

# *Haf. Chayei Sarah*

**1 Kings 1:1-31**

**Genesis 25:6**

***But to the sons of his concubines Abraham gave gifts, and while he was still living he sent them away from his son Isaac, eastward to the east country.***

**בת שבע**

***(Bat Sheva)***

**“Daughter of the Oath”**

אני  
ἐγώ  
I

## 5 SYMPTOMS OF EGO IN DAILY LIFE:

- (1) **The ego is all about making myself right and others wrong.**  
(It equates self with thought.)

***“Mistakenly, people measure themselves and those around them by their intellects, but the truth is that the intellect is a servant to the desire.”***

∞ R. Michael Laitman

- (2) **The ego causes feelings of superiority and inferiority.**  
(Constant need to maintain the boundary of self.)
- (3) **The ego equates *having* with *being*.**  
(We must *have* more to maintain the boundary of self.)

**Luke 12:15** *And he said to them, “Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions”*

**(4) The ego equates *doing* with *being*.**

(We must *do* more to maintain the boundary of self.)

**Luke 10:41-42** *But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”*

**(5) The ego is the cause of all depression and unhappiness.**

(I deserve MORE! ... or LESS!)

(Always compares self with others.)

- **Ego is a ‘phantom’ soul.**
- **The ego’s primary job is to hide you from view...**
- **...and draw attention to itself. In fact...**
- **...it will try to convince you that it IS you!**
- **Nothing makes the ego more uncomfortable than someone who can see through it.**
- **Ego is the primary hindrance to knowing God.**
- **The part of you that is able to recognize the ego is the same part that is able to recognize God.**
- **Humility is a source of oneness with the other, and with The Source.**
- **The detachment from ego can take place almost instantaneously.**

*"Let go of the ego and I'll let go of you."*

*- Satan*

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