

Twitter Thread by [sriram](#) ■■



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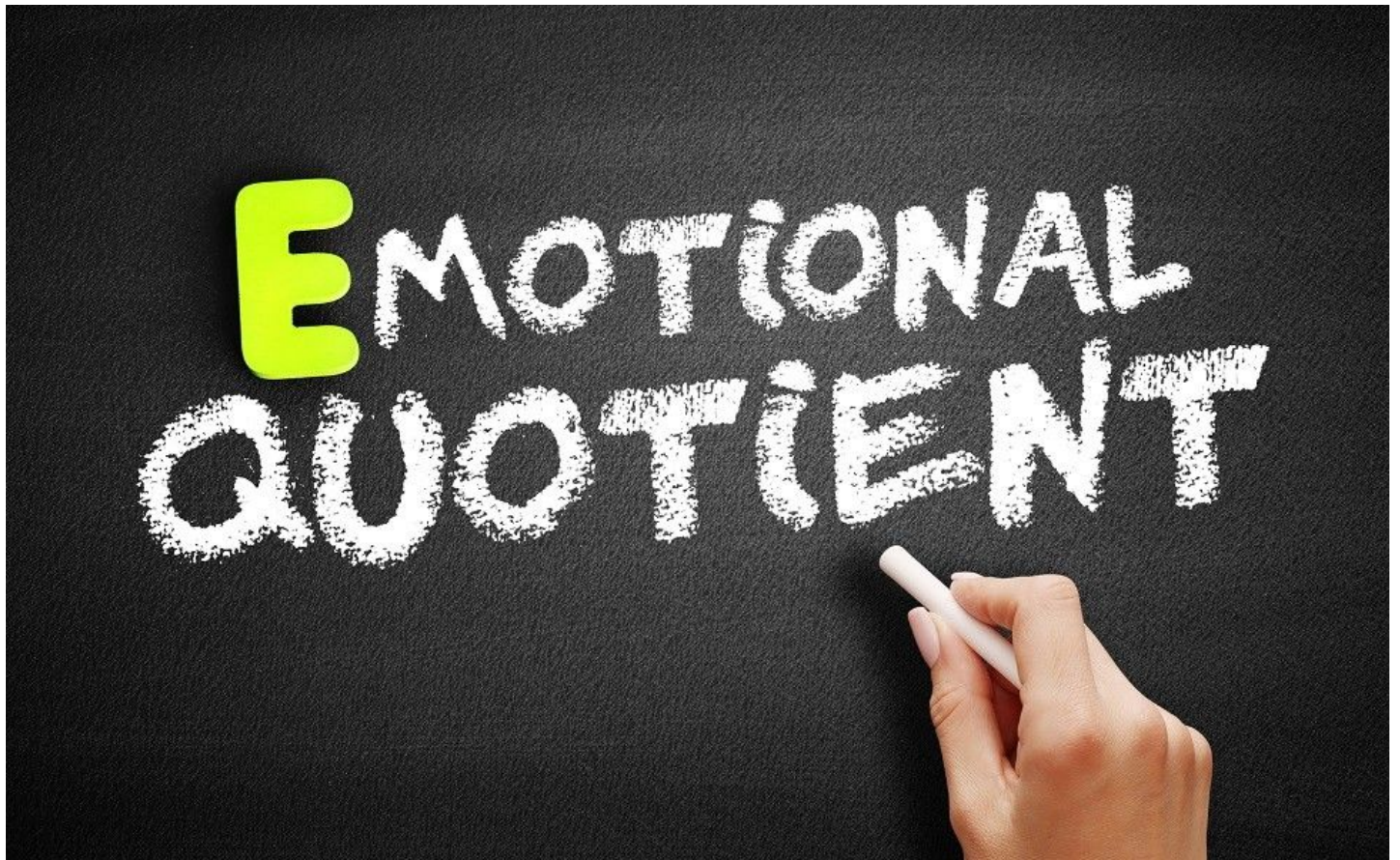
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Edging God Out

Daniel Goleman coined the term "EQ" (Emotional Quotient) in the mid-1990s.

“While computers have IQ & animals can have EQ, it is fundamentally a SQ that sets human beings apart,” 1/n



write Danah Zoher & Ian Marshal in their recent book SQ (Spiritual Quotient): connecting with our spiritual intelligence. 2/n



As a result, in order for the wheel of life to roll smoothly, all of the spokes —IQ, EQ, SQ – must move from gross to subtle, infinite to limited, & tangible to intangible. 3/n

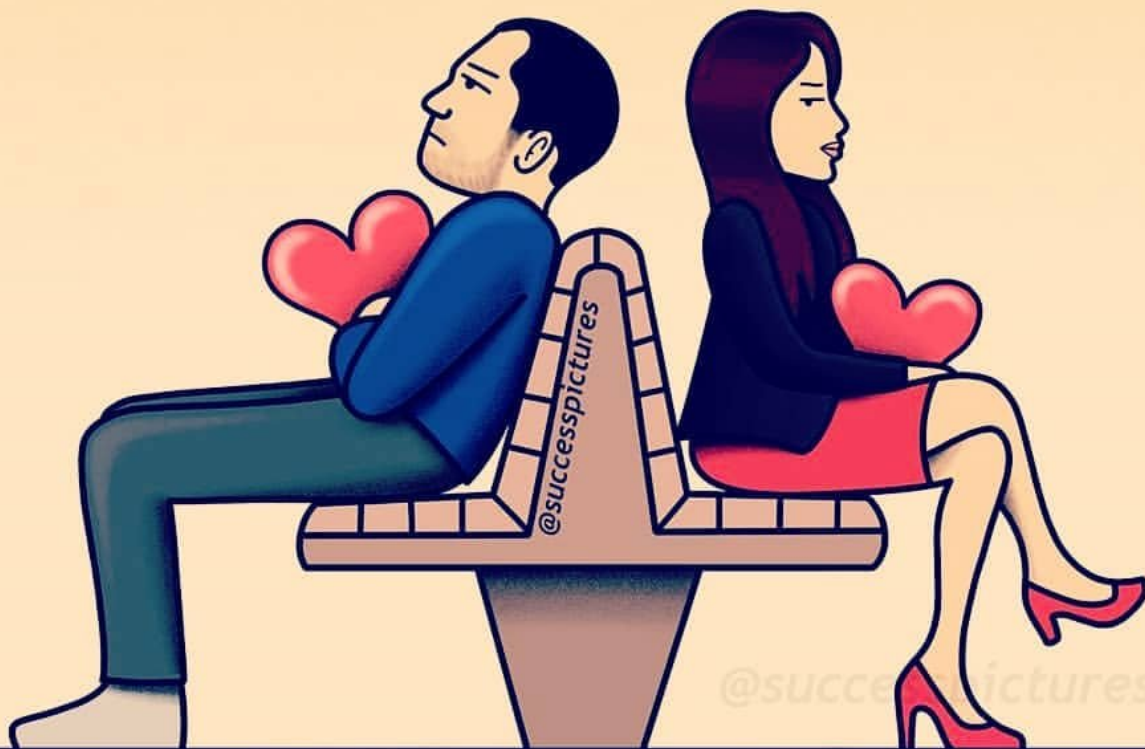
Compassion, completeness, self-esteem, gratitude, the spirit of surrender, service, & the ego are all aspects of SQ. One of the most important aspects of improving SQ is dealing with the ego. 4/n

If not handled properly, ego issues can cause problems in our personal, social, & professional life. As a result, understanding & managing one's own & others' egos is critical for healthier relationships.5/n

EGO is just a small three letter word, which can destroy a big twelve letter word called

RELATIONSHIP

@successpictures



Our ego is derived from our collection of memories. It is reinforced even more when we consistently accept a certain notion over a long length of time. We have a tendency to adopt the "ego position" as a result of what has happened to us in the past. 6/

Because our ego is deeply established in our thought process, analyzing how our ideas are arranged is one of the most important components of dealing with the ego. 7/n

Our thoughts are frequently arranged in a hierarchical fashion. First & foremost, there is a fundamental layer of thought that forms the core, followed by a second layer, a third layer, & so on. 8/n

The top layer signifies objectivity & maturity in mind, while the layers below it indicate subjective interpretations based on perceptions that may be far from truth. 9/n

Instead of focusing on the secondary & tertiary layers, one should focus on the inner core, since once we focus on the fundamental concepts, we will automatically look at life events more objectively. 10/n

All of our dealings become free of the Ego if we are objective & deal with issues with gentleness, care, & a satvik approach. 11/n



This state of thought is commonly referred to as "All Conclusive Awareness." Our ego softens as we remain in this situation. To deal with the ego, one must foster objectivity, because truth comes with objectivity. 12/n

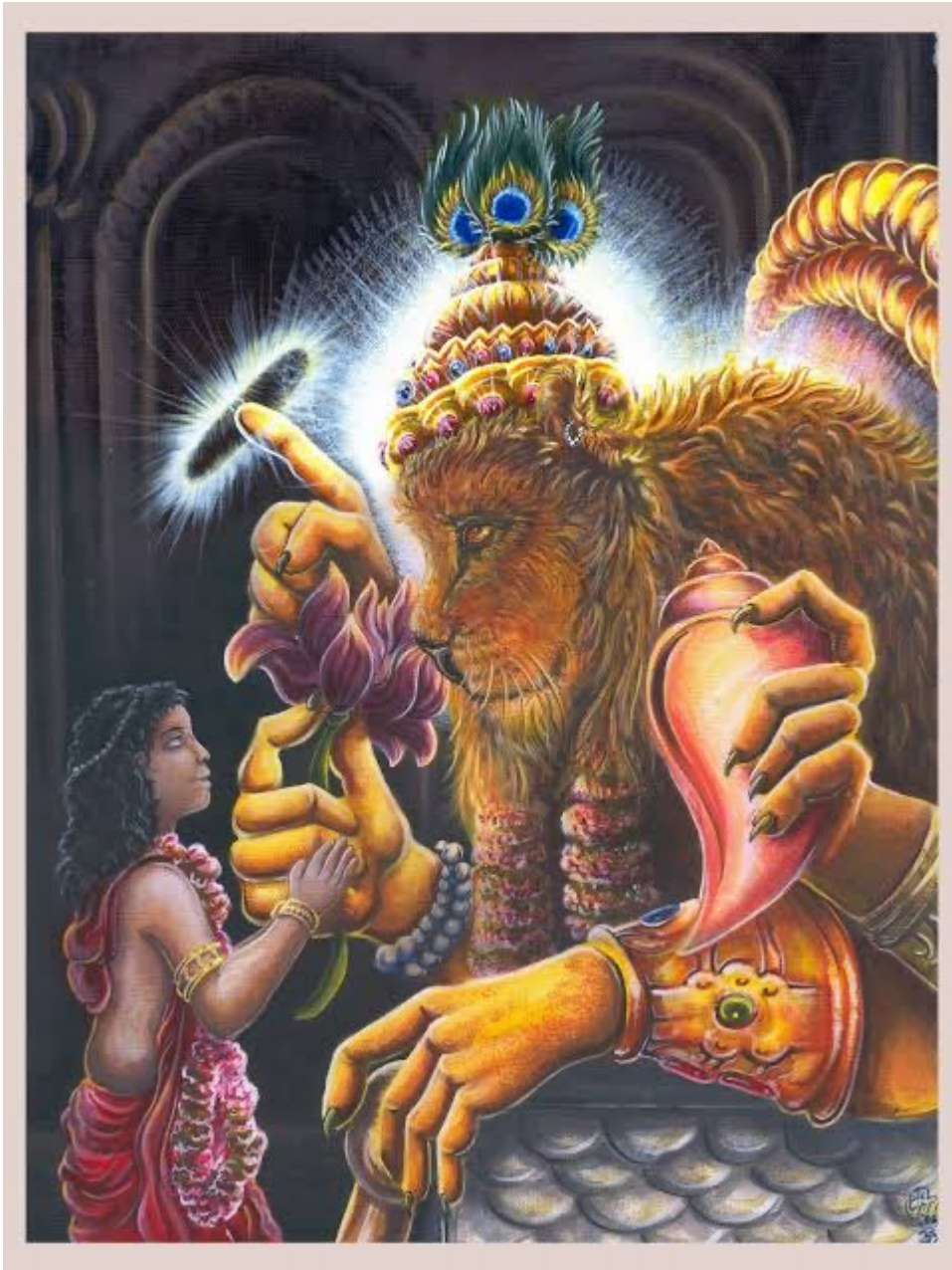
As a result, the ego is diluted. The way to ego-free relationships will be paved if our behaviors originate from the depths of our hearts, which constitute the basic layer. 13/n

If we can establish a spirit of 'Surrender' in our mind, dealing with the ego becomes easier. The surroundings becomes calm & serene around you. Submitting entails the crucifixion of our ego, but due to our worldly attachments, surrendering is a difficult & painful process. 14/n

"Fly unto him for refuge with all your being, O Bharata; by his grace, you shall achieve supreme & eternal abode," Krishna states in Chapter 18 of the Bhagavad Gita. Arjuna is advised by Krishna to give up his ego. 15/n



“Surrendering to the God should not be a transitory self-deception; it should be done in an attitude of absolute dedication & egolessness.” Radha, Prahlada, & Hanuman exemplified this spirit. 16/n



Surrendering one's ego is frequently misunderstood as a sign of weakness. Surrender, on the other h&, improves our goodness, which leads to holiness. But where has God gone? According to Vedanta, He resides within us. 17/n

We shall be able to experience Spiritual Actualization indefinitely by sacrificing the ego, resulting in a greater SQ. Because "we are spiritual beings having a human experience, not human people having a spiritual experience." 18/n