

Alma Mater Values

Voice of Love

Alma Mater is an evolving consciousness with a vision to awaken humanity. Alma Mater has been mentoring hundreds of thousands of people on holistic living. Alma Mater Values expound timeless wisdom in the simplest of words. Here is another pearl of wisdom from Alma Mater, an organisation which truly is the only one of its kind.

I understand, “When ego comes, everything else goes.”

The first major thrill after one learns cycling is to take the hands off the handlebar when the cycle is still in motion. The craving is not for the act, but to get noticed. In fact, the eyes wander with longing to see if others have noticed you perform the act. Everyone goes through this phase of life where the ego drives one to do anything and everything only to get noticed and recognised. It is a phase when good is good only when it gains attention; even bad is good if it can draw attention, and ironically, even good is bad if it fails to attract attention. The ego survives on gaining attention. But then, one must outgrow that phase of life.

It is disheartening to see that so many adults, so-called successful people, celebrities included, continue to do things only to seek attention. They never outgrow the clutches of their ego. True, ego can be a source of motivation; but then, ego is a very poor motivator. By its very nature, ego needs feeding; and hence it is a perpetual beggar. The problem with ego is that when ego is fed, you struggle with a superiority complex, and when ego is starved, you suffer from an inferiority complex. Either way it robs you of your peace of mind. The price ego asks of you to be your motivator is your peace of mind. Why would you sell your hair to buy a comb? It is suffice to know you are holy; there is no need to feel holier than thou...

How often, instead of killing our ego and developing a relationship, we kill the relationship and develop our ego. How many precious relationships must have been lost in order to satisfy one's ego? How many golden opportunities must have been missed while you were busy servicing your ego?

An ego-filled heart is always walking on fire. Every moment is heavy, every situation is nerve-racking and every interaction is tense. Never can there be a moment of marriage between ego and ease. With ego, you are struggling all the time to win over the situation; you want to get the better of others. When you transcend ego, you just want to win over yourself; you want to make the most of your own potential. It is you versus you and not you versus the rest.

A crow which was carrying a piece of meat in its beak found itself being chased by all the other birds. It dropped the piece of meat and all the birds went after the meat. Now, alone in the sky, the crow remarked, “In losing that piece of meat, I gained the freedom of the skies.” Drop the piece of meat - ego, and gain the freedom of peaceful living.

When ego comes, everything else goes. When ego goes, everything else comes. Let your ego, go. How to let go of ego? Simple! Value your peace above everything else.