain the opportunity to reevaluate and let it go.

How Can We Challenge Our Beliefs?

Ask yourself: *Is this really true?* Not just in theory, but based on your own experience?

Observe: How does this belief influence your life? Does it empower or limit you?

Find a counterexample! Do you know someone who lives

the exact opposite of this belief and is still happy, successful, or fulfilled?

By consciously examining our beliefs, we begin to see that many of them are just thoughts— not inherent truths, but merely social, familial, or personal conditioning.

If we reevaluate them, we open the door to creating a life that is freer and more authentic.

3. Stories – The Ego's Film, in Which We Are the Main Characters

The ego constantly creates narratives. It does not simply preserve memories and beliefs—it weaves them into stories that define how we see ourselves and our lives.

These stories function like an internal movie that the mind replays over and over again.

An event does not remain a single experience; instead, the ego connects it with similar memories and builds a broader story from them: *"This is the kind of person I am."*

Thus, stories become part of our identity, shaping the image we hold of ourselves.

For the ego, these narratives are not just recounted events—they serve as self-justifications.

Once the ego constructs a specific story about itself, it begins to interpret every experience through that lens.

Anything that does not fit into the story is either ignored or distorted to match the existing identity.

Example:

William believed, *"I am an unlucky person."* If he lost his phone, he would say: *"Of course, this kind of thing always happens to me."* If he found his lost wallet, the ego would simply disregard it—because it did not fit the narrative. Thus, William became more and more convinced that bad things always happen to him—and he continued living out this self-fulfilling story, again and again.

For others, the story may sound different: *"I always strug-*

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gle, but I never get recognition." Or "All my relationships fail because I'm not good enough."

The ego continuously reinforces these narratives, feeding them back into our reality— which makes the stories seem to prove themselves true.

How the Ego's Stories Shape Our Reality

These internal narratives can be especially powerful in shaping personal growth.

If someone keeps telling themselves, *"I am not brave,"* they will unconsciously create situations where they can confirm this belief.

Whenever an opportunity arises to act courageously, the ego either avoids the situation or fills it with fear, reinforcing the original narrative.

Why Is It So Hard to Let Go of Our Stories?

Because the ego defines itself through them.

If the story disappears, who remains in its place?

Because stories create a sense of security—even when they are negative.

Familiar pain feels less frightening than the unknown freedom.

Because the ego fears losing control.

Letting go of the story means stepping into the unknown—and the ego resists uncertainty.

How to Step Out of the Ego's Stories

Observe your internal narratives.

What stories do you keep telling yourself over and over again?

Do you identify with them?

Ask yourself: *Is this story really true?*

Can you think of an example where it wasn't true?

Try seeing events from a different perspective.

Perhaps what you saw as a failure was actually a learning opportunity?

Allow yourself to write a new story.

Who would you be without your old story?

How could you approach the present moment with a fresh, freer mindset?

When we recognize that our stories are not absolute truths, but merely mental constructs,

we can begin to detach from them.

Instead of being trapped in an internal movie dictated by the ego, we can start living in the present—as we truly are, without a prewritten script.

4. Dismantling the Ego: How Can We Free Ourselves from Its Building Blocks?

The ego is not a stable entity—it is merely a thought-based construction.

By becoming aware of this, we recognize that we are not our memories, beliefs, or stories.

The ego can be seen as a house built from memories, beliefs, and stories.

When we realize that these are not absolute truths, the walls slowly begin to collapse.

And what remains after that?

A deeper presence.

A clear space where the true Self can emerge.

If you are not your memories, beliefs, or stories—then *who are you, really?*

This question cannot be answered with words.

But if you remain silent, the answer will arrive by itself.

THE SELF-SUSTAINING MECHANISMS OF THE EGO

How many of you feel as if an invisible force is controlling your thoughts and emotions?

As if there were an inner voice constantly justifying itself, defending, or even attacking?

This is the ego. But do not misunderstand: the ego is not an evil entity that we must fight against.

It is more like a role we play—an identity we have built over many years.

And like any role, it only persists as long as we continue believing in its story.

The ego's most essential function is to sustain itself.

It fears its own dissolution, so it will use every means possible to avoid the realization that it has never been more than a mental construct.

But what are these means?

How does the ego sustain itself?

And most importantly: how can we step out of this cycle?

1. Identifying with Thoughts – The Mind's Trap

Imagine a vast river that flows endlessly. This river is the stream of your thoughts.

But the ego is not satisfied with merely observing this river—it jumps in and allows itself to be carried away. Because the ego insists: *"I am my thoughts."*

But is this really true?

Are we truly nothing more than the thoughts our mind produces from moment to moment?

If we take a step back and simply observe our thoughts, we realize that they come and go—just like clouds passing in the sky.

And if we can observe our thoughts... then *who is the one observing them?*

Example:

Emma is about to take an exam, and she keeps repeating to herself, *"I will fail, I am not good enough."* The ego uses this to prevent her from realizing that thoughts are not reality. If Emma were to step back and simply observe this internal monologue, she would recognize that *she is not the thought*

itself— but rather, the thought is merely a projection of an old fear.

Self-Inquiry Exercise:

Observe your thoughts throughout the day. Whenever an inner voice says, "*I think this*," ask yourself: Who is the one thinking this? And if no thoughts were present... would you still exist?

2. Defensiveness and Justification – The Ego's Armor

How many times have you immediately gone into defense mode when faced with criticism?

As if a force inside you instantly shouted: "*That's not true! I am right!*"

For the ego, criticism is not just an opinion—it is a threat. If someone questions our worldview, the ego feels as if its entire existence is at stake.

This is why the ego reacts so strongly. It refuses to acknowledge its mistakes because it fears that doing so would make it worthless.

Yet, in reality, recognizing and letting go of ego-driven defenses requires far more strength than resistance does.

Example:

John receives criticism from his boss during a meeting. His immediate reaction is to justify himself and prove that he is not at fault. But if he were to take a step back, he would notice that his defensiveness does not come from an objective assessment of the situation— but rather from the ego's fear of being wrong.

Self-Inquiry Exercise:

The next time you feel defensive in a discussion, pause for a moment. Ask yourself: "*Am I truly fighting the other person, or is it just my ego trying to preserve its identity?*"

3. Drama and Conflict – The Ego's Nourishment

The ego loves drama. Because drama means: "*Something is happening to me.*"

The ego does not like silence. Silence is dangerous, because in silence, the ego disappears.

This is why it creates constant conflicts— because as long as there are problems, the ego can at least be certain of its existence.

Example:

Sophia regularly gets involved in family arguments. She feels that everyone is against her, and she always needs to prove that she is right. If she were to let go of this drama, she would also have to let go of a part of her identity— and this is terrifying for the ego.

Self-Inquiry Question:

What would your life look like if you let go of unnecessary conflicts? What if you no longer needed to “win”, but could simply be present?

4. The Victim Identity – The Hidden Trap

"People always treat you unfairly."

"You always give too much and receive too little in return."

Do these thoughts sound familiar?

One of the ego's favorite games is the victim identity.

Because if you are a victim, then you are entitled to:

Attention, Sympathy, and, most importantly, you do not have to change.

Example:

Thomas has been telling the same story for years— his colleagues always take advantage of him. But if he were to observe himself, he would realize: he is actually maintaining this situation himself by never standing up for himself. For the ego, it is easier to remain a victim than to change.

Self-Inquiry Question:

When was the last time you felt like a victim?

What would happen if, just for a moment, you accepted that you have a choice?

5. The Spiritual Ego – The Greatest Illusion

There comes a point on the spiritual path when the ego takes on a new form. This is called the spiritual ego.

This is the moment when someone tells themselves:

"I have already awakened."

The ego preserves itself by shifting into a new identity—where success and material achievements are no longer its source of validation, but instead, spiritual enlightenment becomes its new foundation.

Example:

David spent years studying spiritual teachings.

Now he feels that he possesses *"more knowledge"* than others— and he subtly lets them know it. Here, the ego has set a new trap: *"Spiritual superiority."*

Self-Inquiry Question:

How would your life change if you no longer needed to *"be someone"*? If you could simply exist, without any labels or justifications?

The ego sustains itself through these mechanisms— but the moment we see through them, they begin to lose their power.

The key is awareness.

The more we observe the ego's movements within us, the less control it has over our thoughts, emotions, and actions.

Because who we truly are is not the ego, not the story, and not the drama— but something infinitely deeper.

And that cannot be lost.

THE TRAP OF IDENTIFICATION: HOW THE "FALSE SELF" IS FORMED

How many of you feel as if you are constantly playing an invisible role?

A voice in your head that keeps saying, *"This is who I am"* or *"I have to behave this way"*?

But who is saying this?

Who decided how you should be?

And if tomorrow you were to take on an entirely different personality, then who would you really be?

Most people identify so deeply with their thoughts, memories, and habits that they don't realize— these are merely layers they have accumulated throughout life.

This identification is what creates the "false self"—the artificial identity we present to the world.

But if personality is just a constructed identity, then who is the one observing it?

Who are you beyond your roles?

1. The Foundations of Childhood – The First Layers of the Mask

Everyone arrives in this world pure, open, and unshaped.

A young child does not say:

"I am a shy person."

"I always have to meet others' expectations."

The child simply **exists**.

But as we grow, we gradually take on definitions:

"This is who you are."

"This is how you should behave."

"This is what is right."

We learn these patterns first from our parents, then from society and our environment.

The child believes that if they act a certain way, they will be more lovable, more accepted.

Thus, they begin to construct their first layers—the first masks.

Example:

A small child is naturally curious and expressive. But if they repeatedly hear: *"Don't be so loud."* *"Don't be so sensitive."* *"Be strong."* Over time, they start suppressing their natural

expressions. They adopt a quieter, more reserved self-image—but is this their true self?

Self-Inquiry Question:

What childhood phrases shaped how you see yourself today? Are they truly your truth, or just learned responses?

2. Societal Expectations – The Prison of Conformity

As we grow up, our individual identity is increasingly shaped by external expectations.

We learn what qualities make us "good" or "successful" in the eyes of the world.

Thus, the ego creates an image of how we "should be."

But these external expectations often contradict our inner desires.

For the ego, this creates a constant tension— If it stays true to itself, it risks rejection. So instead, it adapts and hides its true nature under yet another layer.

Example:

Michael always wanted to be a painter, but his family told him: "*You can't make a living from that—study something secure instead.*" So Michael became an engineer. In the eyes of the world, he is successful, yet deep inside, he always feels something is missing.

Self-Inquiry Question:

What societal expectations have you adopted that never truly felt like your own?

3. Strengthening the Self-Image – The Stories We Tell Ourselves

One of the strongest mechanisms that sustains the false self is the repetition of stories we tell ourselves.

The mind craves stability, so it constantly looks for proof that our current self-image is true.

Every past experience is used by the ego to reinforce its own narrative:

"I have always been this way."

But when we observe more closely, we realize that these stories are not absolute truths— they are merely repetitive thought patterns.

Example:

Olivia always told herself: *"I am a shy person."* But when she reflected on her childhood, she realized there were times when she acted boldly. Only after a negative experience did she start believing, *"I am shy."*

Self-Inquiry Question:

What stories do you tell yourself about who you are? Are they all true?

4. The Prison of Roles – When We No Longer Know Who We Really Are

Over the years, our identifications become stronger and stronger.

We stop questioning whether we truly chose the life path we are on.

The roles we play— *"the good parent," "the responsible employee," "the reliable friend"*— completely cover up our true essence.

But if we were to remove these roles, who would remain beneath them?

Example:

Olivia spent her whole life pleasing others. Over the years, she completely lost touch with what she truly wanted. One day, someone asked her:

"What do YOU want?" She couldn't answer.

Self-Inquiry Question:

Who would you be without your roles? What would you do if you had no one to please?

5. Transcending the False Self

True freedom comes when you realize that:

You are not your mind.

You are not your stories.

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You are not your past.

Your true self is not a mental construct— it is pure presence, always in the background.

Let these questions guide you:

What identifications could I let go of?

What would happen if I no longer believed my old stories?

Who am I without any labels or roles?

And if you simply sit in silence, the answer may arrive— not in words, but as a deep, limitless peace that has always been there within you.

ATTACHMENT TO THE PERSONAL SELF



*T*HE ROLE OF SELF-IDENTITY IN OUR SENSE OF SELF

HOW MANY OF you feel as if there is a self you must hold onto at all costs?

An image of yourself that you constantly reinforce, justify, and defend?

You tell yourself: "*This is who I am.*"

But what if this "I" is nothing more than a mental construct you have accumulated over the years?

What if one day you no longer believed anything you once thought about yourself?

Attachment to the personal self is one of the greatest obstacles on the path to inner freedom.

Our identity is nothing more than a combination of thoughts, memories, experiences, and external feedback.

Yet, when someone asks us, "*Who are you?*" we usually answer immediately, as if this response were a fixed truth.

But what if we were to examine this "I"?

What if we looked at the layers it is made of?

1. Constructing the Self-Image – The Illusion of Personal Identity

Imagine a mirror that always reflects back what you think about yourself.

If you believe you are brave, the mirror shows bravery. If you believe you are insecure, then that is what you see.

Our identity is like this mirror—but what if the mirror itself is just a thought?

The "I" is constantly built and shaped by experiences, the environment, and social feedback.

From childhood, we learn what we are "*supposed to be*." Our parents, teachers, and friends all reflect an image of us—one we later cling to.

Example:

As a child, Matthew often heard: "*You are a very responsible person.*" As an adult, he started behaving accordingly in every situation— even when it no longer felt natural. For the ego, one of the greatest fears is losing its identity— because then, *what remains?*

Self-Inquiry Question:

What labels have you attached to yourself over the years? Do they truly feel like yours, or are they merely reflections from others?

2. Clinging to the Self-Image – The Illusion of Security

The ego fears change. Because if the "I" changes, then *what remains constant?*

The ego loves predictability and stability— even when this stability causes suffering.

Identity provides a sense of security, because it makes us feel like we *know who we are*.

But do we really know?

Example:

Lily always told herself, "*I am a rational person; I don't care*

about spiritual matters." However, when life led her to explore deeper inner questions, her ego immediately protested: *"This is not who I am!"* But the real question is: Who decides what our true self is?

Self-Inquiry Question:

What aspects of your identity are you afraid to let go of? If you released them, who would remain?

3. Trapped in the Past and Future – Attachment to Time

The "I" does not exist only in the present— the ego constantly looks back at the past and projects itself into the future to maintain its identity.

"This happened to me, so this is who I am." Or: "I must achieve this, because that will define who I will become."

But what would happen if the "I" were not based on past experiences or future goals?

Example:

Thomas worked at a large company his entire life and identified himself as a "successful businessman." But when he lost his job, his ego collapsed. He no longer knew who he was, because his identity was entirely based on his past role.

Self-Inquiry Question:

If you were not defined by your past experiences or your future expectations, who would you be?

4. Transcending Identity – Letting Go of the Personal Self

If the "I" is not thoughts, not the past, not social validation, then what remains?

Your true self is not any label. It does not need to be *"someone."*

Letting go of identity does not mean disappearing— it means freeing yourself from the artificial limitations you placed on yourself.

Imagine a vast sky. Thoughts and identities are like

clouds— they come and go, but the sky itself remains unchanged.

You are the sky, not the clouds.

Self-Inquiry Question:

Who are you without any thoughts or roles? If no self-definition were true, how would you experience yourself?

5. True Freedom – Stepping Into the Boundless Self

Attachment to the personal self is one of the strongest barriers to inner peace.

True freedom arises when you no longer need to be a fixed someone.

When you realize that the "I" is not a stable entity but a constantly changing mental construct, something deeper opens up within you.

You don't have to fight the ego— simply observe it. Allow yourself to see how it operates, and slowly begin peeling away the layers.

One day, you might awaken to the realization:

You were never who you thought you were.

And then, finally— you will be free.

THE THEORY OF PAST AND FUTURE: WHY DO WE CLING TO OUR STORY?

How many times have you thought of your past as something that defines who you are?

And how many times have you projected your future, believing that once you achieve a certain goal, you will finally feel complete?

The mind oscillates between two extremes: the memories of the past and the expectations of the future.

But what if you realized that neither of these is what you truly are?

The human mind has a tendency to build identity from past events and to see the future as either a refuge or a threat.

One of the ego's strongest self-preservation mechanisms is clinging to our personal story— because if we let go of it, *what remains in its place?*

1. The Past: The Prison of a Fixed Self-Image

Imagine a book where each chapter represents a past experience.

Most people read this book as if it were a final script, one that determines their future: *"This happened to me, so this is who I am."*

But is this really true? Do past events bind you, or is it just the stories you tell yourself about them?

Example:

As a child, David experienced repeated rejection. As an adult, he developed the belief: *"No one truly accepts me."* Every time he felt excluded, he interpreted it as proof of his story— while completely overlooking the moments when he was accepted and loved.

Self-Inquiry Question:

What story do you tell yourself about your past? Is it really the only way to interpret those events?

2. The Future: The Playground of the Mind

For the mind, the future is either a promise of happiness or a threat to fear.

The ego whispers: *"If I achieve this or that, I will finally be happy."* Or the opposite: *"What if I fail?"*

But the future does not exist outside of the present moment.

And yet, most people constantly project themselves forward, as if life were heading toward a final destination that would make them whole and complete.

Example:

Lily always believed: *"If I find the perfect relationship, I will*

be happy." She structured all her present experiences around this expectation. But when she finally found the relationship she had longed for, she realized that her inner sense of lack remained— because wholeness is not found in the future; it can only be realized in the present.

Self-Inquiry Question:

What are you waiting for in the future to make you happy? What if you recognized that wholeness is already available right now?

3. Why Do We Cling to Our Story?

For the ego, maintaining a fixed story is a defense mechanism.

If we have a consistent narrative, at least we know who we are.

The familiar provides security—even if it causes suffering.

But what would happen if you let go of this story?

If, for a single moment, you didn't hold onto the past, and you didn't define yourself based on the future?

Example:

Gabriel always told himself: *"I am an unlucky person."* He filtered every life event through this belief, constantly reinforcing his self-image. But one day, when he started observing his thoughts consciously, he realized: *"Bad luck" was just a story I kept replaying in my mind.*

Self-Inquiry Question:

What story do you tell yourself about who you are— that no longer serves you? What would happen if you stopped believing it?

4. The Power of the Present Moment – Stepping Out of the Story

If the past is gone and the future has not yet arrived, what remains? The present.