



EGO MANAGEMENT

**Prajapita Brahma Kumari Ishwariya
Vishva Vidhyalaya**

Presented By

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EGO-What Is It?

- ❖ EGO means the desire to get everything done as per your wish.
- ❖ It also represents a full body-conscious stage.
- ❖ EGO means I-ness and Me-ness.
- ❖ $EGO = E + GO : ENERGY \rightarrow GO.$
- ❖ EGO refers to the Edge Good Out.
- ❖ EGO is one of the main vices which has to be overcome to attain the stage of perfection and to experience real peace and happiness.



TYPES OF EGO

- ❖ EGO of Personality and Beauty
- ❖ EGO of Qualifications
- ❖ EGO of Designation or position
- ❖ EGO of Wealth
- ❖ EGO of Family Name
- ❖ EGO of Intellect
- ❖ EGO of Property
- ❖ EGO of Relatives Occupying High Positions
- ❖ EGO of Own Specialties
- ❖ EGO of Knowledge
- ❖ EGO of Achievements
- ❖ So Many Other Egos



SYMPTOMS OF AN EGOIST

- ❖ Egoist person is always eager to listen his own appreciation.
- ❖ Always praising himself and boasting his specialties and achievements.
- ❖ The only aim behind each task of an egoist is the attainment of name and fame.
- ❖ He always tries to grab the rights and chances of others.
- ❖ He never accepts his mistakes if pointed out by others.
- ❖ An egoist can't tolerate any disgrace.





- ❖ **Always likes to speak rather than listen.**
- ❖ **He would quote his examples more and try to prove himself to be right even when he is not.**
- ❖ **“What I am thinking is right and everyone should act according to my thinking”, is the symptom of an egoist.**
- ❖ **Never likes to listen others appreciation. He never appreciate his subordinates, elders or equals.**



HARMFUL EFFECTS OF EGO

- ❖ Ego affects adversely on mind, body, emotions and behavior.
- ❖ Egoist suffers from fear of rejection and fear of failure.
- ❖ An egoist gets angry immediately when anyone does not accept his advice.
- ❖ An egoist always thinks himself superior to others, therefore, nobody likes such a personality.
- ❖ He gets disgraced and abused by others frequently, hence is always under tension as he can't tolerate it.
- ❖ His progress gets hampered because an egoist does not think himself less than anyone.



- ❖ **None gives co-operation to an egoist.**
- ❖ **Distances in relationship are created due to his rude behavior.**
- ❖ **He can't meditate easily because the main obstacle in meditation is "I" I.e., EGO...**
- ❖ **He can't do true service. He does service with selfish motto to attain name and fame.**

how

to

get rid of

ego





PSYCHOLOGICAL TECHNIQUES

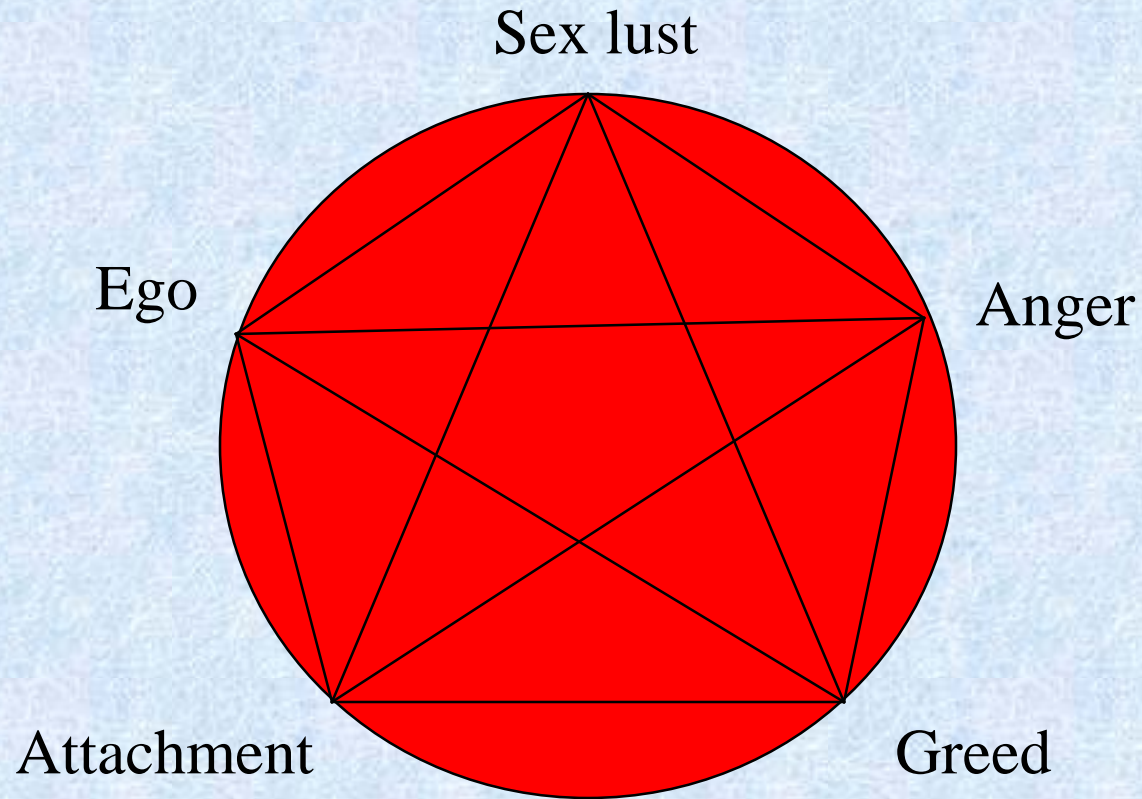
- ❖ **Always respect others from the depth of your heart in thoughts, words and actions.**
- ❖ **First introspect yourself whenever anyone draws your attention towards your mistakes and drawbacks and if he is right, accept it.**
- ❖ **Think yourself as an instrument of God. God is 'Karankaravanhar'. I am merely an instrument.**
- ❖ **Even when you are being insulted, keep your mind calm and quiet.**
- ❖ **Try to enhance your tolerance and accommodation power and never try to prove yourself to be always right.**



- ❖ **Whatever great achievements you get, always think it is due to blessings of God, Seniors and all others.**
- ❖ **Make a habit to do your work yourself as far as possible. It brings egolessness.**
- ❖ **Listen to the advice of elders and accept it if it is right and beneficial to all.**
- ❖ **Always have the attitude to learn from everyone.**
- ❖ **Try to give credit to your superiors, subordinates and colleagues for the success of the work even if it is exclusively done by you.**
- ❖ **In any struggle, don't fight but be humble. By adopting this attitude the other person would also become humble.**

Spiritual and Yogic Techniques


Ego is one of the five biggest enemy of the mankind.



This five vices are interrelated with each other.

- ❖ Hence unless we put our effort to get rid of all these vices, it may not be possible to be free from ego.
- ❖ Very root cause of all these vices is body consciousness.
- ❖ To liberate our selves from these vices, the only way out is to stabilize our mind in soul consciousness.
- ❖ Ego free life also demands :
 - Positive thinking
 - Positive attitude
 - Positive emotions
 - Positive values like tolerance, introvertness, peace etc



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- ❖ **The Spiritual understanding and the Raj yoga meditation practice are the only total and gross tools to meet this demands.**

Because Raj yoga meditation is

- **An art of physical and mental Relaxation.**
- **A mental drill, which makes our mind strong, stabile and tranquil.**
- **An art of positive and creative thinking leading to the positive attitude and positive emotion.**
- **The only technique to stabilize our minds in soul consciousness which essential to be free from vices.**
- **The sadhana, which establishes the union of our own self, soul with almighty supreme soul, which in turn enriches our soul with powers, values, virtues and especially with trusteeship.**
- **A master key for self-realization, god realization and world realization which in turn leads to total self-transformation.**

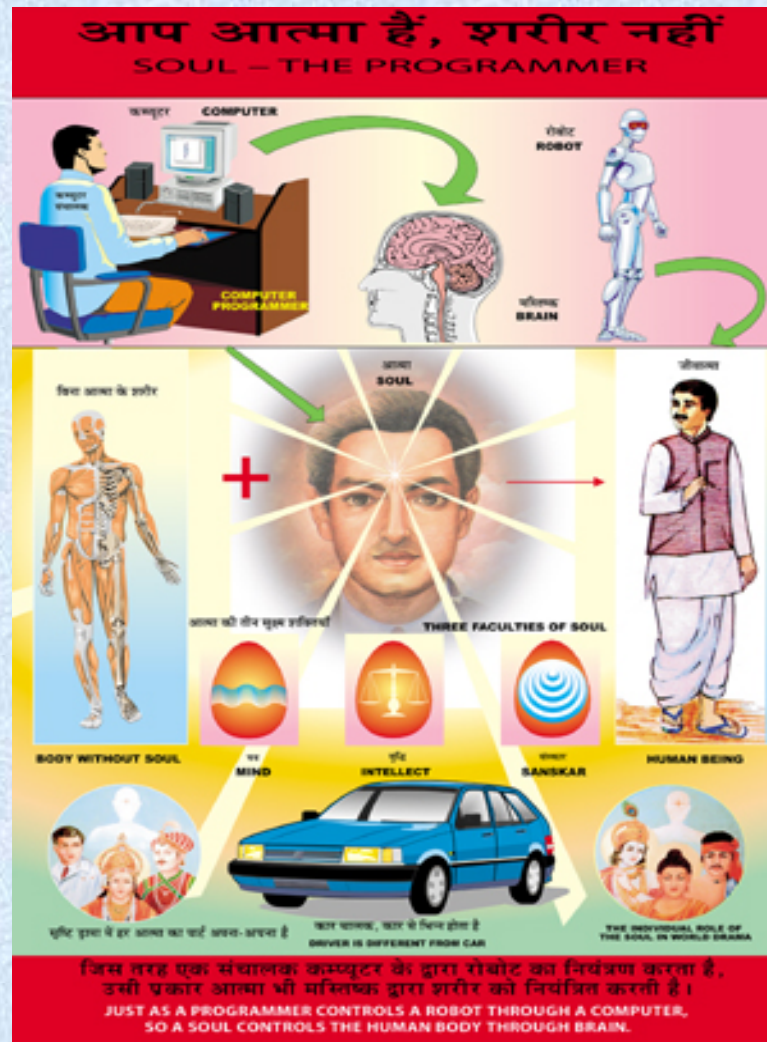
Major Steps of Rai Yoga Meditation

- ❖ **Physical and Mental Relaxation**
- ❖ **Withdrawal**
- ❖ **Concentration**
- ❖ **Introversion**
- ❖ **Introspection**
- ❖ **Self Transformation**
- ❖ **Self Realization**
- ❖ **Linking up with God**
- ❖ **God Realization**
- ❖ **Empowerment And Enrichment of Self**



Self Realization

Means knowing one's own self,



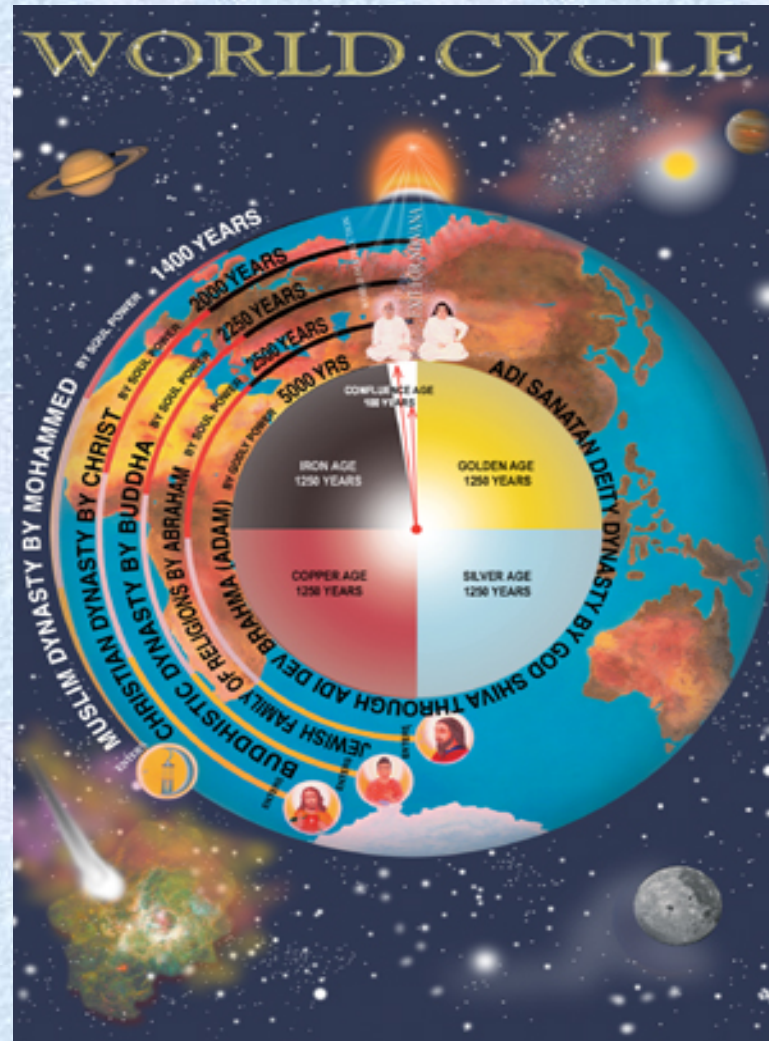
God Realization

Means having true concept of GOD,



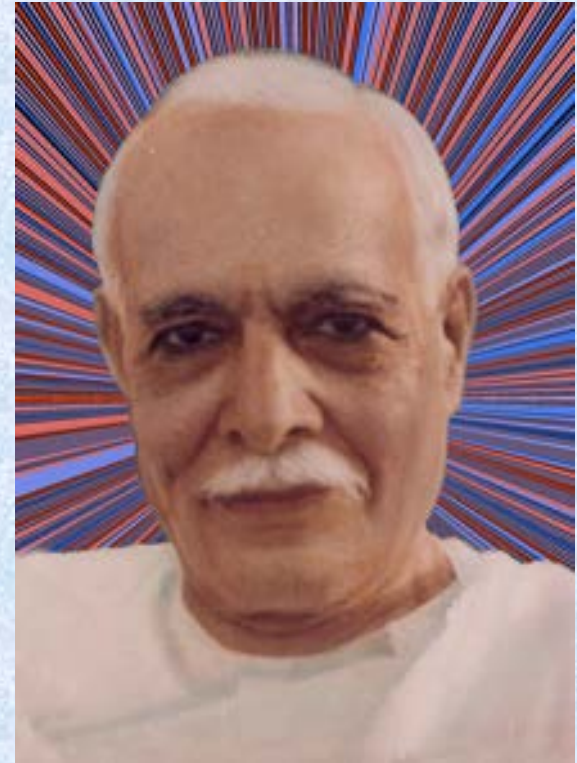
World Realization

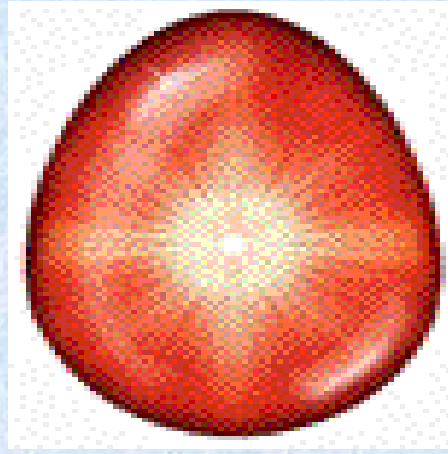
Understanding the eternal world drama and its principles,



THANK YOU VERY MUCH

**FOR YOUR ACTIVE
PARTICIPATION IN
THIS PRESENTATION.
WE HOPE YOU WILL
CONTEMPLATE OVER
VARIOUS POINTS
SHARED IN THIS
PRESENTATION AND
MAKE IT A PART OF
YOUR PERSONALITY.**





Om
Shanti