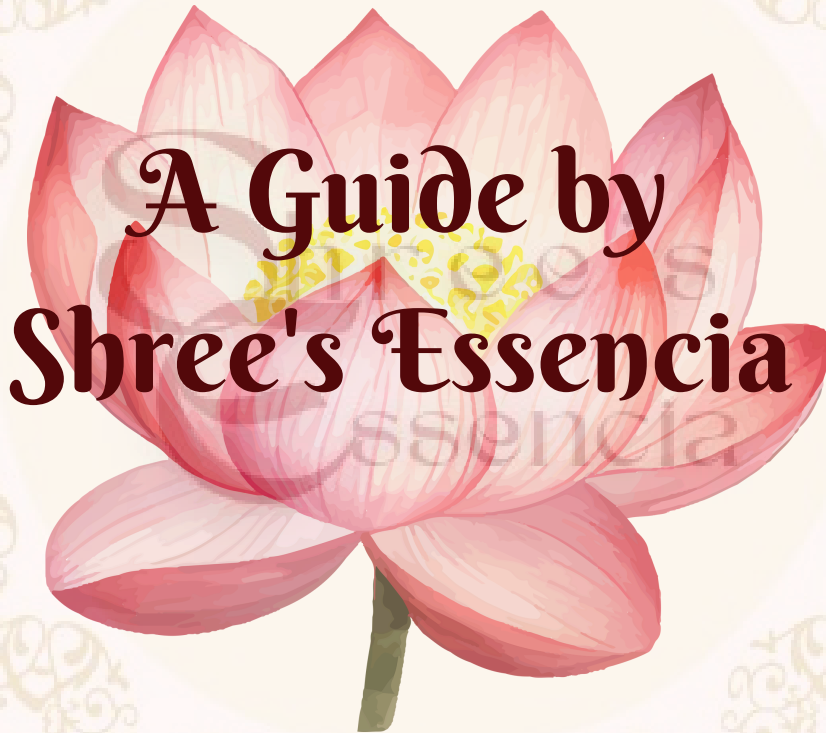


Day 4: Recognizing Pride (Ego and Superiority Complex)

A Guide by
Shree's Essencia



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Day 4: Recognizing Pride (Ego and Superiority Complex)

Purpose: To recognize how pride and the ego can lead to feelings of superiority and separateness, and begin the purification process by embracing humility.



AWAKEN YOUR SUPREME ESSENCE

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

- **Action:** Pride arises when we inflate our self-worth, often by comparing ourselves to others. It can lead to a sense of superiority, where we view ourselves as better or more important than others.
- **Simple Explanation:** Pride = When we feel elevated or superior to others, often based on our achievements, knowledge, appearance, or status.
- **Example:** "I felt proud when I received praise for my work, but the pride made me look down on others who didn't achieve the same. I began to think of myself as more capable and deserving."

AWAKEN YOUR SPIRITUAL ESSENCE



2. Identify Moments When You Feel Proud

Action: Reflect on situations in the past week where you've felt a sense of superiority or pride.

- **Ask yourself:**

- When have I felt like I was better than others?
- What accomplishments or qualities do I sometimes feel proud of to the point of arrogance?

- **Write down 3 situations in the past week where you felt pride or superiority.**

- **Example:**

1. I felt proud when my team congratulated me for finishing a project ahead of time.
2. When I compared my lifestyle to others, I felt superior for having more material possessions.
3. I noticed a sense of pride when I could easily solve a problem that others struggled with.

3. Recognize the Root Cause of Your Pride

Action: Reflect on what made you feel proud or superior in each of the situations you listed.

- **Ask yourself:**

- What did I accomplish or possess that made me feel superior?
- Why did I compare myself to others in this way?

- **Note:** Pride is often linked to external validation or a sense of achievement. When we feel that our accomplishments or status make us better, the ego inflates.

- **Example:** "When I finished the project early, I felt proud because I believed it made me look more efficient and valuable compared to my colleagues. The sense of accomplishment led to feelings of superiority."

4. Observe Your Reactions to Pride Throughout the Day

Action: For the next 12 hours, pay attention to any moments when you feel a sense of pride, superiority, or ego-driven behavior.

- Notice if you compare yourself to others or feel like you deserve more recognition.
- **Pause and ask:**
 - Is this pride arising from my own accomplishments or a sense of superiority?
 - Am I trying to elevate myself by putting others down or feeling better than them?
- **Write down any moments of pride you experience during the day and reflect on their cause.**
- **Example:** "When I got praise from my manager today, I noticed a surge of pride. I immediately thought about how much better I was at my job compared to my teammates. I realized this pride was rooted in ego and comparison."

AWAKEN YOUR SPIRITUAL ESSENCE

5. Set an Intention to Respond with Humility

Action: Choose **one moment** from the day where you felt pride and set the intention to respond with humility next time.

- Instead of letting your ego inflate, practice being humble by acknowledging the contributions of others or recognizing the collective effort.
- **Example:**
 - "Next time I receive praise, I will acknowledge the team's effort as well and remind myself that there is always room to grow and learn, rather than thinking I am superior."

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6. Evening Reflection (Journaling)

Action: Before ending your day, reflect on your experience with pride and ego. Here are some examples to guide you:

- **How did it feel when you identified the source of your pride?**
- **Example:** "I realized that much of my pride came from comparing myself to others. When I understood this, it helped me let go of the need to feel superior."
- **Were you able to identify moments when your pride led to arrogance or superiority?**
- **Example:** "I saw how I felt superior when I finished a task quickly. Instead of feeling proud of my speed, I now recognize that everyone has their own pace and journey."

- **How did your reactions to pride change after becoming aware?**
- **Example:** "After recognizing my pride, I chose to remain humble in my interactions. Instead of boasting, I expressed gratitude for the opportunity and the help I received."
- **Did you feel any sense of relief by letting go of your pride?**
- **Example:** "Yes, I felt lighter when I stopped comparing myself to others. It was freeing to recognize that humility is far more powerful than pride."
- **What is your takeaway about how pride and ego affect your relationships with others?**
- **Example:** "I learned that pride creates separation. Humility, on the other hand, brings me closer to others by appreciating their worth and contributions."

Guided by Bhagavad Gita Wisdom:

Pride arises from the ego, where we see ourselves as superior to others. Krishna speaks about humility as a divine quality in the Bhagavad Gita (16.3), which purifies the soul. He also warns against arrogance, pride, and the harmful effects of an inflated ego in verses like 16.4 and 16.18. Humility and the absence of pride help in purifying the soul and leading to spiritual growth.

Relevance:

Acknowledging pride in ourselves helps us soften our ego and develop humility, which is a crucial step in inner purification.

AWAKEN YOUR SPIRITUAL ESSENCE

End of Day 4

Summary:

- Today, you recognized how pride and ego can create a sense of superiority and distance from others.
- You practiced responding with humility and detaching from the ego-driven desire for recognition. This is an important step in purifying your mind and emotions, fostering deeper connections with others.



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