Sadhguru, what is the difference between ego and confidence?

This is such an interesting question. Let me phrase my answer like this: confidence is one of the states of mind of an egoist. But what is the ego? And by extension, who is an egoist? These questions are relevant because we are surrounded by people, some of whom who claim to be egoless and some, the victims of other people’s ego! But first know this: Ego is a survival process discernible and available only to human beings. And this ego is not what you develop after you become rich or powerful or beautiful. It was born the day the first stirrings of life coursed through you in your mother’s womb. Even as you came out of her womb and cried for food, you gave the world the first taste of your ego. Yes, ego is what tells you what you want. It therefore follows that the question of somebody being egoistic or not just does not arise. And since this ego is about want, there are those who consider it a nuisance and want to eliminate it. But my question is this: how can you ever eliminate the very basis of your existence? Learn to detach yourself from it instead.

To detach yourself from your ego you must first
and what your ego is, stands blurred. With no palpable
difference, you start functioning in foolish ways which
cause you pain and suffering.
Think of it this way: what happens when you start
thinking, 'I am my shadow'? You start crawling on the
earth chasing your shadow instead of other worthy
pursuits. Once you crawl on the ground, due to the
physicality of your existence, you start feeling pain.
Pain, because even if the floor you crawl on is carpeted,
you will experience comfort, not joy and when you
encounter prickly thorns, you cringe in suffering. This
is the situation you probably are in right now. But why
I say you are crawling on the ground is because your
whole experience of life is limited to the physical. If you
don't transcend the limitations of the physical, your
life is bound to be hammered between the alternating
feelings of confidence and diffidence.
And in answer to the original question, it is only an
egoist who can be diffident, so it's only an egoist who
can be confident also. In any situation, if you simply be
there, neither confident nor diffident, you will function
according to your fullest capabilities.
I don't understand why people are so convinced that
they need confidence to do something. If you act with
confidence, you would end up doing stupid things. You
don't need confidence to do any activity, just sense.
And every time you ask yourself, 'Oh, can I do it or not?'
just urge your mind to go and explore- if what you set
out to accomplish is within your capability, you will do
it; if it isn't, you will not, that's all.

My dear reader, my message to you this month is this:
to know life the way it is, go through it untouched,
peacefully and joyfully. Otherwise you are just a
slave of the physical. Because spirituality is all about
transcending the physical and knowing life the way it is.

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