

Today's Thoughts: September 13, 2020: Acceptance



## Acceptance

Accepting others unconditionally allows them to remove their masks and feel at ease with who they are. The security of being accepted gives them the freedom to be themselves and then lets them easily know and accept themselves too.

## **The Hurting Of The Ego (Part 2)**

Continuing from yesterday's message, we commonly use the terms *my ego got hurt* or *I think your ego got hurt*. ***You hurt my ego is nothing but you hurt or harmed the image that I carry of myself (as discussed yesterday) with me each second everyday. Because I carry it with me all the time, I have become attached to it.*** e.g. If, on a particular day, you reach home late from office and your wife, who is angry with you, accuses of not being a family man and one who doesn't give enough time to her and the children. Your reasons for reaching home late may be genuine or not, your wife may be right or wrong on that particular day. In either case, you carry an image of yourself, all the time, as being a very loving, caring father and husband, who has been responsible for the all-round growth and development of the family in all respects since the family was created. Your wife's words basically pinch that invisible image, as a result of which you feel insulted and hurt and you react angrily, not necessarily in front of your wife, but it could be in front of someone else or even just internally. This phenomenon happens many times, in various different situations with different people throughout the day and every day.

The image that we all carry of our selves is made of various traits or characteristics, obviously the characteristics of each one's self-created image are different. These characteristics of the image may or may not actually exist inside the real self, but whenever someone challenges any of those characteristics or tries to suggest to us that one of those characteristics is not ours or does not exist inside us, we react.

## When a conversation becomes heated, can you respond warmly?

When giving your opinion, can you express yourself without anxiety?

Assertiveness is our ability to convey thoughts and feelings in ways that can be clearly heard, whilst maintaining our personal integrity, as well as respect for others.

### Message for the day

**A step of courage brings multi fold help.**

**Thought to ponder:** One step of courage is enough to pave the way for something better. If we get disheartened and stop, we will be worse than what we are. So, whatever the situation may be we need to take one thought of making the situation better. This one thought will help us see the hidden opportunities. Also, we find help coming from others and situations too.

**Point to practice:** Today I will take up something that I have given up on, and see where I can start once again. With renewed courage and enthusiasm, I will create a plan and work on it. With the faith that I am going to find a way, I will work on this plan.