

### *Big Self, little self*

You can think of yourself as having two aspects: your big Self (with a capital “S”) and your little self.

- **Your small self** is an egocentric mass of conditioned responses and defense mechanisms that pulls you to into illusion and keeps you from receiving the wealth of your own inheritance.
- **Your big Self** is the great reservoir of eternal wisdom that’s always pulling you toward liberation, freedom, goodness, and divine light. It is also the Self of all.
- **You, as an individual being**, are the juncture point between these two, as they pull your awareness, often in opposite directions.

#### **Don’t Forget**

The inner effulgence of your spiritual Self shines more visibly when you clear away the clouds of ignorance and delusion that block its great light. You can clear the way for more light to express through your life through meditation, contemplation, purification, and the elevated teachings from those who have gazed long and lovingly at their own shining Self.

Some religions, such as Buddhism, have different worldviews that don’t include the idea of a permanent, abiding, eternal self. Rather, they may see the self as a temporary flow of causes and conditions that come and go from a particular body/mind system.