

Lover melts the ego

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6 March 2026

LOVE AND EGO WON'T HOLD HANDS

"Ego is defining ourselves by everything we're not"

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"It is the ego that chases the gratification and the validation, that sees others as competition, and that wants to consume as much as possible because it always feels lacking."

"It's not love that breaks hearts. It's ego, and we all have them, and they're not going anywhere."

There is no peace when we serve the ego

Ego chases the delicious, while love focuses on what's nutritious.