The judgement, comparison and separation that is inherent within spiritual ego, are fear-based concepts existing in an unawakened mind. As we begin to feel into our awakening and start living from our heart, the more we truly see into the souls around us.

Ego and Self: The Old Testament Prophets by Edward F. Edinger


Ego and Self-esteem are not the same. Having a big ego is a negative trait. Having high self-esteem is a positive trait. Many have a big ego and they think they are building their self-esteem.

The Ego and How to Overcome its Negative Influence - Terri ...