

# Ego, Personality and the Witnessing Presence

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— from Eckhart Tolle

Meditation and becoming the 'witnessing presence' Ego is complete identification with your thinking and your emotions. When you are unconscious, personality and ego are one thing. As you awaken, you become more aware of your patterns, which may to some extent still operate. I'm choosing to define personality as something that you can be aware of.

It was the ego before, but you can be aware of it as patterns that still operate within you. If there is no awareness, and you are it, then it's totally ego. As you become aware of your ego, the ego becomes the personality, and then you can have a relationship with your personality in the sense that you can be the witness.

If you have a difficult relationship with your personality, that's a delusion. Then your personality has split itself into two, one part is having a relationship with another, and one part says "You should be better, why can't you be more conscious?" That means there is no witnessing presence there.

One part of the personality is arguing with another. The witnessing consciousness doesn't judge. You don't judge yourself in any way, you just see behavior. There's no good or bad, it just is. The need to be right, for example, is a very common thing with the ego.

If it's a deep-seated need, then you can't be wrong in an argument. There's a compulsion to defend yourself. Then suddenly you can see it in yourself. Ultimately, having a relationship with your personality implies that there is a witnessing presence.