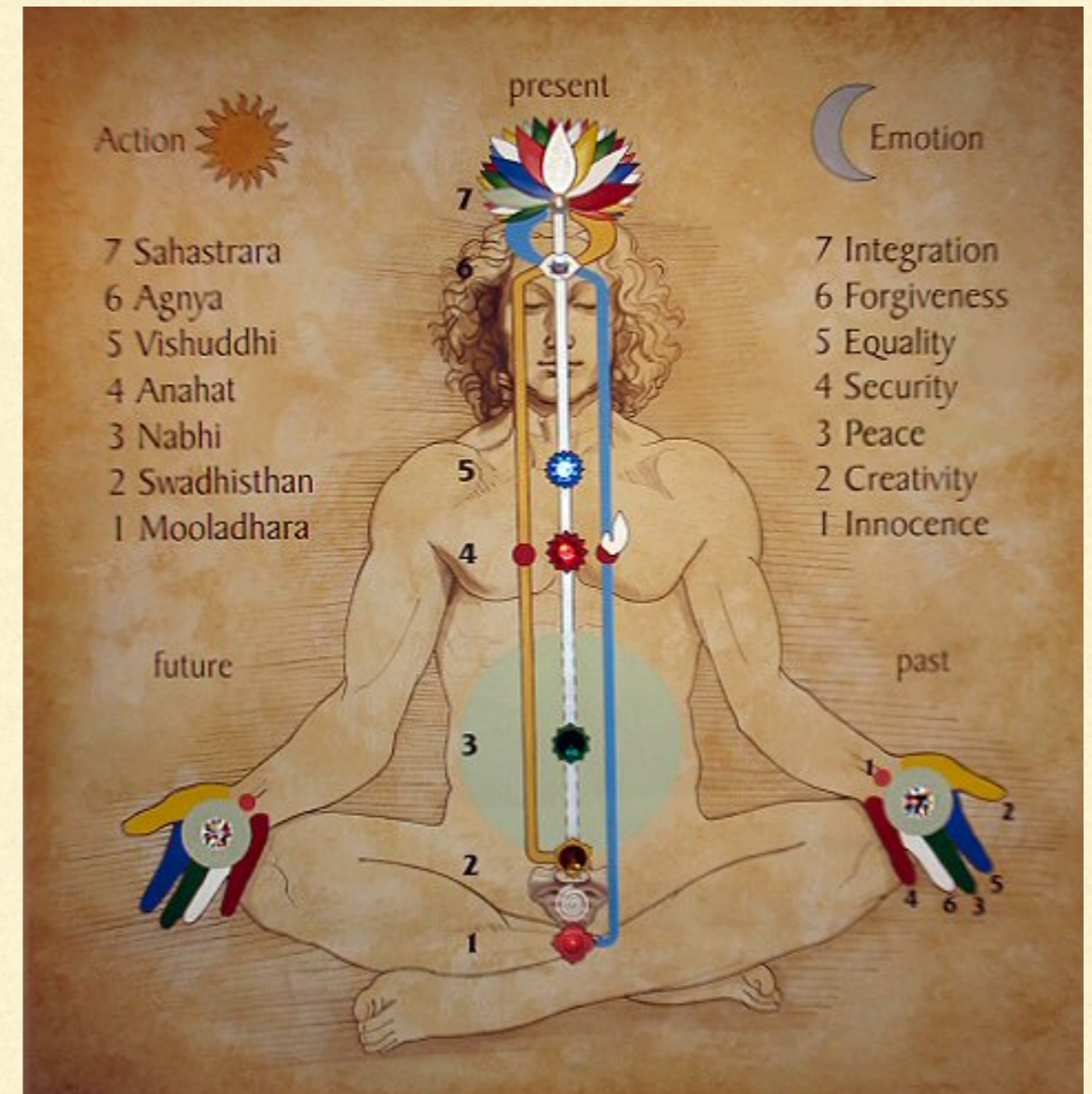


AGNIYA

Week 4: Ego & Superego

AGNYA CHAKRA

FORGIVENESS, HUMILITY & COMPASSION



Action 

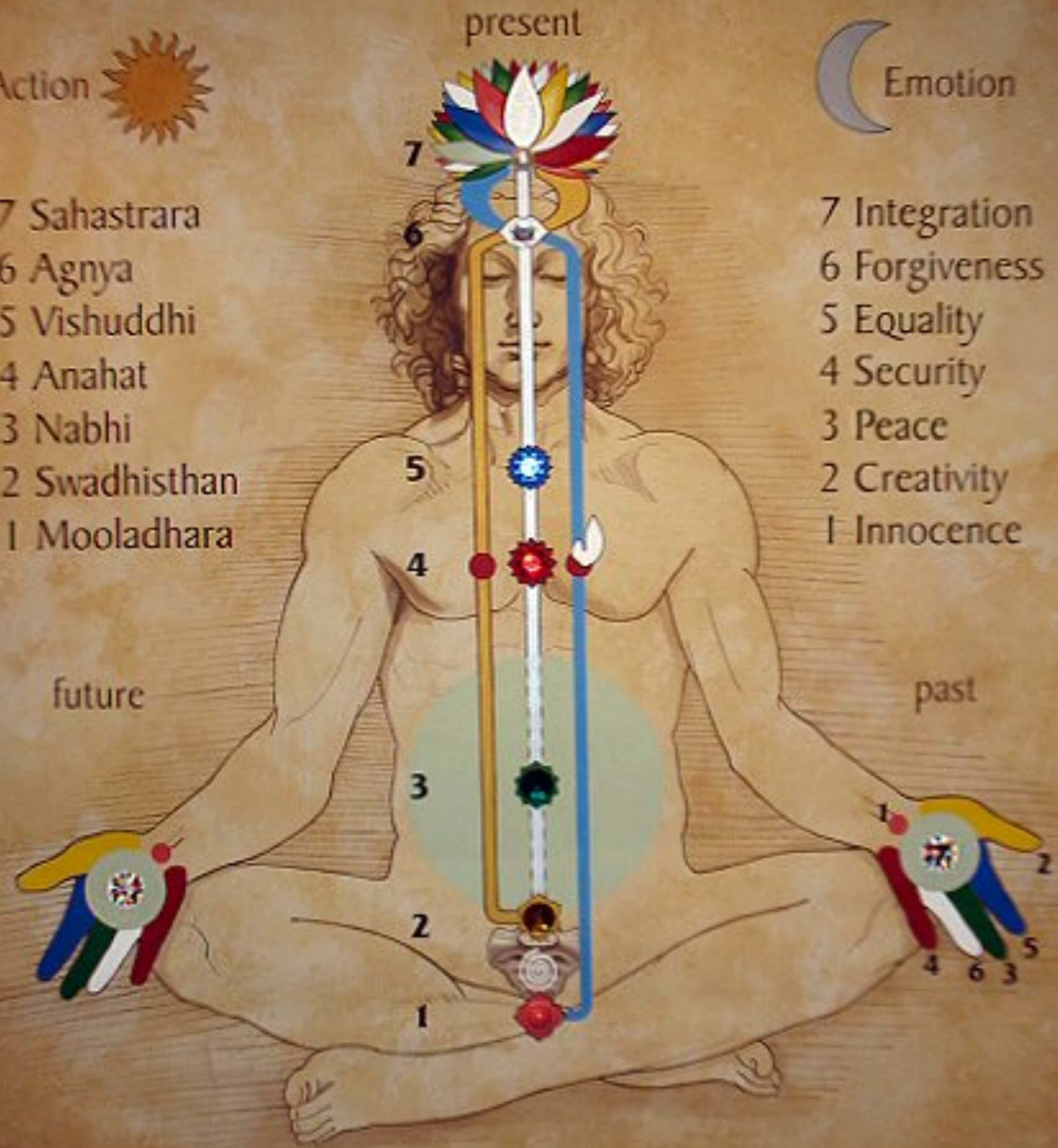
 Emotion

- 7 Sahastrara
- 6 Agnya
- 5 Vishuddhi
- 4 Anahat
- 3 Nabhi
- 2 Swadhisthan
- 1 Mooladhara

- 7 Integration
- 6 Forgiveness
- 5 Equality
- 4 Security
- 3 Peace
- 2 Creativity
- 1 Innocence

future

past



QUALITIES

- Forgiveness
 - Thoughtless awareness
 - Humility
 - Compassion
-

“We always see the ego of another person, never of our own. We never think that something is wrong with us. We always think that something is wrong with the other person. This is the first sign of the ego, that you never see your ego, what is wrong with you, how you behave, how you treat others. What do they think about you?”

– Shri Mataji



EGO

Collective & personal identifications;

- Nationality
 - Social class
 - Position
 - Profession
 - Possessions (or lack of them)
-

HOW TO FREE THE EGO?

1. Be aware of it, recognise it

Awareness is the power that is hidden within the present

Awareness and ego are incompatible

All you need...

Is the light of consciousness

YOU ARE THAT LIGHT

HOW TO FREE THE EGO?

2. Laugh about it

3. Forgive

4. Open your heart

5. Meditate

Watch out you can't fight (or suppress) the ego...

SUPEREGO

Conditionings:

- Habits
 - Thought patterns
 - Emotional patterns
 - Based on past experience
-

HOW TO FREE THE SUPEREGO?

1. Be aware of its existence
 2. Laugh about it
 3. Forgive our emotions and let go
 4. Be the witness, see the play
 5. Don't react (don't fight, don't criticise)
 6. For that we need
 7. Thoughtless awareness, meditation and ...
-



Action 

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“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.”

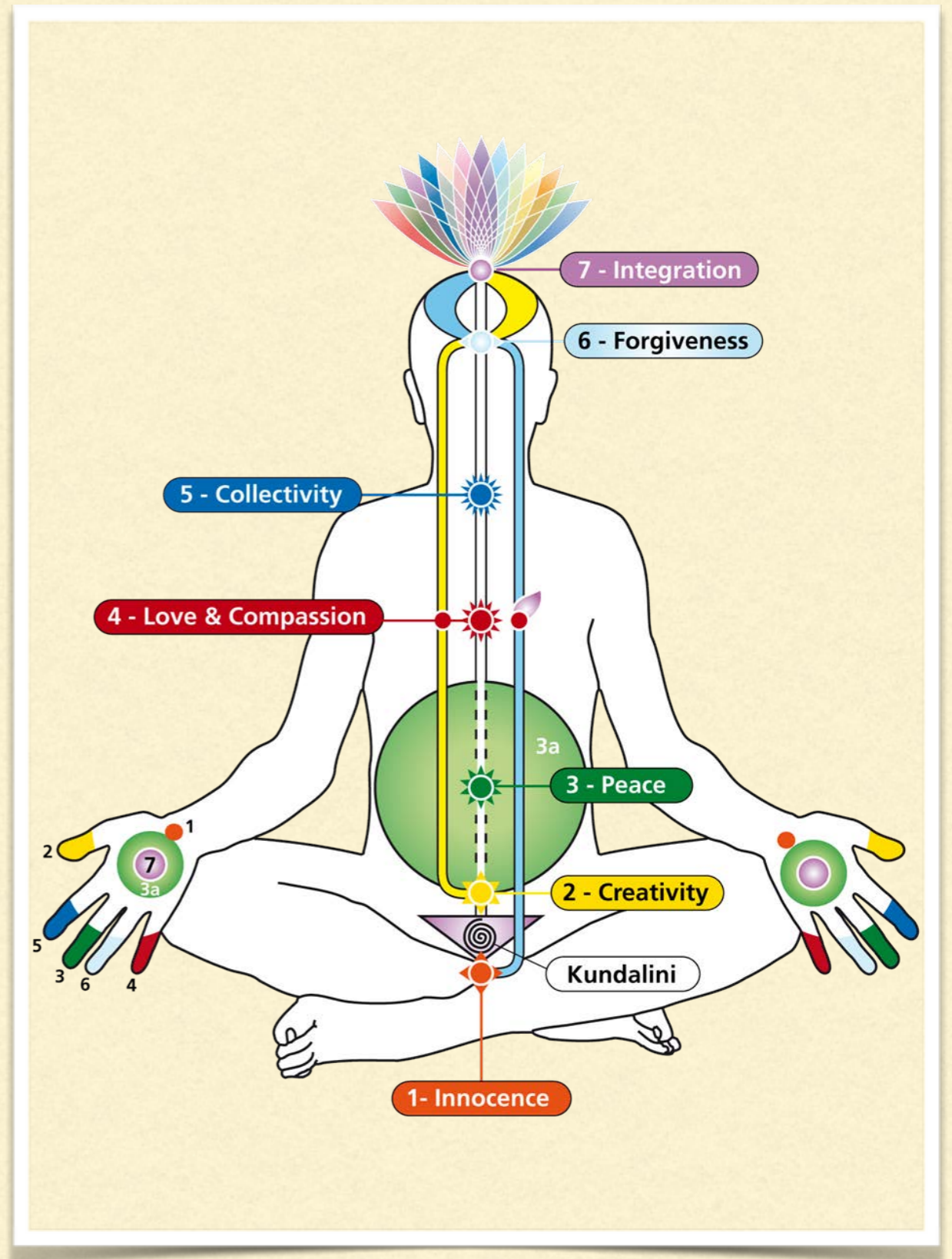
– Matthieu 7,13





What is it actually?

THE NARROW GATE



FORGIVENESS

HOW TO FORGIVE?

*FORGIVENESS IS THE POWER TO LET GO OF
ANGER, HATRED AND RESENTMENT AND TO DISCOVER, IN
HUMILITY, THE NOBILITY AND GENEROSITY OF THE SPIRIT.*
