

The Positive Difference Spirit Can Make in You

By Dr. Zayd Abdul-Karim

Have you ever thought something was missing in your life? Do you want to live the life you were born to live in joy? You have, like everyone else, within yourself a positive and a negative entity. Whichever one you give yourself to more often and more intensely will become dominant in your life. Regardless of what happens to you in any given moment, you choose to view it and respond from the positive entity or the negative entity. The negative entity can be thought of as “ego” and the positive entity as “spirit.”

Transitioning from ego to spirit requires changes in perspectives, values and behaviors. Ego comes between a person and reality. It is his perception of himself or the situation that can make a person egocentric. As a result, his starting point for everything is limited to his own desires and needs. Ultimately, that is being self-centered, selfish and will cause isolation.

When individuals are driven by the lower ego, these perspectives are usually identifiable in words and deeds:

- Desiring control
- Blaming
- Finding fault
- Being judgmental
- Expressing or attributing guilt
- Seeking approval from others
- Behaving arrogantly
- Being rigid
- Being critical
- Boasting
- Reflecting an attitude of superiority
- Reflecting an attitude of inferiority
- Inflating self-important
- Being defensive
- Being resistant to situation or others

Living from these perspectives takes a great deal of energy in a negative direction. Examining these perspectives reveals certain values that drive a person to develop and hold onto these perspectives:

- Fear
- Insecurity
- Selfishness
- Complacency
- Arrogance
- Self-doubt
- Envy
- Jealousy

Spirit, on the other hand, provides alternative perspectives to life:

- Desire to serve
- Acceptance of reality
- Defenseless attitude and behavior
- Responsibility
- Self-approval
- Happiness
- Relinquishing control

These perspectives lead to a different set of values:

- Faith
- Trust
- Courage
- Learning
- Persistence
- Selflessness or service
- Humility
- Flexibility
- Proactivity
- Passion
- Gratitude

Either of these approaches is manifested in certain behaviors that move in different directions. Ego of the lower self takes you to limitations, stagnation and eventually death. Spirit takes you to possibilities, growth and life.

Ego is based in dimensions and is limited by the counting of time, money, space, distance, size, shape and weight. From an ego perspective, a person asks questions like “How will it benefit me? What will I gain or lose? Who’s to blame? How do I make myself look bigger and better?”

Spirit gives a different perspective that is light and invigorating. Spirit is not bound by dimensions. There is nothing in the physical domain that can destroy it or constrain it. Spirit is without limitations. Spirit-based questions might include “How can I serve the greater good? What can we do for you? What do you or does the team need? How can we help improve the situation? How can we help you shine and look good?”

Every day, in every moment, you make a choice to live in ego or live in spirit. Spirit generates positive, unlimited possibilities. Ego negatively limits your possibilities. Which way will you grow? Be honest with yourself and transition deeply. A new reality awaits.

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