

# अहंकार का प्रबंधन कर पुरुषार्थ का मार्ग सरल बनाए



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# 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.

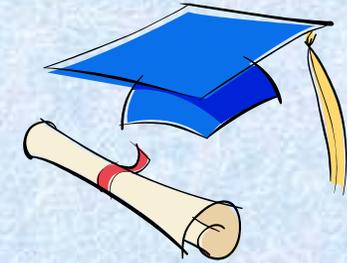


# Types of Ego

❖ 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.

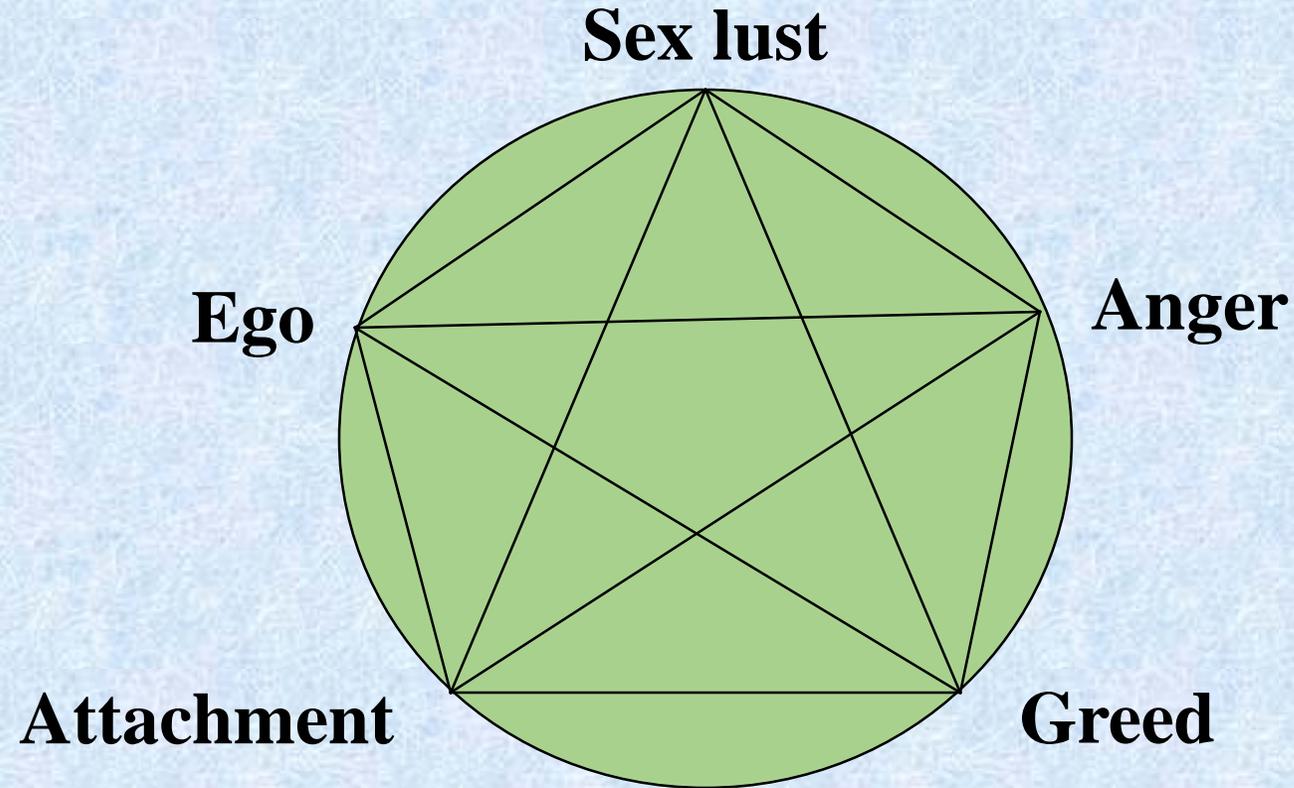




- ❖ **Whatever great achievements you get, always think it is due to blessings of God, Seniors and all others.**
- ❖ **Make a habit to do your work yourself as far as possible. It brings egolessness.**
- ❖ **Listen to the advice of elders and accept it if it is right and beneficial to all.**
- ❖ **Always 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.**

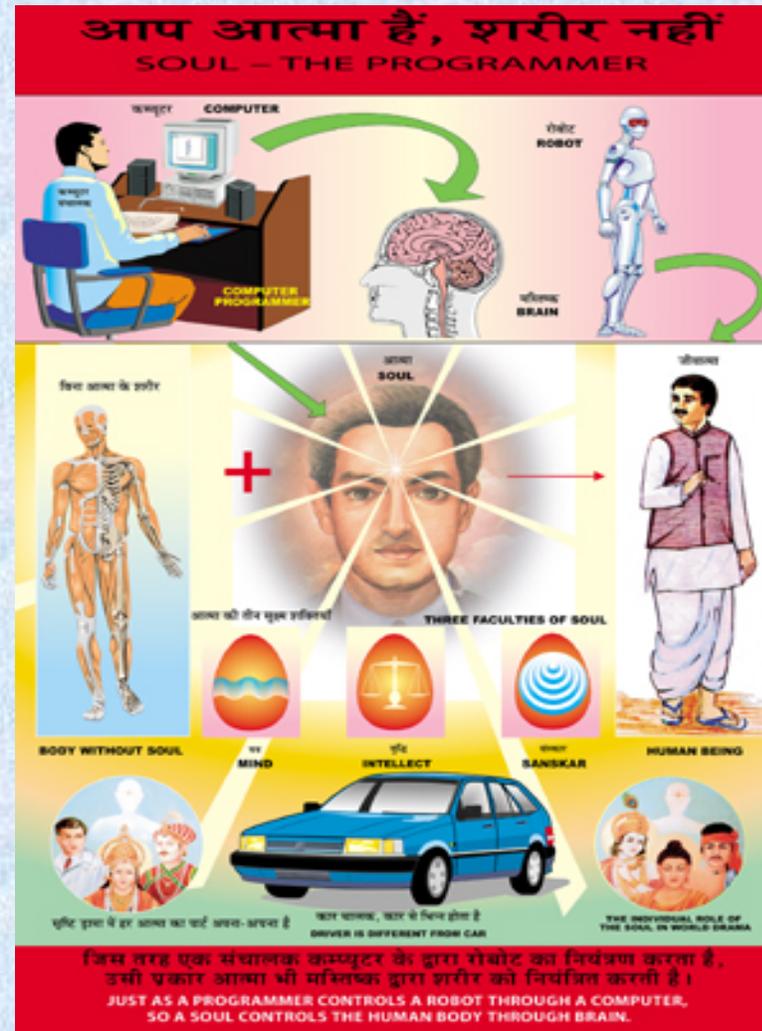
# Major Steps of Rajyoga Meditation

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



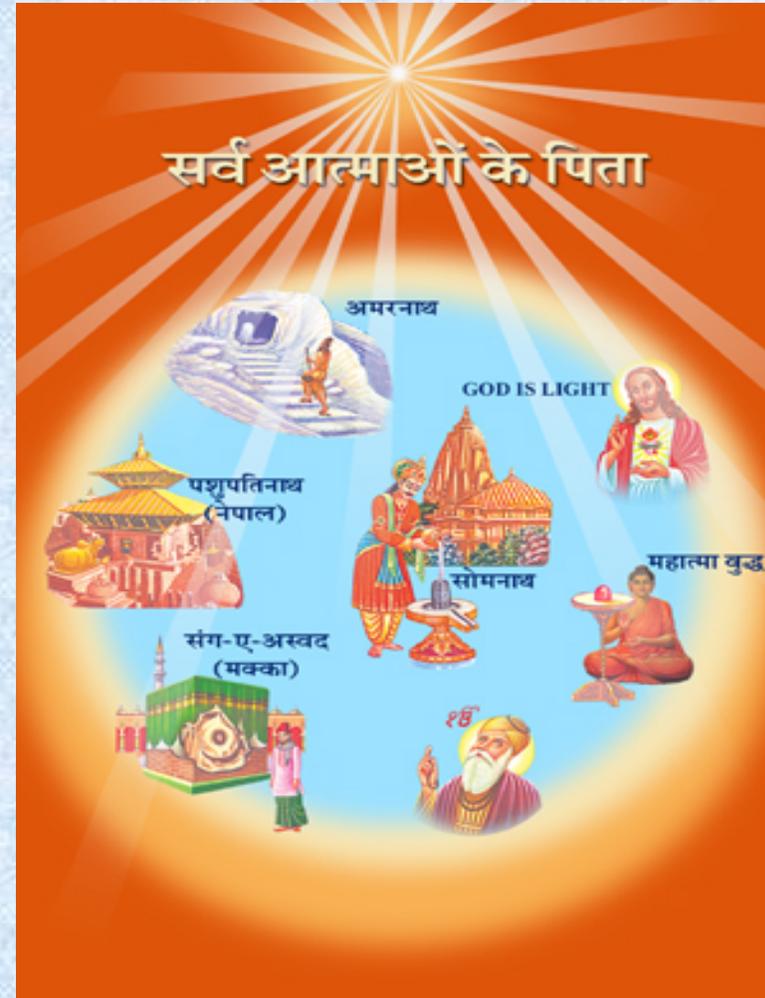
# Self Realization

Means knowing one's own self,



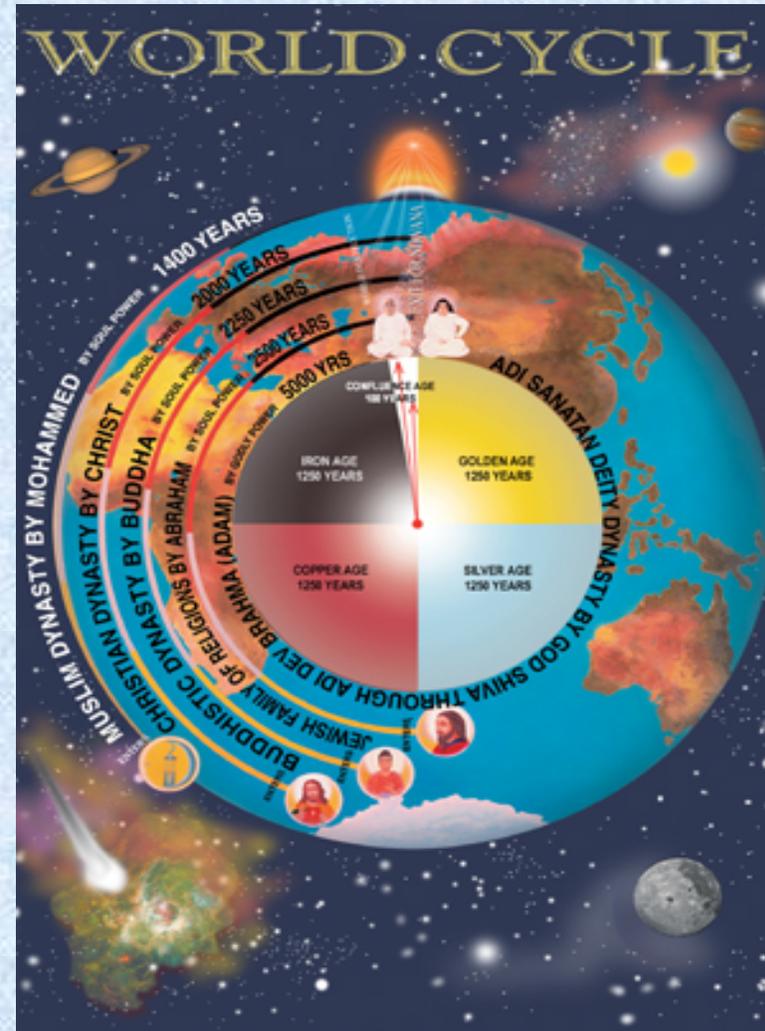
# God Realization

Means having true concept of GOD,



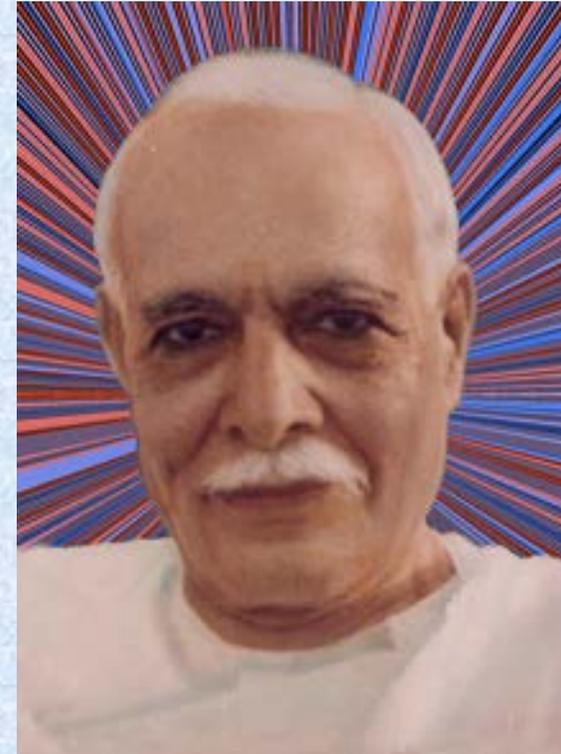
# World Realization

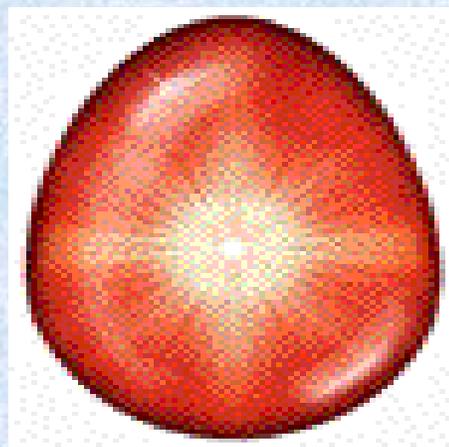
Understanding the eternal world drama and its principles



# **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