



Ego can result in a loss of discretion and civility, which can be disastrous. Ego is linked to conceit, pride, arrogance, self-admiration, and self-centeredness. Eight categories of ego are listed in Jain scriptures: accomplishments, physical prowess, race, intelligence, wealth, physical strength, appearance, penance, and family. Our ego grows when we believe we have accomplished something amazing, making us conceited and obnoxious. On the other hand, our ego collapses when we receive criticism and fail to grow from it, upsetting and harming the people we care about.

One way to deflate our ego is to recognize that there is always someone better than us, regardless of our wealth, power, knowledge, talent, or appearance. Karma theory teaches that our arrogance and good fortune are the fruits of our past karmas, which could all disappear one day.

Respecting all life and human beings is crucial in Jainism, as all souls are equal. Any temporary perception of superiority should not blind us and make us arrogant.





Humility brings good thoughts, where there is no room for pride or ego and generates respect and cooperation. We can reduce our egocentrism through selfless service and humility.

- Mahavir said, "Become victorious over ego by humility." He was once asked "What do we achieve by practicing humility?" to which he replied, "With humility, our inner feelings become purified and such inner feelings eradicate the eight types of ego."
- "If we practice gratitude as opposed to maintaining an attitude of entitlement, we'll automatically extend inspiration wherever we go. Being grateful helps remove the influence of our egos, which is certain that we're better than everyone else. An attitude of gratitude allows us to adopt the radical humility that's very persuasive in helping others connect with the Spirit that unites us all. Gratitude and humility send signals to all who meet us that we're all connected to something larger than life itself." ....Dr. Wayne W. Dyer
- "We are what we repeatedly do. Excellence, then, is not an act, but a habit." ....Aristotle ...then so too is Ego, a habit.
- "The most common ego identifications have to do with possessions, the work you do, social status and recognition, knowledge and education, physical appearance, special abilities, relationships, person and family history, belief systems, and often also political, nationalistic, racial, religious, and other collective identifications. None of these is you." .... Eckhart Tolle

