

It is because awakening - therapy is directed CONTRA EGO.
 That it is not to remove ego, which is absurd poppycock
 since consciousness includes self-consciousness & unless
 you kill someone or make them unconscious "ego" or
 "self" is still there. It is "us" while we live of course.

Nevertheless there is a disease of ego and it is
 the idea that we are the final authority! It is a surprising
 thing. We are born into a wonderful but puzzling world.
 We never solve the problems of what we are & where we
 are nor why we are, but we keep going from one "solution"
 to another (hopefully!) & always with the idea that we are
 the judge, the decider, the Supreme Court, the Court of last
 Resort. It takes smashing blows of adversity, death,
 illness, unhappiness to undermine our cockiness
 & even from the fire there is a last feeble cry of
 proud self-assertion. Odd.

It is not so for everybody. Some are born with a
 touch of aspiration for a deep beauty & understanding
 as shown in music, nature, the Arts, Love, etc --
 which involves surrender of the smart-aleck self,
 throwing oneself into EXPERIENCE rather than
 reaching it by any logical or reasoning process.

These people are smart because they realize naturally
 that anything that can be thought & then said
 (or written or printed) can be controverted by
 other thoughts & words. There is NO finality in words.
 "Science" is a way of winning difficult knowledge
 of how Nature works but of course cannot answer
 questions like "what" is so & so. Each discovery
 needs one more & so on for ever.

not
 least