



SHIV PRAGYAM

# EGO MANAGEMENT

## PART 2



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# Using Feelings as a Weapon

Nine of the 10 weapons mentioned by Lord Mahavira are material in nature. Among our arsenals is the weapon of emotion, which is closely linked to our cerebral cortex. War is waged first in man's mind and then on the battlefield, a fact recognised by the United Nations Declaration of Independence. Conflicts of any kind— whether verbal, physical, or armed— begin in thought. We must bring peace to the region where they first appeared. The primary aim of nonviolence education is to teach students how to control their own feelings, thoughts, and actions. When one's ego is in check, no one can make them do anything against their will.

Bhagwan Mahavira used the Sanskrit phrase "Ichhakarenam" to encourage nonviolence and avoid conflict. To paraphrase, "Go ahead and do it if you're so inclined." Obviously, you shouldn't force yourself to do anything you don't want to. That's the idea of nonviolence education, anyhow.

## Maintaining a Healthy Mental and Emotional Balance

Though many stress the importance of creative output, this quality is not always sufficient to ensure success. Although the ability to think creatively is important, maintaining a healthy mental and emotional condition is more crucial. One should prioritise issues to be tackled after completing the programme.

Both the method and the feelings involved need to be carefully monitored and controlled. Equal attention must be paid to both, but mental health should be prioritised. No matter how nice one's automobile is, no one will want to ride in it if the driver is incompetent. However, if the driver is competent but the vehicle is in bad shape, no one will want to ride in it. If the vehicle and the driver are healthy, the best course of action is to be quick and practical. If we compare the driver's talent to the state of the vehicle, we can see that the latter is far less important.

Canonical text: "Sthananga Sutra" mentions the following situations in which a man becomes rigid, like a pillar, or egotistical, honorable restraint, pride in beauty, taking pleasure in one's heritage.

Skilled and experienced drivers may safely operate even poorly maintained vehicles when necessary, but inexperienced drivers will have difficulty with vehicles of any condition. The automobile represents our social system, which is why we should view it as such. The human intellect is the driving force behind our progress. Therefore, it has to be corrected initially.

So, learning how to make people less aggressive theoretically is vital, but the practical side of brain training is equally so.

The basic goal of religious or peaceful training is to establish a sense of emotional equilibrium. We need to condition our minds to the point that negative emotions like anger, greed, and egotism require conscious efforts to manifest. They are not permitted to violate human rights or deny others rights.

Some of us may wonder, given that we're here to learn nonviolence, why we're also learning meditation skills like deep breathing, bodily relaxation, the art of concentration, etc. It's a no-brainer, but we have to realise that the virtue of nonviolence won't manifest in our daily lives until we train our emotional brain.



## Constructing a Culture of Calm

Mankind has been asking whether or not God is to blame for its misery since the beginning of time. Where do disappointment, conflict, and disagreements begin? As the field of social and situational science has discovered, one's environment may influence their level of depression. The proposed remedy was predicated on the assumption that everything will be OK once the underlying conditions are altered.



# “Where does all this sadness come from, then?”

In this analogy, ego and attachment serve as lieutenants to the monarch, who represents affinity. As we examine the development of the globe, we see that these two factors have played crucial roles. Every boring person is constantly swayed by the poisonous effects of a combination of ego and attachment.

Lord Rishabh said to Brahmi one day, "Take a look at the pride and obsession of men! There isn't a single individual in the world who doesn't have these two. Don't feel bad if you're an animal; even people aren't immune to them. Calves are guarded by a mother cow. As a result, it gets dangerously aggressive if its young are threatened. As a result of his protective instincts and possessive nature, man will often try to keep others away.

These issues can only be resolved on a spiritual level. In the real world, there is no way out. The materialistic worldview breeds more ego and more attachments. Ordinary people usually lack a strong sense of self-importance. Once, he starts making a lot of money, his pride will start to flourish. Breaking free from emotional ties of love and hate is the first step on the spiritual path. Ego deflates when one begins to lessen feelings of both attachment and aversion. This will lead to total commitment and strengthen a sense of oneness with all living things. There are many ways to boost one's ego in the material world, but there is no effective way to bring it down. We live in a materialistic society where wealth, power, and education determine one's social standing. Knowing that all souls are created equal is the foundation of spirituality. ' There can be no ego when everyone is treated equally, the ego will naturally fade away if one begins to lessen attachment and aversion. That is why, spirituality is the sole answer to these two dilemmas.



# Nonetheless, there was a time

Spirituality is a safe haven for world harmony. Spirituality begins with the realisation that this physical form is temporary.

The house, the family, and everything else are not mine either. The Gita and the Acharanga Sutra are on record as agreeing with this view. The Acharanga Sutra provides a lovely illustration: "No taanaaye vaa sarnaaye." When you're down and out, "your stuff" won't come through for you. Due to the pervasiveness of inequality in the real world, the ego may draw from a wide array of resources for reinforcement. Ego, on the other hand, has no place in the spiritual realm since all souls are created equal. A spiritual leader's inflated material wealth comes as a surprise, especially given the fact that he must surely have a bloated sense of self-importance given his large following. When people's autonomy is recognised, even if one of them develops an inflated sense of self-importance, that ego does not grow. Realizing that everyone else is free and independent like himself and that he has no right to try to control anybody else's freedom is a great way to keep one's pride in check.

A person of a high social position is often arrogant and does not seek the approval of others. When we initially arrived in Mewar, we saw that the temples' front doors were reinforced with stones. You couldn't just stroll on through. It turned out that the entrances had not been locked when we questioned the matter. When entering the temple, even the most proud of visitors would be forced to bow out of reverence for the stones' strategic arrangement.

Spirit has no need for pride or attachment. None of us even has ownership over our own bodies. The term "kayotsarga" refers to more than simply physical rest. The major objective is to learn first hand through the science of discrimination that the body does not truly belong to us.

**"Discriminating science is the cornerstone of spirituality."**

**"How can material things be ours, when our body is not ours?"**

The monks at the Jain temple encourage their students to practise nonattachment. Whose book is this?" A monk could be asked. The monk will not declare, "This is my book," but rather, "This book belongs to me." Even when referring to bowls of food, he insists on referring to them in the third person: "This meal bowl implies it belongs to me." This is an ancient method of rejecting and abandoning a sense of ownership. The clothing, books, and tools I use do not belong to me; rather, they are the property of the entire sect, and I must come to terms with the fact that I have no personal possessions. Self-disengagement is possible once this awareness is stimulated. The "I and Mine" emotion can be calmed by turning to spirituality.

But exposure to material objects might increase feelings of self-importance and connection. Accidents, plane or automobile wrecks, murders, deaths, etc. are reported about daily in the newspapers, yet the average person in our country does not feel or experience any of this. Only when a close family member or friend is lost or passes away can a person experience truly devastating grief. The nature of my connection to the departed, rather than death itself, is to blame for my suffering.

An old tale tells about a successful businessman who left home in search of new opportunities. It used to take a long time to get there since there weren't as many ways to get there. A journey of this magnitude would take months. Often times, people would be gone for several years. It had been some time since the businessman had been seen. His son was only a toddler when he left. The boy matured a bit and began inquiring about his dad. His mom gave him her OK to seek out his dad. By happy coincidence, his dad was making the trip back, too. He had a small group of individuals following him around, maybe three or four others. They stopped at a hotel for the night on the way there. The adolescent remained at the same hotel as the adults. The teen woke up in the middle of the night screaming from the agony of a stomachache. The wealthy man in the adjacent room was awakened by this. Someone woke him from his sleep. In order to get some rest, he requested that his staff keep a watch on the adolescent and make sure he wasn't making too much noise. But the young man still lost control and was eventually kicked out of the inn at the wealthy man's request. It's true that money may make you feel drunk.

# Under its impact, one becomes extremely intolerant or bad tempered of others.

Powerful people in this world generally disregard and mock others who are weaker than them. There is no longer any kindness in him and he becomes quite vicious. A small minority of the wealthy and influential actually care about others and won't ever stop oppressing them. Maybe this is why kings and queens were invented. Reading about the time of Lord Rishabh will provide light on the impetus for the formation of states. If there weren't any countries, the big one could simply eat the little one. This is why we have states: so that the vulnerable can be shielded from the mighty. This is why states have the ability to punish and why they have laws. But it seems that the wealthy and powerful still oppress the poor and powerless, even in light of recent events. To my eyes, the scenario back then is not too different from the present.

The wealthy guy woke up asking, "There was a lot of bustle during the night." For a long time, I had trouble falling asleep. Exactly who were those individuals?

Helpers chimed in with a response. Two men, one with a little kid.

The question "Where did they go"? is posed.

In other words, "We don't know." "As you instructed, we just evicted them from the inn in the dead of night." A deceased boy's body was discovered near the inn some hours later. There was a man seated next to him. The businessman inquired of his staff as to his whereabouts. They asked the boy's friend where he was from, and he revealed the name of his hometown.

He was taken aback when he heard the village's name. They were both natives of the same little town. A request was made to his servant to identify the deceased boy's father. According to the boy's traveling buddy, "He was on his way to meet his father after so many years." We spent the night in a hotel. They were both natives of the same little town. A request was made to his servant to identify the deceased boy's father. According to the boy's traveling buddy, "He was on his way to meet his father after so many years." We spent the night in a hotel.

But all of a sudden, he was struck with a dreadful stomachache. I'm not from around here, and it seems like a long way to walk to the dispensary. Despite my best efforts, nobody was able to assist me. To top it all off, we were kicked out of the inn around 3 in the morning. The young man perished here that night from the combination of a stomachache and the bitter cold. The boy's father, "Dhanna Shah," is a wealthy businessman. The news of this awful event must be relayed to his father.

As quickly as it had begun, the tide turned. That kid was his own son! The wealthy man's world flipped upside down when his inflated sense of self-importance rendered him defenceless. Just where did all of this heartbreak originate? Attachment makes him soft and spineless .

From this narrative, we learn that each time two people share a bond, it inevitably strengthens into a knot of attachment, which gives rise to a node of sadness and ultimately grief. Though her brother Bahubali had made it over the river, Lord Rishabh once contacted Brahmi to tell her that he was now stranded on the beach. Even after overcoming bigger obstacles, many people find themselves stranded on the coast. It's difficult to comprehend how we're supposed to incorporate this information. To succeed, we need to figure out how to fit in. Simply expressing the problem will never lead to world peace. Wars, hatreds, and fights based on material interests cannot be stopped. How can we halt these man-made tragedies and fix the problem at its source? We need to reach out to the other side for help. Only water can put out a fire. Spirituality is the counter to materialism, thus if we wish to solve problems brought on by materialism, we must seek refuge in spirituality.

The Discriminating Power of Science Kayotsarga is the beginning of a spiritual path. It solves the problem .

A recluse made an attempt on the king's life by visiting his court. The guard flagged him down and demanded to know his destination. The recluse said that he was on his way to the local tavern.

According to the sentry, it was not a hotel but rather the royal residence of the monarch. Even the knowledgeable hermit argued that it was an inn. Guards arrived and immediately went to the king. It became bad enough that the monarch had to interfere.

He knelt before the hermit and requested. "Could you tell me, please, what's wrong?" The recluse introduced himself as a guest in search of lodging at the inn. The monarch responded modestly that his residence was not a hotel.



You're making a palace claim on us! The hermit yelled. What kind of people used to reside at this place just before you? ?" Asked who did it, the monarch proudly declared, "My father did." Expatriate: "Hermit, where is he now?" His Majesty the King has declared his death. This prompted the hermit to press on with his questions. The King wanted to know, "Who constructed this palace?" "That was my grandpa's forte." Isolated Man: "Where is he now?" The hermit went on to define an inn as "a location where people stay for a temporary period." Yes, even your paternal and paternal great-grandparents survived. It's been a long time since he passed away," King adds temporarily residing at this location Therefore, we are not at a palace but rather an inn. This time, the king didn't make the same mistake, so he told the hermit he may remain as long as he liked.

The cold reality that worldly possessions do not belong to us should be ingrained in our consciences. When discussing nonviolence, it's important to stress the importance of overcoming both pride and attachment.



# Success is a stairway to humility.

Namaskar! A gesture of respect (bowing or a salute). In other words, it "contains tremendous force and strength." Contrarily, negative emotions like ego cause a great deal of suffering. When emotions arise, man always puts himself first, thinking that he is superior to all others.



## To make the biggest blunder

The biggest blunder is thinking of ourselves as better than other people. People presented themselves to us at Sardarshahar, Rajasthan, as wealthy industrialists, business tycoons, etc.

One day a hermit brought Guru Nanak a bowl to see whether he could pass the test. He also forwarded it to others, writing that the recipient would be hailed a hero if he or she successfully inserted another dish into the bowl. There was no more room in that dish for anything else. Not even a single drop would fit. The lotus flower was thereafter able to stay put in the bowl. This is because, unlike a hard structure, a lotus blossom can bend and move with the wind.

Someone who has hardened their position in society is viewed as a superior. The pride of a rigid person prevents them from ever getting along with anyone. Being sick is a direct result of a stiff spine. If the body is flexible, it is healthy.

# Which one of you is the better person?

An dispute between two students prompted one visit to the guru. One student explained to the master why they were acting this way. The difference between when I accepted renunciation and when he was initiated is 10 years; he's been a disciple for twenty. He refuses to acknowledge my seniority despite the fact that it is objectively true. He claims to have surpassed me in erudition over the past decade thanks to his extensive study and reading. So he considers himself better than me. The sage pleaded with them to put an end to their conflict and then offered a solution. One who thinks highly of others thinks well of themselves. The disagreement has been settled.

# Who Deserves to Win This Round?

There is a legend about the great King Dasharna Bhadra. The city of Mandasaur in Malwa, Madhya Pradesh, was once known by the name Darshanapur. During his travels, Lord Mahavira stopped in Darshanapur.

The monarch planned to welcome Lord Mahavira and show off his wealth and strength. With all the fanfare befitting a visitor of Mahavira's stature, he assembled his army and travelled to meet the Buddha. For example, he visited a man who had given up everything in order to welcome him because his vanity prompted him to do so. His massive force appeared almost imperial in scale. The feeling of accomplishment filled his entire being. He also felt compelled to tell Lord Mahavira that no one else would have welcomed him in the manner in which he had done so. Still, the hissing of the ego's serpent may be heard even when renunciation, sacrifice, and spirituality are present. Legend has it that the godhead's supreme ruler, Indra, was among those who came to see Lord Mahavira. He had gone there to study the first spiritual lesson: how to destroy one's own ego. What does it take to develop a sense of modesty? How could he free himself from the heaviest and saddest load of his life? What he found, however, was the complete antithesis of what he had expected. In response to Dasharna Bhadra's arrogance, Indra summoned the might of the Airawat elephant into being. This majestic elephant does not exist in the inhabited world. Dasharna Bhadra's pride was crushed after witnessing such a display of strength. Ego can be grounded in physical reality, but when something greater than ourselves presents itself, the ego crumbles. At that moment, there's no way for it to continue living.

In the physical realm, there is no such thing as equality. There is a widespread attitude of superiority and inferiority. If you compare a millionaire to a worker, he or she will feel superior, but they will never brag in front of a billionaire. Because of the vast disparity between people and things in the real world, pride isn't always enough to get you far. This completely crushed Dasharna Bhadra's self-esteem.

When he was asked about his opinion, Mahavira said, "Dasharna Bhadra!" One can triumph over another in the physical realm, but there can be no winners in the realm of the spirit. Defeat and success are foreign concepts there. These phrases are exclusive to the ego lexicon, and you won't find them in books about moderation or self-control. It was not something that Dasharna Bhadra wanted to lose. If he didn't want to lose ever again, Lord Mahavira said, he should become a monk. The formerly powerful monarch gave up his kingdom and life to become a monk. At the precise instant he gave up everything, Indra's pride was crushed. There is no way for pride to survive without making concessions. When Indra assumed his true form, he bowed to Dasharna Bhadra and stated, "I could not have been vanquished in the physical world, but now that I have forsaken all, I am unable to sacrifice anything for you." As a result of our fight, I am defeated and you emerge victorious.

When everyone makes sacrifices and shows restraint, there is no one on top and no one on bottom. Lord Mahavira elaborates in the Sutrakritang Sutra, the question, "What should be done if an emperor becomes a monk but his servant becomes a monk before him?" It is appropriate for the emperor to genuflect before the subordinate. The severe ego issue that may "flame up at the least provocation,"

# Objectivism and Idolatry

We live in a world where the spiritual and material realms are at odds with each other. Without ego, the material universe would collapse. Even the man's physical environment might be a source of difficulty. There was once a king who made the hermit with the largest hermitage his teacher. The hermits, upon hearing this, developed a voracious appetite. At the king's court, they introduced themselves. The monarch enquired as to the size of their dwelling, and responses ranged from "it's a hundred acres" to "my hermitage has five hundred pupils" and beyond. There was a solitary hermit who was very astute. The monarch was interested in knowing just how spacious his home was. According to the hermit, the monarch would have to go check it out in the woods on his own. The king consented to accompany him, and they ventured far into the woods. Finally, they reached a large tree. After arriving, the hermit sat down and declared to the king, "This is my house." In other words, "my hermitage is so enormous that the sky above it and the world below it are both included inside it." The monarch was so moved by the speech that he proclaimed, "You are my guru." A person who has given up all and owns nothing is better than everyone else. If we divide the universe into limited and infinite halves, then we see that there is a bound to everything. There are only two things "that are" limitless in this world: the sky and the truth. Everything else is finite and subject to constraints. Mental constructions such as superiority and inferiority are all they are. As his spiritual guide, the king chose the recluse.

# How Important It Is to Give Up Something ?

Once upon a time, a prosperous businessman considered rewarding his mom. In order to show his appreciation for her, he intended to hold a large ceremony. A mother's embrace is the safest place on earth. The bond between a child and his or her mother is profoundly tender. When we asked the kids, they reveal who has accompanied them. When asked who brought them, kids typically say "my mother," even if their father may have accompanied them. It wasn't just the poor people that the wealthy man labelled "Brahmin" (priest). Informing the priest of his intentions, he had him carry out the ritual using the appropriate materials, mantras, and ceremonies. The event began promptly when everyone had arrived, and continued for another two hours. The businessman concluded that he was pleased with the priest's ceremony since the priest had been very careful and thorough. After the performance, the Brahmin accepted the gold pedestal he had commissioned for his mother as a token of his appreciation. The crowd began applauding in shock at his act of kindness. Feeling encouraged by the priest's positive response to his contribution, he continued asking, "Have you ever seen a generous giver like me?" As an ascetic, the priest's tolerance for such hubris was limited. He stood up, removed a penny from his pocket, and placed it on the base of the pedestal, saying, "I am repaying your gift with this one rupee." "Tell me if you've ever met somebody more pious than I am." The man's ego was severely damaged by the answer. Ego is destroyed in the fires of sacrifice.

If a person is egotistical, then they have no room in their life for God, spirituality, or joy. And that's why Lord Mahavira proclaimed that "Humility is the cornerstone of religion." Only through selflessness and modesty can religious faith take root. My worldview makes it difficult for me to connect with arrogant people, regardless of their social standing. This is true whether they are a business mogul, an industrialist, or a pastor. A person who is self-controlled, willing to make sacrifices, and modest is much more approachable to me on a human level.




**“Vidyaa dadaati vinayam”**  
have been uttered throughout  
history.  
Humility is a product of true  
education.



The modern educational system does not promote modesty. Next, we must determine whether or not this constitutes genuine education. Without physically bending, we must at least mentally adapt. Our spiritual growth and the cultivation of other virtues will undoubtedly be set against a backdrop of humility.


A humble attitude is the cornerstone of successful interactions and behaviours. Association is built on the foundation of humility. An unassuming individual is well-liked by everybody. On the other side, he will never be able to interact with people because of his inflated sense of self-importance, and he will end up socially isolated as a result. Inborn pride is a part of what makes us human. Even a baby has a sense of self-importance. Humans are naturally autonomous beings, as any analysis will show. During the battle for independence, freedom warrior Lokmanya Bal Gangadhar Tilak coined the phrase "Independence is our birthright." However, if we examine this claim in the context of all organisms, we will see that this concept is relevant to birds and mammals as well. The author of Manu Smriti answered the issue of what constitutes sadness and joy by writing, "Dependence is sorrow, and independence is bliss." In its simplest form, this explanation of joy and sadness is also the most precise. Free will is cherished by a wide variety of species, including people, birds, animals, and even plants. Free-roaming forest animals won't make it very far in a zoo or zoo enclosure, and will likely perish or be on their last legs before they expire. Just wait two days and see how a plant responds after you put limits on it when it is growing freely in the open air. Its limbs will try to break free of the cage.





Giant Fig and sacred Banyan trees are so massive that they prevent any other plant from establishing themselves beneath them.

The more involved you are in your own thoughts and opinions, the more of a drag your ego becomes on your social life. Contempt towards others is another negative effect of ego.



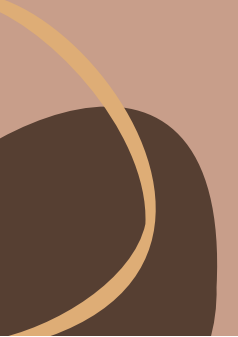
When you insist, happiness becomes routine. When we look back at the history of thinking and reflection, we see that the ego has been the root of all evil. The most powerful motivators include concerns with one's social status, family history, financial standing, and level of education. One person's pride may bring down a whole organisation. In both the Vedic and Buddhist canons, they were brought to the verge of collapse several times. Putting aside groups and clubs, even families have numerous sources of discord. Personal pride and intolerance are the main causes of family strife.

Ego is also present in the realm of religion. In religious communities, such as monasteries and orders, there are sometimes rebellions. Ego and material gain remain the fundamental drivers of breakdown even in this context. One man's metaphor is his decision to study spirituality in order to find inner calm. To this end, he began meditating regularly. The man's ego had discovered this and could not stand it. It was aware that it would have to relocate if the guy discovered lasting happiness via meditation. Intelligence was contacted in an attempt to provoke action, with the message "We need to be extra attentive now." If this man continues down this road, it will end in our extinction.


## How is that possible?

Wondered Intelligence. Do you not think it is a positive development that the man has started on a path of spirituality?

The greatest benefit is that it will finally provide him with serenity. To which the ego said, "**You are intelligent in name only.**" You're so dense you can't even sense the danger coming. A brute with no compassion: "**Nainam suptam prabodhayet.**" In the words of the great poet, "Udite paramaanande, naaham na twam na vai jagat."



This man has only just set off on his adventure, yet he is already filled with unbridled joy. He will no longer need you, myself, or anybody else in this world, if he continues to feel this way. One day, he'll have no memory of us. Try to distract him from his goal.



Yes, the ego is the driving force behind everything. There is the ego of learning, the ego of riches, the ego of power, and so on. These emotions make a man happy because they feed his ego. People who are full of themselves and constantly extol their own virtues are known to surround themselves with sycophants. They never say anything that wouldn't make their employer happy.

Men have been deceiving themselves about their value and their indispensable nature since the beginning of time. The world has had great monarchs, it's true, whose empires appeared to go on forever. Nothing changed once they left this world. This alone should have been enough to shatter man's illusion, yet if he recognises his error and makes amends, he can still achieve greatness. Negative emotions are only exacerbated by our inflated sense of self-importance. There is no benefit to us from this. Everyone of history's most esteemed prophets understand full well that humanity could carry on without them.

A wise woman once resided in a little town. A rooster was the only offspring she produced. The rooster's distinctive "cock-a-doodle-doo" greeted each new day at daybreak.

The elderly lady was unhappy in the village and planned to leave. Without her rooster, she remarked, "Now I shall also observe how the sun will rise." The idea that the world will collapse without us is just fictitious. It doesn't endure forever, and it hurts our feelings when the illusion is shattered. There can be no clarity in interpersonal relationships so long as this massive ego wall persists. It'll make our deeds taste even worse. The only thing that comes from acting on one's passions (kashayas) is ruin. There is a line in the Dasvaikalik Sutra that translates to "ego kills humility," and it is written as "Maano vinayanaasano." It blocks any potential benefits from other sources.



# How can one help a self-centered individual grow more selfless



A modest individual is constantly welcoming of positive traits and skills. He readily absorbs whatever positive qualities are shown to him. He never stops learning and improving. I can attest to the fact that one man's little bit of pride may derail his entire life. Everyone should understand that if we value positive interactions in our personal, social, and ethnic circles, we must engage in acts of humility. We shouldn't force our beliefs and perspectives on other people. Everyone has the right to their own opinion, but it doesn't mean they should start discounting everyone else's.

There is no greater political experiment than democracy, which is really an exercise in modesty. Here, every vote counts equally, yet it's only during elections that their votes are taken seriously. Politicians make promises to win votes, but once in office, they disregard those pledges and do whatever they choose for the following five years. People's hopes and wishes are disregarded as nothing more than a nuisance. Once success has been attained, however, ego takes centre stage and humility is cast aside.

Such actions are antithetical to the spirit of democracy. Such conduct is typical in political parties as well as religious institutions. Similarly autocratic tendencies are on display to some degree.

## Who among relatives should take the role of most humble"?

The answer cannot be that the youngest person should be the most modest. Young people have a lot to discover. How can they claim to be the most modest of their relatives? It is important for children to learn humility from their parents, the elder members of the household. The kids would turn into defiant brats if it didn't happen. . In the same way, the youngest monk cannot also be the most modest. So that he may consider everyone's input, he should draw a conclusion that will please everyone involved.



The answer cannot be that the youngest person should be the most modest. Young people have a lot to discover. How can they claim to be the most modest of their relatives?

Professionals in the medical field have a moral and ethical responsibility to help their patients get better by giving them the best treatment possible. "Mudhita dhyaan" also dedicates a lot of its time and energy to assisting people who are struggling with their mental health, investigates the origins of emotional pain. Because of our pride and greed, we are now facing our biggest problems. An inherent flaw in human nature is egotism. This is a significant difficulty for many businesses. While they may not be a cure for cancer, illnesses like pride and gluttony may spread rapidly, impacting millions of people at once. Getting over one's ego is a difficult problem to solve. Ego-driven conflicts are detrimental to teamwork and group morale. We should promise ourselves that pride will never stand in the way of doing the right thing, whether at home or in the office. As we go about our day, let's set our pride aside and act with dignity and respect for others. Nothing will go wrong, though, if everyone is respectful and humble. The most developed response to a differing opinion is to submit to a higher authority. If we can maintain a sense of modesty, the people with whom we engage won't find us annoying. A member of our inner circle, A common reference point was the Venerable Kaluganiji. There are only two results when two guys grab opposite ends of a rope and pull it toward themselves. The rope will break under their combined weight, and if either player relaxes his grip, the other will lose his footing and fall if they continue to play tug of war. To solve a problem, one must first fully grasp it.

One additional issue that could stand in the way of getting over your ego is desiring too much. As a result of biases of various kinds, including favouritism, this has occurred. In order to avoid making matters worse, **what steps can we take?**

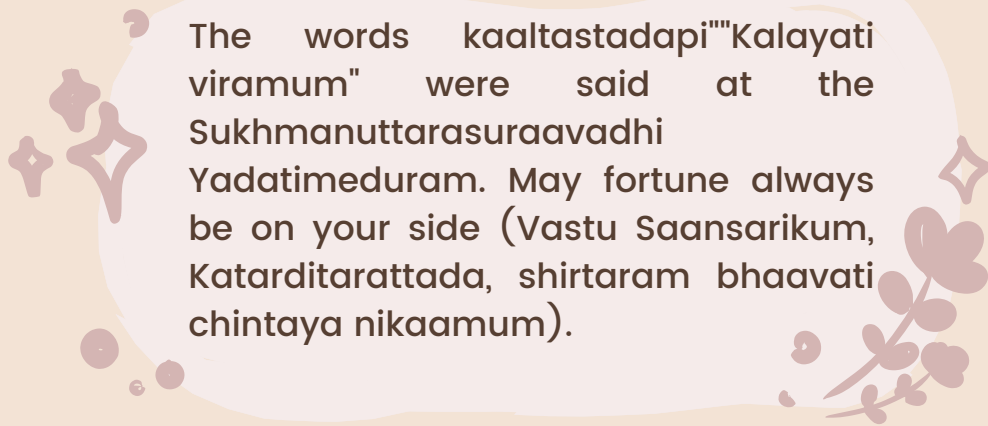
There should be no partiality in deciding who is telling the truth. Whenever two options exist, one must be followed by honesty. This concept is well expressed in a proverb from **Mudhita Dhyana**: "**Appanaa saccha me sejjaa mettim bhuesu kappa ye.**" What this proverb genuinely signifies is that we need to be open-minded and seek out knowledge independently. If this maxim is followed, troubles will resolve themselves. When dealing with human identification, this level of care is an excellent place to start. Many spiritual and religious teachings state that the ego is the root of all evil. In most cases, only the person experiencing the ailment will feel its unpleasant effects. But ego is a sickness that does more harm to those around its host than to the host himself. Its devastating effects warrant labelling it the deadliest sickness in history. The process by which the ego is formed is only temporary. It has to be placated after a specific amount of time has passed. This illness might be cured if only individuals could accept that the ego has a finite lifespan.

Therefore, "time length" may be a remedy for pride. While the ego of a high-ranking official may be substantial while in service, it often takes a hit after the person leaves office. Some time alone may have a profound effect on an egotistical cop. It is a logistical problem to meet with a minister who was formerly a politician who counted every vote in an election. The former minister's demeanour and outlook on life, however, will revert to their pre-political states once he leaves office. Former politicians' plights after leaving office are unsettling to observe. Most people who have achieved notoriety owing to their riches, power, or unique legal position have a similar terrible ending. Recognizing that all things are transitory (*Sarva Savadhik*) might help one let go of an inflated sense of self. The ancient monarch Brahmadutta is frequently cited in historical accounts because of his storied past. Because of his compulsive fixation on the idea of his own superiority, he constantly mulled over the subject. You have a "very strong affinity," as his brother monk Chitta put it. You'll be plagued by bad fortune. It's important to learn to manage your stress if you want to enjoy life to the fullest.





An alternative reading of this might be "everything is temporary." It's important to maintain a balance of skepticism and kindness while keeping in mind that this is likely only a temporary setback.



The words kaalastadapi''Kalayati viramum'' were said at the Sukhmanuttarasuraavadhi Yadatimeduram. May fortune always be on your side (Vastu Saansarikum, Katarditarattada, shirtaram bhaavati chintaya nikaamum).

Gods who control their own dimensions and have endless time to enjoy life's luxuries are not exempt from giving up their position of power and privilege. They'll be trapped in human bodies for the rest of their lives. Living in the present must feel like paradise to entities that have existed for aeons because it is a little blip on the screen compared to all the previous joyful times they have experienced. Everything in the world is just passing by. From a larger viewpoint, everything is fleeting. This is easy to lose sight of in the mist of common interests, but if we keep it in mind, we'll never let ourselves become self-centered. Unfortunately, the fact that all lives must eventually end is something that the vast majority of people would rather not think about. Neither the after life nor the future hold any fascination for him. Nothing can ever come between friends in a relationship like yours. He enjoys his fortune immensely despite the knowledge that he may lose it all in an instant. Some people place a high value on their looks, yet this is at best a superficial consideration. As time passes, we lose the radiance and beauty of our youth. He is completely impressed by his own virility.

However, even this won't last forever, so that's bad news. Having less energy and vitality as you get older is normal. This is an impossible task to do in the real world. In such a case, boasting about one's physical prowess is pointless. For a variety of reasons, it is critical to take care of one's own ego. Pride in one's own abilities grows quickly. A man suffering from this ego disorder can't get along with anyone, not even himself. This emphasises the importance of improving quickly. Help is the remedy that's needed. There have been three types of assistance mentioned thus far. The first is that nothing stays the same, the second is life is fleeting, and the third is we should never give up hope. A plan for the future is necessary. Any person may use these three guidelines as a jumping-off point to conquer their ego and enjoy the present. Many distinct methods exist for discarding the ID. I need assistance solving this issue, but I don't know where to start looking for it.



The study of spiritual science advocates for the use of kayotsarga (sometimes called "throat relaxation") as one such technique. Humility is a great weapon against arrogance and callousness. Because of its proximity to the spinal cord, the neck is an excellent entry point for easing tension and stiffness throughout the body. When it comes to relieving mental stress, there are times when karotsarga of the neck is more beneficial than karotsarga of the entire body. Mindfulness techniques like "Kayotsarga of the Throat" help practitioners calm their thoughts and focus on their work without distractions. Vishuddhi Kendra is located in the hypopharynx, which is also where the thyroid gland and the rest of the body's metabolic rate are said to be located (the centre of purification). It's interesting that the thyroid is also linked to a sense of self-importance and awe.

That's why practising kayotsarga of the neck is crucial for overcoming pride. One of the most effective ways to create empathy and courtesy in interpersonal relationships in Jalandhara and its surrounding areas (Chin Lock) is another asana of hatha yoga that can help you overcome pride, that of Jalandhara Bandha. (chin lock). A proper position for this exercise involves lowering the chin until it touches the mucosal lining in the centre of the throat. Maintaining this state of mind for as five minutes will do wonders for your concentration. Some have proposed using the chin lock to help people be less self-absorbed. Instead of encouraging pride, animosity, pessimism, and other similar feelings and attitudes, focusing the mind helps bring about an internal adjustment in how we think. Jalandhar Bandha, Kayotsarga of the neck, and Kayotsarga of the entire body are the three exercises you need to undertake if you want to make a difference. When we're under a lot of pressure or experiencing strong emotions, our true personalities emerge.



# THE CORNERSTONE OF SPIRITUAL PRACTICE IS THE DESOLATION OF THE EGO.

Namaskar, or prostration, is a lovely way to develop humility. It can eliminate pride and vanity. It's a wonderful way to deepen your spirituality. The humble stance is characterised by a lowered head and shoulders. Conversely, a haughty stance is characterised by a raised or retracted neck. Indeed, our gestures and facial expressions may reveal our feelings of happiness and sadness. When we were younger and would fail to practise Irya samiti, the elder monks would scold us, "Why do you walk like a newborn camel?" The young camel carries its head proudly as it goes. Ego is represented by this.

## DISSECTING THE CONCEPT OF PRIDE

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Our health is ensured by a supple spinal cord. Our health deteriorates as spinal stiffness worsens. Having a relativistic point of view is essential for this adaptability to thrive. A cheerful outlook and a flexible approach are the results of an upward flow of energy.



Overcoming ego, letting go of pride, and taking on the appropriate perspective of multi-sidedness are, in my opinion, not distinct from one another. By learning to see things from many perspectives, we might begin to conquer our ego. Our understanding of the many perspectives will improve as we begin to take satisfaction in our successes.

# INTELLECTUAL RELUCTANCE

The ego can manifest itself in a variety of ways, one of which is intellectual imperiousness. A mentality of "I am always correct" is egotistical. The ego is on full display when one thinks they are better than everyone else and dismisses their views as irrelevant and unimportant. This is a case of absoluteness. There is a coexistence of absolutism, one-sidedness, insistence, and pride. Our thoughts and beliefs are the source of our ego; therefore, unless we can see things from a broader, more nuanced viewpoint, we will never be able to conquer our ego. Pride in one's ideology is the greatest threat. In light of this, the concept that anything exists outside of what I think and believe is egotistical. At one time, a devotee was certain that no one could ever reason with him.

While everyone has firm convictions and a firm grasp on their ideas and thoughts, it is important to remember that what each person believes is ultimately just their perspective. The entire nature of the mind is motion, so thoughts should never remain in one place for too long. Thoughts are transitory in nature. However, issues arise if one thinks unyieldingly, as though saying that one's own views are true just because they are one's own. Most businesses fail because of one person's intellectual hubris.

Thought persistence is only an appearance, nothing more.

The driving force behind such determination is none other than pride. Other than that, no one has the right to engage in so much conflict; after all, we all are students. Each of us is a seeker of the truth, and none of us can claim to know everything. The information at our disposal just scratches the surface of the whole reality.

Incompleteness exists; it is not the whole truth. Only by coming to terms with our own spirits can we hope to uncover the full truth. Until then, it's important to have the attitude that "what I know about the subject at the moment looks acceptable, but I would still attempt to extend my knowledge on the subject."

He became a tyrant of sorts, and many were afraid of him, yet Gurudev's reasoning was nuanced. Then he extended an invitation to talk, promising to do his best to see things from his perspective. After hearing all sides of the argument, the devotee changed his mind and decided to become a non-absolutist.

**THE PRIDE  
THAT  
DRIVES  
INSISTENCE**



# Knowledge is a never-ending sea.

Intellect has its own limitations, so there are certain things that it cannot explain. A scientist stated something profound in a lecture just recently: "Great scientists like Einstein caught a drop of truth from the ocean of truth, and we, scientists, are attempting to capture a millionth, an billionth, of that drop." How, therefore, can anyone take satisfaction in their knowledge while the vast majority of the ocean remains uncharted? Knowing that every single letter may be written in an infinite number of different ways, who among us can truly be called a scholar or pandit? Whether a scholar or knowledgeable person, one either enters the realm of knowledge or rejects knowledge's pride.

There is a famous Socrates-related incident that everyone knows about. People came up to him and informed him that the holy voice had told them that he was very knowledgeable. According to Socrates, the voice of God was wrong. No, I'm not some kind of expert. A group of worshippers returned to the goddess, complaining that Socrates would not acknowledge his own wisdom and learning. The goddess confirmed his status as the smartest person on the planet.

To add insult to injury, Socrates' detractors claimed that the heavenly voice had repeatedly declared him to be the most learned, yet he continued to insist otherwise. "I have understood my stupidity and realised that there is yet limitless knowledge to study, acquire, and gain, and that is why the goddess called me smart," Socrates retorted. Which one has the most information?

A person's level of knowledge increases when he recognises his own stupidity. Eventually, a person who believes he knows everything will learn that he does not. Thus, if we go down to the bottom of the problem, we'll find that ego lies at the heart of every breakup and argument. Reasons for decline include a belief in one's own superiority and the belief that one's own opinions are superior to those of others.

To be humble is to make a connection. Respect and friendship blossom whenever there is modesty of character. Humbleness, as we've come to call, It is a way to coordinate power, and this is a phrase we all use.



Self-importance is a lethal force. Social modesty is one facet of humility. There was a huge celebration in honour of the Russian president's visit to India. There was a lot of support for our former Prime Minister Atalji in the United States. An act of modesty or politeness You won't find any harshness in an atmosphere where humility and warmth predominate. Gentle conduct pulls people together. A sure sign of impending deterioration is a pair of people seated next to each other with their backs to you. If we examine the role that ego plays in our lives, we'll see that it's the root cause of many difficulties. Perhaps a deeper look will reveal that ego is the driving force behind animosity and hostility in human interactions. It causes animosity to grow. Understanding ego from every angle will lead to fresh insights. Strengthening new perspectives is a certain way to make significant life advancements.



Angry feelings stem from a sense of superiority, which is the source of rage if we dig deep enough. When someone's pride is attacked, they become furious. One's ego is the ultimate source of one's anger; the emotion itself is not autonomous. Ego is expressed through anger. A modest individual is not quick to anger. He makes an effort to learn the context so that he can adjust his behaviour appropriately.

Spiritual virtue is rooted in modesty. Imperturbability is manifested in many ways, and one of these is skillful behavior. That's the spirit of social modesty right there. It is customary to rise and extend a folded hand in greeting to an elderly or distinguished visitor. There is nothing edifying about it. But the most important thing is to develop true humility, which means having no sense of self-importance.

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## ANGER AND PRIDE

The death of the ego is a central tenet of the teachings of great saints like Kabir, Surdas, and many others. Spirituality requires the sacrifice of self-importance. Ego death is not a therapeutic procedure but a religious mandate. When one's ego is dissolved, all masks fall away, and one sees himself for what he truly is: a soul. His genuine nature does not include anger, ego, deception, or greed. Forgiveness, modesty, righteousness, and contentment all contribute to the genuine article. He's determined to find himself, and he's heard that letting one's ego go is a great way to do so.





# The Methods of Self-Appeasement

Ego-calming requires a shift in perspective, new ideas, and new habits. Our egos are inflated by our own mental constructs of ideas and standards. Humans tend to think that those of one caste or family tree are inherently better than those of another. The ego has always been the fuel for racial prejudice. As a result of this flawed norm, society has been stratified along class lines, which has bred animosity, hostility, and class warfare. To put it another way, altering this mentality is crucial.

The social status of an individual is irrelevant, regardless of their caste. There is no truth to this concept at all. When it came to the soul, in Mahavira's view, we were all the same. The pandit, as an accomplished scholar, is unbiased and accepts everyone on an equal footing. One who upholds the notion that all human beings are created equal is known as an egalitarian. Since all souls are fundamentally similar, it's unclear why there's any reason to assume that people of different backgrounds would have very different experiences. Against the backdrop of this philosophical idea, we should enhance our standards.

The cancer of racial prejudice has wreaked havoc on India's social and cultural fabric, spawning several issues. Although prejudice towards certain castes has greatly diminished, this was not always the case. It would be necessary to undergo ritual cleansing just to touch such a person. Water from wells used by those of the upper caste was off-limits to those of the lower caste. The main purpose of those born into lower castes was to serve those in higher castes by doing their dirty work. The names given to these individuals indicated the social class to which they belonged. For the first time, Mahatma Gandhi referred to them as "Harijan," which means "children of god."

*Different but Equal*



Would words really matter if the person's mind was full of hateful thoughts? The knotted ideas in our heads must be untangled. Removing preconceived notions and ideas is an essential step in eradicating ego.

The employee has a common misconception that their boss is better than them. Ego is the result of this way of thinking. The Shudras (the lowest caste) are said to have been created from the feet of the world's creator, whereas the businessmen, merchants, farmers, etc. are said to have been formed from the stomach, the warriors from the arms, and the Brahmins from the brain. This idea led to the emergence of four different social strata. The Brahmin's place was at the academy and in passing on knowledge. Warriors' duty was to defend their community with their weapons. Businessmen were expected to engage in commercial activities, while Shudras were expected to provide for the needs of others. This categorization reeks of egocentrism. All religious rites were denied to the Shudras.

One must abandon all false and illogical views in order to be an egalitarian. The practise of contemplative metaphysics can be very useful in this regard. This is something I often do. Even though I have an extensive education, I seem to lack any sense of arrogance, which frequently surprises people.

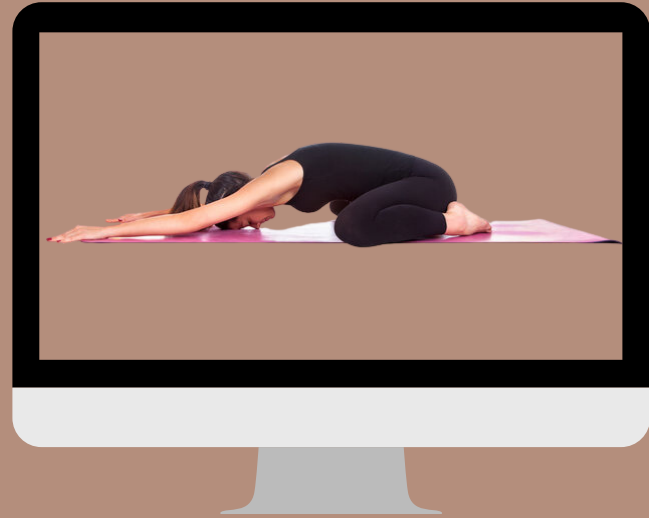
**Does this imply that those who possess knowledge are arrogant about it?**

**If that's how it works, then I'd rather remain in the dark.**

I was never an egoist by nature, and years of study and meditation helped me rid myself of any last vestiges of pride. The wisdom I gained from Mantri Muni throughout my time in school will remain with me forever. He argued that if we have to beg for our daily meals, we can't have any sense of pride. In an endless cycle of rebirth and demise, we may occasionally be born as a berry pit, only to be crushed to death under the feet of others who stumble over us. Therefore, there is no reason for us to drag our pride along.

# Shashank Asana (Rabbit Pose) and the Art of Right Thinking

One who thinks deeply and correctly will never be egotistical. Although theoretical understanding is important, nothing beats actual hands-on experience. "Shashank asana," also known as "Rabbit stance," is one of the most effective exercises for minimising or eliminating the impact of negative emotions. By stimulating the adrenal glands, the overproduction of hormones is reduced, and we are better able to rein in our negative emotions. These feelings are triggered and excited by the area between the navel and the adrenal glands. Practicing this method on a regular basis has the potential to tame destructive emotions and transform the practitioner into a positive, self-effacing person.



## The Genuflecting Prayer Stance Is Another Option

It entails bending down on one knee with the palms of your hands united and spread out in front of you. The adrenal glands are being taxed by this position. This gland's secretion is disrupted, and its associated functions weaken or disappear. This posture promotes the spiritual virtue of modesty and helps to eliminate the ego.

# Namaskar and other forms of greeting

Greeting are not only helpful from a behavioural standpoint but also advantageous from a health perspective. A dry stem never bends, as may be seen. A living, wet stem is the only kind that can flex. The ability to bend and stretch is a hallmark of good health.

The likelihood of shattering rises with increasing rigidity. Some people are so egocentric and impetuous that they insist they will never bend, but they certainly will break. Is going separate ways the smart or noble choice? A wise and good person is one who can adapt and show humility.

The ocean criticised a river, saying, "You carry the remnants of massive boulders with you, sometimes even large trees, but you never bring reeds and soft grass." For what reason is that the case?

In response, River said, "We can't bring them." They are able to endure our powerful force because they are one with the earth, but they do not appreciate being swept along with us. Those who are not adaptable are the ones we have to uproot and carry.

The finest way to get over one's ego is to focus one's meditation on the Center of Purity (Vishuddhi Kendra), which is in the centre of one's throat. It has a helpful and constructive effect on altering our outlook and inclinations.

**The "Ujjayi Pranayam"** approach is another helpful option. The diaphragmatic breath is called ujjayi. In this method, the throat is also used to generate the mental sound that is normally generated by inhaling via the windpipe. Regular use of this method increases humility, strengthens the ability to communicate, and alleviates sleeplessness. There are several things we must do if we are to live a life of harmony and contentment.

# Consider the following three elements:

- **Attitude adjustment and the instillation of moral values are prerequisites.**
- **In order to hone our ideas, we must give serious consideration to the relevant data.**
- **We need to routinely put the aforesaid method into effect.**

Discussion alone will not provide outcomes. It is claimed that by incorporating all three into one's life, one may find relief from any and all mental, emotional, and physiological problems. No one can shine alone. Everyone possesses It is the four emotions of wrath, pride, dishonesty, and greed that make up the Jain technical word kashaayas. A person's level of passion can range from extremely high to quite modest or even subdued. Although the intensity varies from person to person, it is always there.

Ego and anger are two such driving emotions that lead to chaos. Perhaps pride is even more of a social disruptor than anger. Aggression and destruction stem from an overabundance of ego. Anger is eliminated along with the ego when this occurs. A ferocious ego is what drives fury. Anger arises when our ego is triggered, as happens when a loved one doesn't pay attention to us or agree with us, Not even he is polite.

Being social may open many doors for you, but our egos often get in the way. Those who are able to get along with others are rewarded with a life filled with love and harmony in a tranquil community. A polite person goes with everyone like lentils go with rice. A rude person keeps their distance, like the little gourd, or kachar, that is added to soup to give it a harsh flavor. It stays distinct from the soup the entire time.



# To be polite is not to be servile.

One of the results of self-discipline and the subsequent taming of one's ego is a profound humility. When you've conquered your pride, you'll be able to socialise with everyone. On the other side, an egocentric individual would perpetually struggle to work in concert with others. Having an unhealthy obsession with dominating other people is quite risky. Being apart from others in society is immoral, much like an oil drop floating on water. A true gentleman is someone who blends in with the crowd as naturally as milk does with water. Everyone has a little bit of pride in themselves. There is no way to know for sure if one has lost all sense of self and emotion. Having a healthy dose of ego is not an issue as long as it does not get in the way of someone reaching their objectives or carrying out their responsibilities. When someone refuses to help out and is only interested in showing off his or her own ego, problems emerge, creates problems. He seeks power over others. Having this frame of mind reign over your inner self.



# Equal Opportunity in Action

A profound and moving point has been made by the poet. Cohabitation is not viable for those who have a need to control others and a strong need for dominance. The equality concept advocated by Lord Mahavira should be put into practice. We can't claim to believe in equality while treating ourselves better than others around us. Pratikraman is a Jain prayer practise in which participants plead for forgiveness on behalf of all living things; yet, we have seen someone who is willing to seek forgiveness from 84,000,000 species but is unable to do so from his own brother. The very idea of equality is being misunderstood here. Either we should not discuss principles at all and ignore the idea that all souls are created equal, or we should discuss principles and apply them first to those who are closest to us. Even more so than laypeople, monks and nuns should treat one another with kindness. A person's duty is to watch out for everyone, regardless of affiliation or personal gain. Neglecting a sick person is not a sign of care but of cruelty.

When using the concept of equality, one must view and treat all people as being on an equal footing. It's a huge deal to avoid trying to dominate people by showing off one's superiority or imposing one's will on them.

A young guy went up to a monk and explained, "I am suffering through tremendous worry." Please give me some choices.

**The monk asked, "Why all the worry?" A former joyful teenager says, "I was happy previously." Since getting married, I've seen an upsurge in my anxiety.**

**"Is your wife not nice?" asked monk. Young man said, "Sir, she's quite nice." and "She's really hot, too." Isn't she modest? said by Monk.**

**The young person said, "She's modest, too." Buddhist monk: "Then what is the trouble?" A young man said, "Sir, the difficulty is she will not alter the way I want from her."**

Buddhist Monk: "Everyone wishes that other people would adopt their lifestyles and interests, including their fashion sense, diet, and language. These inflated senses of self-importance are at the heart of every difficulty. The monk realised the issue and ask him wasn't with the woman. The fundamental issue was actually his inflated sense of self-importance. In a flash, he requested two buckets of water, a bottle of oil, and a cup of milk. He put two drops of oil in one bucket and an entire cup of milk in the other. He began to silently observe the level of water in each bucket.

**Impatient, the young person finally questioned, "Sir, what about the answer to my problem?" "This difficulty is now fixed," the monk said.**

**Young Person: "What advice did you give?" "I don't get it."**

**The Monk: "Young Man! Check out these buckets!"**

The Monk: "Young Man! Check out these buckets!"

It only took two drops of oil to contaminate an entire bucket's worth of water. However, the whole contents of a bowl of milk vanished into the liquid very immediately. If you wish to coexist happily with another person, learn to integrate as milk does with water.

A life lesson was imparted to the young man. He swore that he would no longer rule like a petty tyrant. He quit being so controlling and began interacting with his wife and others in a more relaxed manner. When his mood lifted, it stayed up.

The ability to integrate is crucial to peaceful living together. Nobody likes it when others attempt to boss them around. The level of mutual aid between us should be raised. Without pushback from any side, friendly relations are possible. There can be no mutuality if any party resists.

## Significance Of Love

Feelings of love and affection have a powerful bonding effect. We hear a lot about love, but what does it really mean? The essence of love is putting others before oneself. Without it, true love cannot exist in its purest form. All you need is love; it's not a binary thing. In terms of uniqueness, there are no distinctions. Love's ultimate goal is for its partners to transcend individuality and merge into a single spirit. Selfishness is fatal to love, and love cannot flourish in its presence. a culture that has historically valued diversity of opinion .