



How to Get Along with All

To get along with everyone, learn to adapt.

Whilst maintaining your truth, develop flexibility and you'll find it easy to be friends with everyone

Becoming Aware Of What Is Ego

All of us are familiar, to different extents, with the emotion of ego. All of us don't even define it in the same way. We are also aware to different extents, about the negative repercussions (effects) of the emotion of ego on us and on others. Depending on how aware we are about the effects, we work to eradicate the emotion from our daily lives, so that it neither disturbs us nor others. Some of us even consider it a positive emotion and feel it contributes positively to our personal and professional progress. **To be aware completely of the negative effects of ego and to realize clearly whether it is a positive emotion or not in the first place, it is important to first become aware of what it is exactly.** So, how can we define ego?

Ego is attachment, inside my consciousness, to an incorrect image of my self which I then mistake for myself. When the attachment takes place, you lose your sense of identity in the image of the object of attachment which you create on the screen of your mind. That object can be something physical like your body, your physical personality, a relationship, a material possession, your status, money, a particular skill, respect from others, etc. or something non-physical like a belief; an opinion; a mindset, a memory, a particular virtue, specialty, power or a *sanskar* (positive or negative), etc. **Therefore ego is the self attaching to and identifying with an image that is not the self.** This process takes place entirely within our consciousness many times in the day, on the screen of the mind. E.g. When we say this is my salary package (something physical) or my opinion (something non-physical), we are (without being aware about it) creating an image of the salary package or the opinion inside our consciousness and becoming attached to it, so that **we lose our self identity in the salary package or the opinion, believing that I am the salary package or the opinion.** So at that time, the salary package or the opinion becomes an incorrect image of the self to which I am attached. This is ego. If while thinking, feeling or speaking about my salary package or my opinion, we do not become attached to or do not lose our self identity in either of the two, then that is not ego.

Soul Sustenance

The Negative Shade Of Respect in Relationships

Many a times in offices, we find the dominating boss who wants everyone in the office to fear him or her. The boss may not necessarily be a person with a negative personality, but this desire exists inside the boss because he or she holds a **negative belief that people fearing him** is the same as respecting him and respect is something that any boss would naturally yearn for. This can happen in homes also, with a dominating father or a dominating mother doing the same with the other members of the family.

The main reason why this happens is because the boss or the father or the mother **is normally lacking in self-respect**, although he or she is unaware of it. Due to this, he or she, without realizing again, **is looking for it from others and in fact over a period of time, as the need builds up or increases, he or she will start demanding the same from others, which takes a form of the negative energy of fear in the relationship.** The boss or the father or the mother starts feeling that the sign that he or she is successful in achieving in getting the respect he or she wants, would be the other fearing him or her. Simply getting someone's attention or the other being in awe of him or her or the other being under his or her negative influence which are all subtle forms of fear is then mistaken for being respected, and if he or she does not receive respect in this incorrect manner, he or she will even try and bring about the creation of respect in the other and try and pull it from the other using various methods which are violent in a subtle way, harming the relationship in a big way.

In tomorrow's message, we shall look at this type of relationship from the other's i.e. the employee's perspective or the perspective of the other people in the family in the case of the father or mother.

Message for the day

Greatness lies in revealing one's own speciality.

Projection: Greatness means recognising one's own speciality and being a donor with it. It also means being royal and great in what is given to the mind - that means giving the mind only the positive. When there is greatness in this way there is speciality and uniqueness seen in every act of mine.

Solution: When I am able to perceive my inner greatness, I am able to be content because there are no expectations, but there's only a feeling of being a giver. I find myself to be light and easy and enjoying each moment of my life, slowly moving towards perfection. I am also able to attain the blessings and good wishes from others.

True Freedom

Occasionally we forget how fortunate we are to have the freedom of choice: liberty to express our desires, choose our friends, clothes, religion, music, food, careers, partners..., while a significant part of our world is oblivious to the same. But are the rest of us really living a life of independence? Or does my mind suffocate at times with unproductive thinking? Can I select golden thoughts of positivity, inspiration, determination, love etc as I wish? True freedom and self-respect cannot be bestowed externally by God, fate or any human being. It begins with me liberating myself from unworthy thinking, thus empowering my words, actions and character for an admirable life and future.

In Spiritual Service,
Brahma Kumaris