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**WORLD EGO  
AWARENESS DAY**

“The Ego is a veil between  
humans and God’.”

Rumi

“The weak are dominated by their ego, the  
wise dominate their ego, and the  
intelligent are in a constant struggle  
against their ego.”

Hamza Yusuf

Per Dashavaikalika Sutra

*"mano vinayanasano"*

Ego ends humility

*"manam maddavaya jine"*

conquer ego through humbleness,  
politeness and sweetness.

Anger (Krodha), pride/Ego (Mana),  
Deceit (Maya) and greed  
(Lobha) add to demerit (Pap).

He, who is desirous of his own  
well-being, should completely give up  
these four passions



When we are filled with ego, we are filled with  
thoughts of our own selves. We compare  
ourselves to others, and make judgments that we  
are better than everyone else. We think we are  
more powerful than others. We may feel we are  
entitled to whatever we want. We may feel we  
are intellectually superior to everyone else, or  
that we are smarter than others.

The remedy for ego is selfless service. If we serve  
without any desire for gains for ourselves, then  
we are not thinking of ourselves. We are thus  
eliminating our ego.



The word "ego" is the Latin word for "I." Literally translated, ego means "I." ("I love you" in Latin is ego amo te.). Use of "ego" crept into psychology mostly through the work of Sigmund Freud. But, interestingly, the word, "ego" does not appear anywhere in Freud's extensive writings. He never used it. Rather, ego was a translation of what Freud, writing in German, called "das Ich"—literally "the I." In essence, Freud was referring to that conscious, decision making part of you that you regard as "I," as when you say "I dislike my mother" or "I decided to change jobs" or "I dreamt that my house was on fire last night." That is your I, your ego.

It is interesting to see how the sense of "I" became the ultimate source of joy or hate (due to false beliefs) and transformed lives for better/worse. Ego plays a leading role in nurturing our false belief about body resulting in a love-hate relationship with it for most of us. In the positive, it gives us a distinct personal identity that helps us fulfil our life purpose, allowing us to share our unique talents with the world while working out our karma. In the negative, the ego fools us into becoming overly identified with our bodies, thoughts, and emotions. This attachment tricks us into believing we are fundamentally not separate from our soul, which leads to suffering.

Thus ego / pride hinders us in realising our true souls. Thus, preventing us from attaining moksha. A Buddhist monk once said, "Enlightenment can come only after humility – the wisdom of realising one's own ignorance, insignificance and lowliness, without which one cannot see the truth."



# EGO



BY KISHOR B SHAH



Our scriptures state that if we give up these eight types of ego, we can live a life of humility that will be reflected in everything we do. This will manifest in us as:

- Become considerate and tolerant of others.
- Speech becomes softer and courteous, not aggressive and without malice.
- Start seeing the good in others rather than their negative side. Learn to respect others as our equals – soul to soul.
- Minimise comparing ourselves with others.
- Replace “I” with “We”.

Just as trees rich in fruits hang low to provide fruit to the passer-by and monsoon clouds full of water come down towards earth as rain, we should develop a natural tendency for benevolence. Whatever great work we may accomplish will be undone if we are full of ego and pride about our achievements.

Mahavir said, “Become victorious over ego by humility”. Mahavir was once asked *“What do we achieve by practicing humility?”* Mahavir replied, *“with humility our inner feelings become purified and such inner feelings eradicate the eight types of ego.”*

According to Jain philosophy the eight types of ego are:

- ego of knowledge,
- ego of worship,
- ego of family,
- ego of race,
- ego of power/strength,
- ego of superhuman attainment,
- ego of austerity
- ego of body.



## Eight Egos by Reena Shah

**4 EGO OF KNOWLEDGE** stems from the fact that one's knowledge in various fields, scriptures are superior to others' knowledge. If one gets the opportunity to learn from teachers, guru or learned ones, that knowledge should be implemented in practicing humility and other virtues, instead one stops learning by developing arrogance and disrespect for people who have not had this opportunity.

**EGO OF FAMILY** stems from the belief that one is superior to others because of members of his/her family are great political figures, renowned saints, famous athletes, or scholars. Eventually the person gets disillusioned, and may start resenting his/her own family, falls prey to all the vices that are harmful to the soul.

**EGO OF AUSTERITY** is the belief of a person that since they practice penance, fasting, meditation they are tapasvis of higher nature and they look down upon other people.

**EGO OF SUPERMAN ATTAINMENT** is the result of a person's belief that they are supreme since they have superhuman abilities, such as ability to walk on water or fire, flying, telepathic sight, hearing and other psychic powers through self-control or other means.

**EGO OF RACE** is the false pride of person that may have ancestors that are from a noble family or a respectable race or caste. They consider people with other races as inferior to themselves.



**EGO OF WORSHIP** is the result of excessive pride from the belief that if one possesses several types of humans and superhuman virtues, his/her fame may spread all over the world and he/she may gain admiration and worship from leaders and scholars, from the rich and the famous, and might become arrogant and look down upon people who may not have these virtues.

**EGO OF POWER/STRENGTH** stems from the belief that a person is superior to others because of their physical strength or because of the status they get due to their achievements in athletics, sports, performing arts etc. They may abuse such power in causing harm to others or consider themselves as supreme.

**EGO OF BODY** arises from the notion that since one is blessed with fine facial features and body, they are superior to others who may not be as fortunate as them. In the renowned story of Bahubali and Bharat, Bahubali might have killed his brother Bharat due to the ego about his body.



# WIN ONE, WIN ALL A LESSON WITH GAUTAMSWAMI



One day, a monk came to Gautamswami and asked him, "Oh Swami, how can you keep calm amongst your enemies, how then can you conquer them?" Gautamswami sweetly replied, "First I win one enemy, then I conquer four. After that, I conquer ten enemies, the rest of the enemies disappear after seeing this ".

The puzzled monk then inquired on who these enemies were. Gautamswami said, "The most terrible enemy is our own ego. If you win that, you will win four more: Anger, Deceit, Pride and Greed. After that, you will be able to win over all the good and bad things associated with the five senses, that is the temptations relating to good or bad hearing, seeing, smelling, tasting and touching. When these ten are conquered, the other enemies cannot stay and are forced to disappear."

The monk asked a final question, "There is a poisonous plant in one's own heart. It grows and also bears fruit. How can you destroy this plant?" "Well, you must root it out, so it does not bear fruit," answered Gautamswami. This plant is called "Desire". Desire for material comfort and desire for worldly pleasure have to go to get ultimate bliss.

*Get rid of your ego and speak in a manner that soothes not only others but also yourself  
.... Kabir*



*Destroy your ego if you wish to attain something significant. it is only when the seed meets ground that an orchard is born.*

*.... Unknown Poet*

