



## Miss Nothing

Being enlightened means being self aware. Awareness of yourself means you don't miss anything inside. You are aware of things like the quality of your thoughts and feelings, of how you sometimes give your power to others, and how your self-esteem occasionally fluctuates. You don't miss anything because you know that knowing yourself is vital to being comfortable with yourself. Are you comfortable with yourself? No! Then be with yourself, talk to your self, listen to your self today. Take a few moments out and have a meeting with yourself. Put yourself in your diary. Put yourself at the top of your to list. And write next to it, 'being with myself'. Miss nothing in yourself.

## **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

### Worry Confused With Concern (Part 2)

We are all linked together at a subtle, invisible level, and communicate with others invisibly. We not only send but also pick up the energy that others radiate, especially the ones that we are close to. We demonstrate with an example how this can work positively as well as negatively when we find ourselves in negative situations in our practical lives.

Suppose the class teacher of your child (we take the example of your son) calls up and says that while playing in the school playground, your son has injured himself. She doesn't explain much but says there is nothing to worry. She requests you to come and pick him up from the school. At this point of time your son is radiating his own spiritual energy which is most probably the negative energy of fear, stress, anxiety and sorrow (although the teacher has informed you that he is fine). At the same time he is also picking up your subtle spiritual or mental energy. You are driving to his school to pick him up. At this point of time, you only have a rough idea of what situation he is in exactly at that moment because you are physically far away from him. Guessing about the exact situation is making assumptions and is a waste of your mental energy.

You have been told that there is nothing to worry but still you know he is in a slightly difficult emotional situation and only he knows how he will come out of it. What will help him? He needs your support, but what will support him the most - we are talking about subtle support, because you are going to take some time to reach the school and provide him physical support? Your negative vibration of fear which you may mistakenly call concern or care as you imagine something bad has happened? Or the positive vibrations of your unconditional love and your good wishes, which is true concern or care? What will you send him to support him from far away? Worry vibrations or the vibrations of love in the form of your good wishes for them? Vibrations of love will keep you also in a positive state as you drive through the city. Besides, what is care or concern? It is you sending your positive inner spiritual light to help another and worry is definitely not that.

## Message for the day

### Faith in others enables them to be powerful.

**Contemplation:** Faith in others is usually mistaken for blind faith - observing helplessly, only hoping for the best in our heart. We, then, don't consciously do anything but just hope for the best. In such a situation we subtly experience fear or tension. But this is not true faith nor is the outcome usually right.

**Application:** Faith in others means to remain alert to what is going on and then to fill the other person with the strength of our faith to such an extent that they feel able to do whatever needs to be done. Our faith will fill them with confidence and they will be able to give their best to the task.

### Do you usually walk fast - everywhere?

Not because you're running late but just because it's a habit!

If you're feeling rushed all the time, try to walk at a slower, leisurely pace.

Let your rushed thinking slow down and let ideas and creativity flow.

Discover how life's much better when unrushed!

When you are in a rush, walk fast, walk briskly, not because you're in a hurry, but because you value the exercise for your legs and hear