



Perceive Positively

True self-awareness, plus the ability to choose our perceptions of life, the universe and everything, is the basis of free will. Every situation and scene in front of us has so many possibilities in terms of how we perceive and interpret. If someone is 10% selfish and 90% generous what should we focus on, what should we perceive first within them? Most of us are now well trained to perceive and focus on the negative, the selfishness in others, and to follow it quickly with accusation and judgement. We forget that what we perceive is what we empower within another and, more importantly what we perceive is what we empower within ourselves in that moment. And what we choose to see is usually what we get. So how important is it that we choose to perceive only the best, the highest, the greatest in another, even if it's only a half a percent? Bosses and parents – take note!! Don't forget – your perception is your reality. Your perception is what you project. And what you project is what comes back!

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 myself 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.

Self-awareness

Most of the time, there's so much going on in our lives, that we're just not fully aware of how we behave and how we affect other people. But with a little bit of extra attention, we can become more self-aware.

Self-awareness is simply being fully aware of our perceptions, attitudes, moods and behaviour. Don't judge what you see and don't run away from it. Just watch, observe and accept.

This helps us to gain a deeper understanding of ourselves; where we need to grow and how we need to improve our connection with others.

Message for the day

Positive thoughts heal even the disease of the body.

Thought to Ponder:

When I am ill, it is very easy for the mind to become ill too. I tend to have negative thoughts and suffer. These negative thoughts don't restrict themselves to that particular part of the body, but is carried forward to the entire body and the mind too. The mind which has to be the healer, becomes a victim and hence weak. At such times, it is important that my mind is strong creating a positive influence on the body.

Point to Practice: Today I will not think about my illness. When the thought does come, I will make sure I give vibrations of power and peace to that part, so that I will help it to heal. I will do everything for it to heal rather than damaging it further by having negative thoughts about it.

*In Spiritual Service,
Brahma Kumaris*