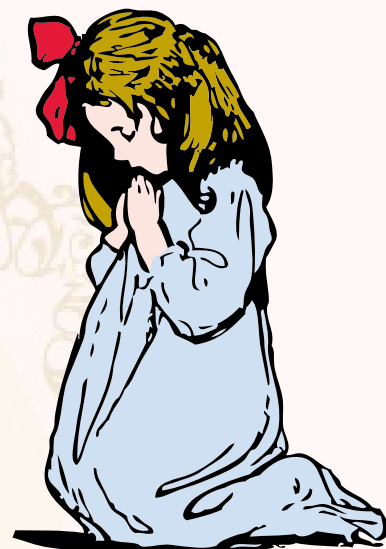


# Day 11: Practicing Humility to Diminish Pride



A Guide by  
Shree's Essencia

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# Day 11: Practicing Humility to Diminish Pride

**Purpose:** To understand how pride arises from the ego and cultivate humility to reduce the sense of superiority.



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## 1. Understand the Concept of Pride (Ego and Superiority Complex)

- **Action:** Pride is often born from the ego, where we inflate our self-worth and look down upon others. It's a feeling of superiority that creates separation and blocks our spiritual growth.
- **Simple Explanation:** Pride = A sense of self-importance, where we feel superior to others or better than our circumstances. It leads to arrogance, judgment, and a lack of connection with others.
- **Example:**
  - "When I receive compliments, I may feel that I am more capable than others. This sense of superiority can lead to a lack of empathy and judgment toward others, as I place myself above them."

## 2. Recognize Moments of Pride in Your Life

- **Action:** Reflect on moments when you felt superior or prideful.
- **Ask yourself:**
  - When did I feel I was better than others?
  - Was there a situation where I looked down on someone or felt a need to show off?
- **Write down three specific moments from the past week where you noticed pride in your behavior or thoughts.**
- **Examples:**
  - "At work, I felt proud of my presentation and started feeling that my colleagues were not as skilled as I am in making a good impression."
  - "During a conversation with a friend, I couldn't resist boasting about my accomplishments, making sure they knew about my recent achievements in order to gain their admiration."

- "I noticed myself looking down on a person who was struggling with their work, thinking I could do a much better job without considering their circumstances."

### 3. Practice Humility in Daily Life

- **Action:** Humility can be practiced through self-awareness, gratitude, and by respecting others as equals.
- **Today, focus on the following practices:**
  - Speak less about your own accomplishments.
  - Actively listen to others and show interest in their experiences.
  - Offer a genuine compliment to someone without expecting anything in return.

- **Example:**

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- "Today, instead of talking about my recent promotion, I chose to ask my coworker how their week was going and listened attentively to their response."

## 4. Set an Intention to Respond with Humility

- **Action:** When pride arises, pause and consciously shift to humility.
- Next time you feel superior or have a moment of pride, intentionally respond with humility.
- **For example:** If you feel tempted to boast about a personal achievement, choose to compliment someone else or acknowledge the contributions of others instead.
- **Example:**
  - "When I felt the urge to share my recent success with a friend, I decided to listen to their story instead and offered them encouragement for their own efforts."

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## 5. Evening Reflection (Journaling)

- **Action:** Before ending your day, write down your reflections on how you practiced humility. Here are some questions to guide your reflection:
- **How did it feel to practice humility today?**
- **Example:** "At first, I felt uncomfortable not talking about my accomplishments, but as the day went on, I felt more connected to others and less focused on proving myself."
- **What moments of pride did you notice in yourself today?**
- **Example:** "I noticed my pride creeping up when I compared myself to others during a meeting. I realized I was trying to appear more knowledgeable."

- **How did you shift from pride to humility in those moments?**
- **Example:** "I stopped myself from speaking and instead focused on listening to my colleague, acknowledging their great ideas."
- **Did you feel any discomfort or freedom in practicing humility?**
- **Example:** "It felt humbling and freeing, knowing that I didn't need to assert my superiority to feel good about myself."
- **What did you learn about yourself today regarding pride and humility?**
- **Example:** "I realized that my pride often stems from insecurity, and that embracing humility makes me feel more grounded and at peace with who I am."

## **Guided by Bhagavad Gita Wisdom:**

Humility is one of the most important qualities for spiritual growth. Krishna speaks of humility as a divine quality that leads to wisdom in the Bhagavad Gita (13.8-12). These verses describe humility, non-violence, and tolerance as key virtues that help us transcend pride and recognize the unity in all beings. Humility helps us dissolve ego, see our interconnectedness with all beings, and align with our divine nature.

## **Relevance:**

By practicing humility, we learn to release our ego, diminishing pride and connecting with the divine presence in everyone. This fosters unity, compassion, and spiritual growth.

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## End of Day 11:

### Summary:

- Today, you focused on identifying moments of pride and practiced shifting toward humility.
- You learned that humility not only reduces ego but also fosters deeper connection and understanding with others.



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*Thank you!*

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