

## INTERNAL STATE

## THE LIMITED EGO AND SPIRITUALITY



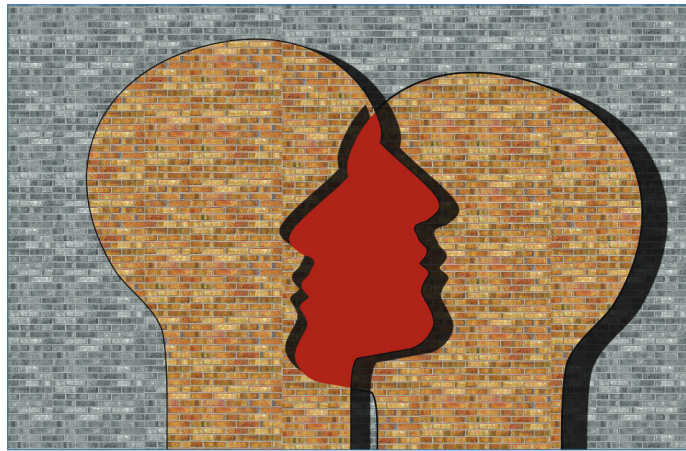
KEN O'DONNELL

The limited ego is the mediator or gatekeeper between my deep internal state of being and the external world. Although the vibrational frequency of all signals that emerge from my deeper internal state may start out as positive, they lose power as they make their way through the limited ego filter/gatekeeper. Then I find myself unable to follow through on a pure, positive intention. The limited ego creates a sense of identity on the basis of physical aspects such as nationality, culture, religion, gender, profession, posses-

sion, marital status, and so on.

Even traces of a limited physical identity will keep me seeking a sense of accomplishment and pride on the basis of what I do and what I have. I will then find it difficult to think of myself as a child of God. The limited ego cannot really love itself, so self-respect is continually undermined.

The limited ego's source of fulfilment is physical sensations. An attraction to the temporary pleasures of the world is strengthened and reinforced by the limited ego. Then I crave or rely on pleasure from worldly sources and the soul is unable to fulfil the spiritual craving underlying it. Limited ego stops me from having an intense desire for spiritual development and using it to overcome my attraction to sense pleasures. The limited ego constructs pride on the basis of acquired knowledge. It believes that to KNOW is to BE, that ideals are reality.



The limited ego isolates me from others and maintains an illusion that I am separate.

The limited ego builds castles on the basis of very little and expresses itself as subtle arrogance in my thoughts, attitudes, and behaviour

in relation to others. Then I am unable to have caring feelings for others.

The limited ego prioritizes activities on the basis of a

false scale of values. So, I am left having gained the world but losing my soul. The limited ego keeps me busy pursuing things that add no

value to my divine development but convinces me they do. The limited ego shifts my perception of my environment, so I see value in activi-

ties that reinforce ego. Ask the self: "How many things do I still do or chase that do not add value to my spiritual development?"

The limited ego makes true things appear false and false things appear true. The limited ego distorts everything I do to add emphasis/drama and make it more interesting. I begin to live inside the story it creates and am unable to accurately discern what is real and false in my actual environment.

The limited ego isolates me from others and maintains an illusion that I am separate. This illusion allows the limited ego to judge and organize me and my life around things that interests it. Slowly I forget the natural beauty of the experience of the consciousness of 'we' or 'us' and dig an even deeper hole for myself to hide in.

The limited ego creates a false sense of security in things that ultimately do not give me real support. The limited ego creates dependencies on people, pos-

sessions, and positions for my sense of well-being. The limited ego leads me to believe that I am indispensable or essential. Fear of losing things that I am dependent upon becomes a subtle limitation and produces many mind games. Ask the self: "If I lost all the things or people to which I feel dependent, I would still exist. What would be my experience?"

The limited ego restricts and interferes with my spiritual development because it knows/suspects that this will ultimately lead to its extinction. The limited ego convinces me to make excuses like 'it's human to make mistakes.' The limited ego creates doubts about the possibility of self-transformation and undermines my discipline. Ask the self: "What are the excuses (self-lies) that I frequently use so as not to make the necessary spiritual effort?"

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## MORALITY

## CHANGE OF ATTITUDE THROUGH PURITY



B.K. SHEILU

Purity – in intention, thoughts, words, and actions – is the key characteristic of a great soul. The basis of purity is determination – to maintain an elevated consciousness. This may involve being discerning about what we watch, read, and listen to, and how we spend our time. The aim is to change our attitude and behaviour.

The higher the aim, the greater the joy and satisfaction when we achieve it. Conversely, if we fall

short, there is disappointment. Purity is the foundation of lasting peace and happiness. So, whenever our experience of peace and joy diminishes, it is a signal that there is a lack of purity in our thoughts, words, actions or intentions and attitude, so we can check where we are lacking.

We may know a lot, and be clever and hardworking, but if we are still unhappy, it is usually because of being careless about our wasteful thoughts, words, and actions. We know that thinking unnecessarily about a situation or of someone's faults will burden the mind and waste our time, but we are unable to stop it. Instead, we create a chain of thoughts: "This is not the way it should be", "How could they do that?"

We have waste thoughts, and are unable to stop them because we forget that each person is unique, with their own back-



Changing our perspective in response to situations indicates progress, not weakness.

ground, circumstances, and challenges, and they act accordingly. This is the main reason for this lack of power to control the self – and not be able to utilize our knowledge to change our attitude and behaviour.

When it is suggested to someone that they change their way of thinking instead of complaining, some people say, "I have to be the one to adjust and tolerate all the time." Even if that is true, doing so is not a sign of weakness – it is a step towards greater strength and maturity.

We may find it difficult, and think: "I am not doing anything wrong that one is wrong." We forget that if someone has made a mistake, the best we can do is to have good wishes for them, give them the strength and courage to change. Criticising, complaining, or gossiping about it helps no one. If a situation requires us to change our perspective, it does not mean we have come un-

der its influence. Changing for the better in response to people or situations indicates progress, not weakness.

When any situation arises, we can remind ourselves that we have to maintain an elevated state of mind and respond in the best possible way. That helps us to see the situation as a detached observer, have greater self-control, and think of the right way to deal with it. Those who do this are rewarded in many ways – there is the joy and satisfaction of having dealt with something in a positive way, and there is appreciation, even gratitude, from others. When we preserve the purity of our mind in this way and act on the basis of it, our attitude and behaviour gradually change and elevated actions become natural for us.

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## SELF CONTROL

## It is time for discipline



ARUNA LADVA

When we keep a daily discipline for the self and stick to that practice, be it through meditation, prayerful presence or silent reflection, these disciplines help to keep our mind anchored during the day. This helps to inhabit a state of conscious awareness. We become aware of our thoughts, and by using a subtle process of checking and changing those thoughts, we will be able to create stability in our inner life, despite the lack of certainty and stability in our outer world. When we do not have awareness, we find ourselves falling into negative states of thinking like, overthinking, worry, anxiety or even depressive thoughts. These are heavy and low-

frequency thoughts that will definitely deplete our energy.

"All of humanity's problems stem from man's inability to sit quietly in a room alone."

- Blaise Pascal

All thoughts are energy vibrations that go out into the field of the universe. It is like we are in a game, living in an interactive play station. When we change the quality and quantity of our thoughts, we can change the quality and experience of our life, because everything is connected at an energetic level. High-frequency thoughts and feelings, those of love, compassion, acceptance and appreciation, will automatically give us an uplift in life – they create a light vibration. Equally, low-frequency thoughts of anger, ego, depression and fear will put us on a downward spiral. The law of energy, the law of attraction is that whatever we give out will attract the same back to us.

"Reality is created by the mind; we can change the reality by changing our mind."

- Socrates

It is good to know what is influencing our mind. Our habits are a result of repeated



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patterns and behaviours, we may call it our nature, but this is a product of our thoughts, words and actions. These habits are based on our beliefs. Therefore, we need to be aware of how our beliefs are influenced by our education, media, propaganda, because basically, whatever we mentally and emotionally digest will affect our thinking. This is why we have to take care of our mind

and make sure that we do not overload our minds with unnecessary information, and that is quite a challenge nowadays, in the era of information overload.

Sometimes it is good to take a little time out and review the contents of our mind, to see where we are sitting in this frequency field? This is a simple process of checking. Check the quality and quantity of your thoughts.

- Are your thoughts of high or low quality and frequency?
- What is the benefit of a positive thought? Can you make a list?
- What is the consequence of a negative thought? Make a list of that too.

Spirituality is all about light. Spiritual light puts us on a high vibration. This brings a lightness of mind, a lightness of nature and

of being-ness. Practising a discipline and routine will help us on our journey. Find a practice that suits you and stick to it. The regularity and consistency of doing so will bring rewards in no time. We cannot afford to be wishy washy in our focus or our effort. We need to create more time and space in our day to allow more light to come into our lives, and meditation is a good tool for this.

Rajyoga meditation is all about disciplining the mind. Discipline does not mean rigidity. In fact, quite the opposite. Once a discipline is set, then one can be flexible, by knowing one's limits and boundaries, which brings trust in the self. It is a lot like building the core muscles when exercising or doing hatha yoga, because then one can bend, and flex as needed without any strain or injury. Magically then, discipline in one area of your life will spread to discipline in all areas.

So, start ... somewhere ... anywhere...  
Aruna Ladva is an author and Rajyoga meditation teacher based at the Global Retreat Centre, Oxford, UK.

## A THOUGHT FOR TODAY

Motivation is driven by a goal, for example 'to win the race'. If I fail to win the race, does my hope and self-belief falter? Pure intentions give me the resilience to carry on. If my intention is pure, then win or lose, I will carry on with self-respect. Today let me check my intentions.