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Becoming Aware Of What Is Ego

Why should I go and first talk to him?



Why am I only always have to say sorry?

Why am I always have to surrender and keep quiet?

Why can't he ask me and do that work?

Why cannot he call me and tell this much?

Why did not he informe me in time?

Why can't my family people understand?

Why my parents always have to advise me?

How many of us have these type of questions and never understood the root problem?

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. These emotions play lot of part on our health too... and people feel sometime what is the reason why is he falling sick often? Why is that my sickness does not get resolved by any doctor?

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.

Like these, some people have ego for their self respect...

Some people have ego for their image..

Some people have ego for their children...

Some people have ego for their pets...

Some people have ego for their job..

Some people have ego for their business...

Some people have ego for their contribution...

Some people have ego for their home...

Some people have ego for their artistic skills...

Ego and expectations are somewhere connected and when not met upto their expectations, leads to irritation, frustration, anger, liver problem, diabetes, negative attitudes, negative beliefs, depression.... And a big cycle of negativities whose start point is never understood and the spiral circles are unending...

Have a very positive ego which can take you on the path of feeling happy, powerful, selfless, and free...

With Divine Guidance

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