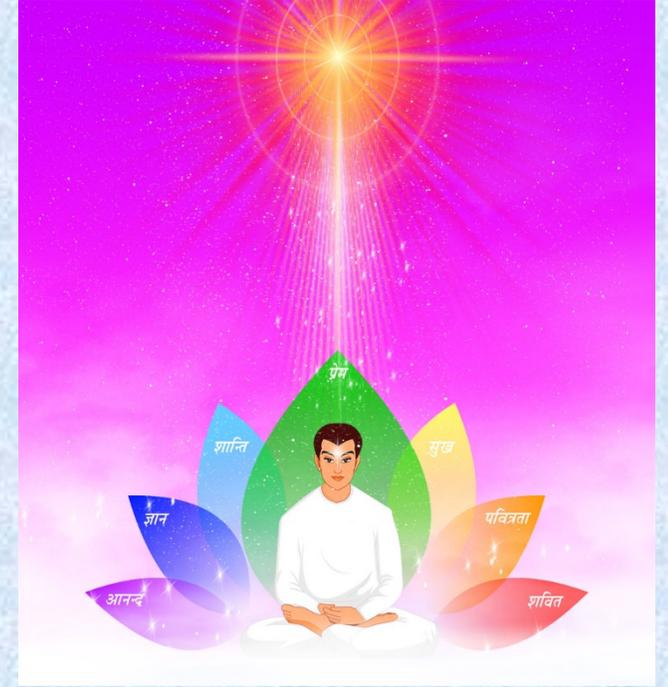


अहंकार का प्रबंधन कर पुरुषार्थ का मार्ग सरल बनाए



ब्रह्माकुमारिझ
प्रस्तुति

ब्र.कु. प्रफुल्लचन्द्र



EGO-What Is It?

- ❖ EGO means the desire to get every thing done as per your wish.
- ❖ It also represents a full body-conscious stage.
- ❖ EGO means 'I' ness, "Me" ness & 'My' ness.
- ❖ EGO = E + GO : ENERGY → GO.
- ❖ EGO is one of the main vices which has to be overcome to attain the stage of perfection and to experience real peace and happiness.

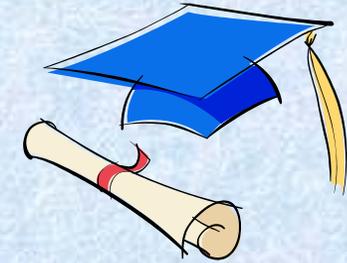


Types of Ego

❖ EGO of Personality and Beauty



❖ EGO of Qualifications



❖ EGO of Designation or position

❖ EGO of Wealth



❖ EGO of Family Name

❖ EGO of Intellect



Types of Ego

❖ EGO of Relatives Occupying High Positions

❖ EGO of Property

❖ EGO of Own Specialties

❖ EGO of Knowledge

❖ EGO of Achievements

❖ So Many Other Egos



Symptoms of an Egoistic

- ❖ Egoist person is always eager to listen his own appreciation.
- ❖ Always praising himself and boasting his specialties and achievements.
- ❖ The only aim behind each task of an egoist is the attainment of name and fame.
- ❖ He always tries to grab the rights and chances of others.
- ❖ He never accepts his mistakes if pointed out by others.
- ❖ An egoist can't tolerate any disgrace.





- ❖ **Always likes to speak rather than listen.**
- ❖ **He would quote his examples more and try to prove himself to be right even when he is not.**
- ❖ **“What I am thinking is right and everyone should act according to my thinking”, is the symptom of an egoist.**
- ❖ **Never likes to listen others appreciation. He never appreciate his subordinates, elders or equals.**



Harmful Effects of Ego

- ❖ Ego affects adversely on mind, body, emotions and behavior.
- ❖ Egoist suffers from fear of rejection and fear of failure.
- ❖ An egoist gets angry immediately when anyone does not accept his advice.
- ❖ An egoist always thinks himself superior to others, therefore, nobody likes such a personality.
- ❖ He gets disgraced and abused by others frequently, hence is always under tension as he can't tolerate it.
- ❖ His progress gets retarded





- ❖ **None gives co-operation to an egoist.**
- ❖ **Distances in relationship are created due to his rude behavior.**
- ❖ **He can't meditate easily because the main obstacle in meditation is "I" I.e., EGO...**
- ❖ **He can't do true service. He does service with selfish motto to attain name and fame.**



how

to

get rid of

egg



PSYCHOLOGICAL TECHNIQUES

- ❖ Always respect others from the depth of your heart in thoughts, words and actions.
- ❖ First introspect yourself whenever anyone draws your attention towards your mistakes and drawbacks and if he is right, accept it.
- ❖ Think yourself as an instrument of God. God is 'Karankaravanhar'. I am merely an instrument.
- ❖ Even when you are being insulted, keep your mind calm and quiet.
- ❖ Try to enhance your tolerance and accommodation power and never try to prove yourself to be always right.

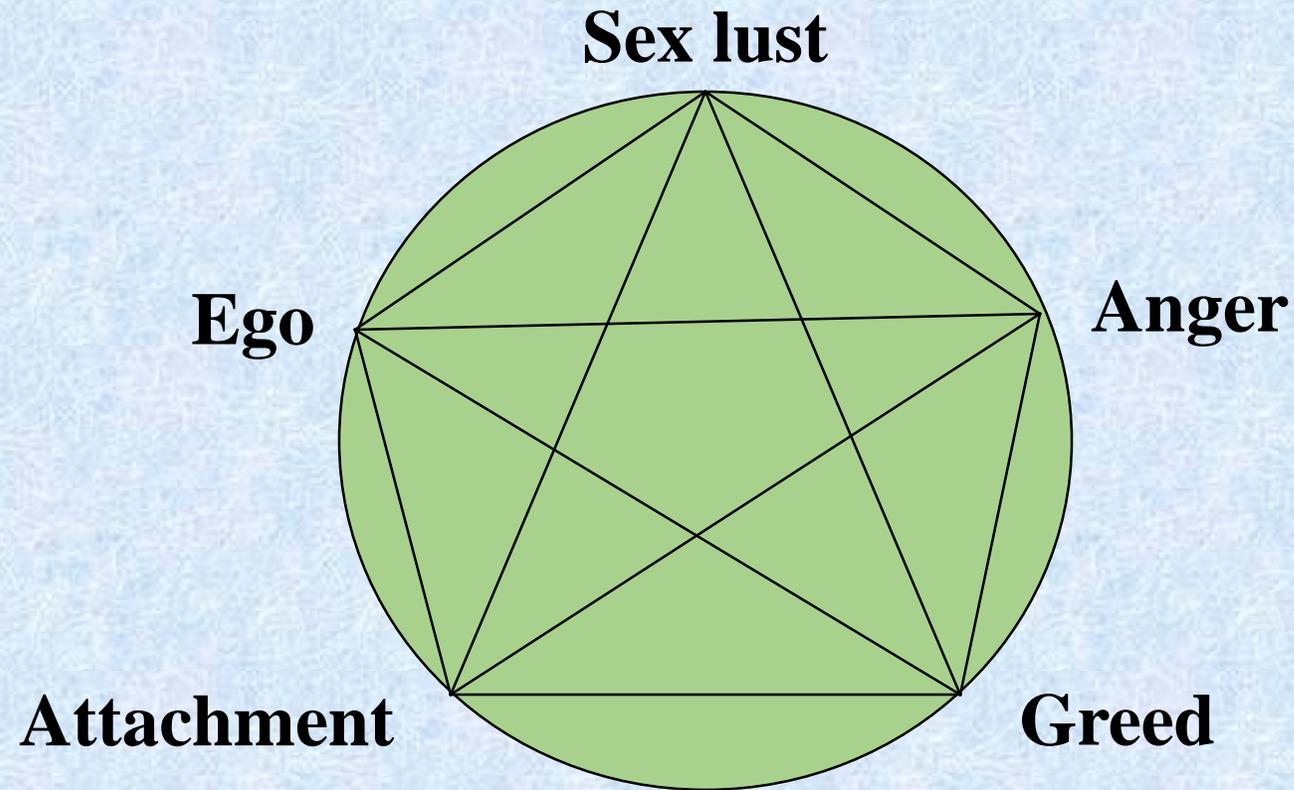




- ❖ **Whatever great achievements you get, always think it is due to blessings of God, Seniors and all others.**
- ❖ **Make a habit to do your work yourself as far as possible. It brings egolessness.**
- ❖ **Listen to the advice of elders and accept it if it is right and beneficial to all.**
- ❖ **Always have the attitude to learn from everyone.**
- ❖ **Try to give credit to your superiors, subordinates and colleagues for the success of the work even if it is exclusively done by you.**
- ❖ **In any struggle, don't fight but be humble. By adopting this attitude the other person would also become humble.**

Spiritual and Yogic Techniques

Ego is one of the five biggest enemy of the mankind.



This five vices are interrelated with each other.





- ❖ Hence unless we put our effort to get rid of all these vices, it may not be possible to be free from ego.
- ❖ Very root cause of all these vices is body consciousness.
- ❖ To liberate our selves from these vices, the only way out is to stabilize our mind in soul consciousness.
- ❖ Ego free life also demands :
 - Positive thinking
 - Positive attitude
 - Positive emotions
 - Positive values like tolerance, introvertness, peace etc.





❖ **The Spiritual understanding and the Raj yoga meditation practice are the only total tools to meet this demands.**

Because Raj yoga meditation is

- **An art of physical and mental Relaxation.**
- **A mental drill, which makes our mind strong, stabile and tranquil.**
- **An art of positive and creative thinking leading to the positive attitude and positive emotion.**
- **The only technique to stabilize our minds in soul consciousness which essential to be free from vices.**
- **The sadhana, which establishes the union of our own self, soul with almighty supreme soul, which in turn enriches our soul with powers, values, virtues and especially with trusteeship.**
- **A master key for self-realization, god realization and world realization which in turn leads to total self-transformation.**

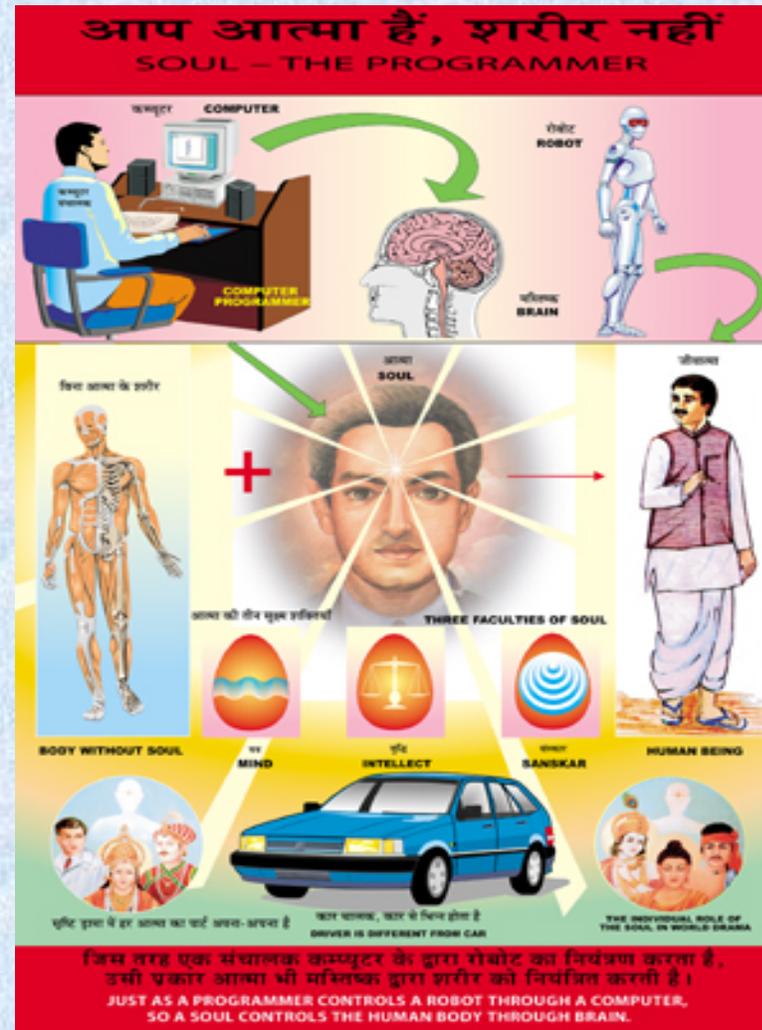
Major Steps of Rajyoga Meditation

- ❖ Physical and Mental Relaxation
- ❖ Withdrawal
- ❖ Concentration
- ❖ Introversion
- ❖ Introspection
- ❖ Self Transformation
- ❖ Self Realization
- ❖ Linking up with God
- ❖ God Realization
- ❖ Empowerment And Enrichment of Self



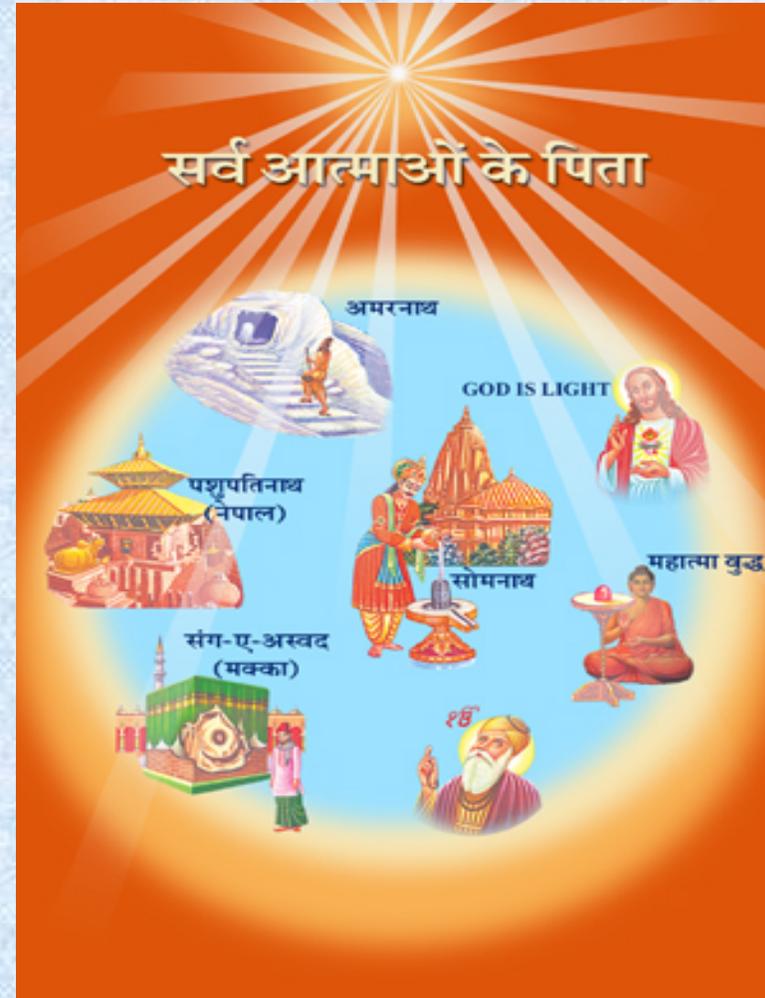
Self Realization

Means knowing one's own self,



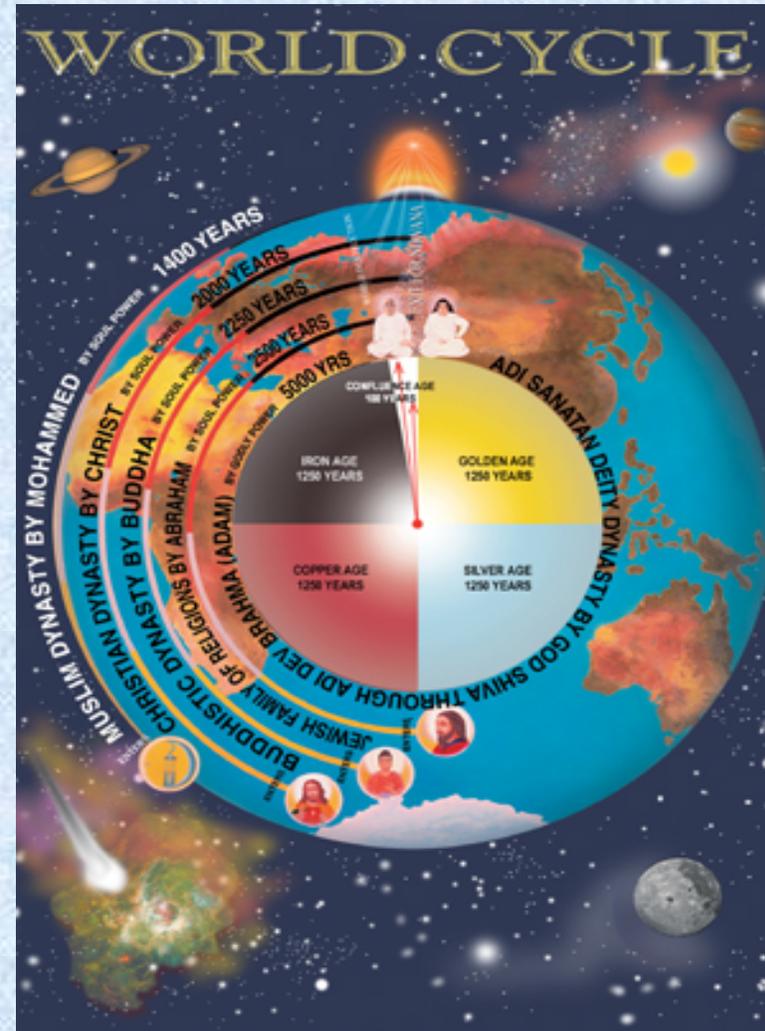
God Realization

Means having true concept of GOD,



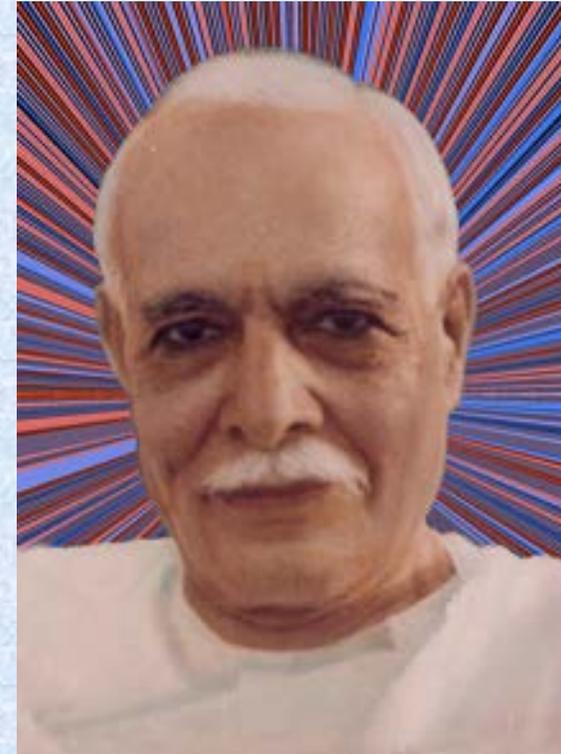
World Realization

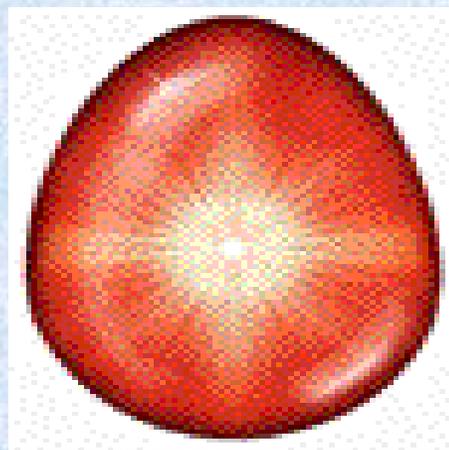
Understanding the eternal world drama and its principles



THANK YOU VERY MUCH

**FOR YOUR ACTIVE
PARTICIPATION IN
THIS PRESENTATION.
WE HOPE YOU WILL
CONTEMPLATE OVER
VARIOUS POINTS
SHARED IN THIS
PRESENTATION AND
MAKE IT A PART OF
YOUR PERSONALITY.**





Om

Shanti