

Text series on 'Personality Defect & Ego Removal' : Vol. 8

Spiritual Practice for Ego Removal

(English)

Compilers

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale

Shrīchitshakti (Mrs) Anjali Mukul Gadgil



Sanatan Sanstha

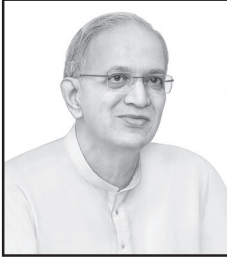
Sanatan's Texts available in various Indian languages

Marathi (343), English (201), Kannada (196), Hindi (195),
Gujarati (68), Telugu (45), Tamil (43), Bengali (29), Malayalam
(23), Odia (22), Punjabi (13), Nepali (3) and Assamese (2)

Over 9.44 million copies of 364 Sanatan's Texts as of Oct. 2023

Introduction to the Compilers

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,047 seekers are progressing towards Sainthood as of 21.11.2023.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - www.Sanatan.org)

Assurance of Sachchidananda

Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Athavale

17.5.1996

Shrīchitshakti (Mrs) Anjali Gadgil (M.Sc.)



She is one of the two Spiritual Successors to Sachchidananda Parabrahman (Dr) Athavale. She travels all over India to obtain knowledge from experts in the field of Spirituality, etc. and to preserve objects of spiritual value.

Contents

(Special sub-points under the main point are given here.)

1. Definition and meaning of the word ego	11
2. Synonyms for the word 'ego'	11
3. Types of ego	11
3A. God's ego	12
3B. Human ego	12
3C. <i>Panchatattva</i> and types of ego	13
3D. Colour and types of ego	13
4. Types of ego according to the spiritual level, spiritual practice and life's mission	15
5. Ego and others	16
5B. The spiritually evolved and ego	17
5C. <i>Kunḍalinī</i> (Dormant spiritual energy in the subtle body) and ego	18
5D. Negative energies and ego	19
6. Developing ego	19
6A. Theoretical reason for developing ego	19
6B. Reasons for developing ego	21

7. Harm caused by ego & the importance of ego removal	28
7A. Average individual	30
7B. A seeker	30
7C. Distress caused by negative energies and ego	34
8. Important aspects of spiritual practice for reducing ego	37
8A. <i>Satsēvā</i>	41
8B. Sacrifice	41
8C. <i>Prīti</i>	41
8D. <i>Nāmajapa</i> (Chanting the Name of a Deity)	41
9. Methods of reducing ego	43
9A. According to Psychology	43
9B. Ways of overcoming ego according to Karmayoga	58
9C. Ways of overcoming ego according to Jñānyoga	59
9D. Ways of overcoming ego according to Bhaktiyoga	62
10. Principle behind ego removal	72
11. Signs of spiritual progress after reduction in ego	72
11F. The feeling after complete removal of ego	74
12. Efforts made by seekers to reduce ego and their spiritual experiences	74
• Indepth knowledge on 'Spiritual practice for ego removal'	98
• Understand the uniqueness of this Text	100
• Scientific perspective of Compiler	104

Shrichitshakti (Mrs) Anjali Gadgil, one of the two spiritual Successors to Sachchidananda Parabrahman (Dr) Jayant Athavale, used to obtain subtle knowledge earlier through 'A Scholar' or 'Gurutattva'.

Note For non-English and spiritual words used repeatedly in this Text, please see Glossary at the end of the text.

ॐ ————— Concept of the Front Cover ————— ॐ

Before reading about this concept, please look at the images on the front cover starting from the bottom and going towards the top. Repeat this 7 to 8 times, and see what you perceive. Only then read further.

As our eyes move up through the line of illustrations, we feel very pleasant. The reason is, the lesser the ego, the greater is the *Ānand* (Bliss). The lowermost illustration depicts the highest ego, whereas the uppermost illustration depicts an almost egoless state. As the spiritual level of an individual increases, due to an increase in his spiritual practice, correspondingly his ego reduces and he develops virtues. A combination of various shapes and colours has also been used to represent this change in the ego. For example, the *Tama* predominant ego of individuals at a spiritual level of just 10%, such as terrorists or underworld dons, has been depicted by a big, thorny black ball. As the spiritual level increases, the *Tama* predominant ego transforms into a *sāttvik* (Spiritually pure) ego. This has been depicted through the changes in the thorny nature, shape and colour of the ball.

Saints are at a spiritual level of 70% or above and since they experience oneness with God their pure *sāttvik* ego is depicted as a white aura around a small yellow ball. (For an evolved individual to remain in the physical form, some amount of pure *sāttvik* ego is necessary.) At the spiritual level of 100%, the ego is nearly 0%. This has been depicted by a small dot.



Preface



The futility of man's 'I'-ness or ego can be realised from Sant Jnaneshwar's quote in Marathi that means - 'He who claims I have attained it, knows nothing'. Ego is a major obstacle in the path of man's worldly and spiritual happiness. Since the seed of ego is present only in human birth, it is definitely present in everyone, irrespective of age, rich or poor, educated or uneducated, etc. in varying proportions.

Ego is similar to weeds in a field. Until the weeds are uprooted completely, we cannot harvest a good crop. The weeds should be uprooted regularly. Similarly, until one's ego is completely eliminated, one cannot obtain God's grace. The very purpose of performing spiritual practice is to eliminate ego; yet, it is so deep-rooted in mankind that its elimination is not easy even while performing spiritual practice. Hence, instead of thinking that the ego will be eliminated automatically by performing spiritual practice, we should make conscious efforts for ego removal.

Besides theoretical information such as the definition of ego, its types, origin of ego, its removal, etc., this Text provides information on the reasons for the development of ego, the harm caused by ego, the importance of ego removal, etc. This Text also lists various aspects of spiritual practice required for reducing ego and the easy methods that can be adopted according to the various Paths of spiritual practice. Efforts made by some seekers for ego removal and their spiritual experiences are also included in this Text.



ॐ

We pray unto the Holy feet of Shrī Guru, that may more and more people put into practice the efforts required for ego removal as elucidated in this Text and attain *Moksha* (Final Liberation) faster. - **Compilers**

(The comprehensive Preface to all the Volumes in the series of 'Science of Spirituality' has been provided in Sanatan's Text - 'Fundamental analysis of Dharma'.)

ॐ

ॐ

The reason for prefixing spiritual title 'Sachchidananda Parabrahman' before the Name Paratpar Guru (Dr) Athavale

As per the instructions of Saptarshi through the medium of Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Jayant Athavale since 13.7.2022. Before, He was addressed as Param Pūjya [His Holiness] and Parātpar Guru in Sanatan's Texts. He has been addressed accordingly on the cover of this Text and inside the Text wherever required.

The reason for prefixing spiritual titles before the Names of Sadguru (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil

As per the instructions of Saptarshi through the medium of Saptarshi Jeevanadipatti, Sadguru (Mrs) Binda Singbal is being addressed as Shrisatshakti (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil is being addressed as Shrichitshakti (Mrs) Anjali Gadgil since 13.5.2020. Both are spiritual heirs to Sachchidananda Parabrahman (Dr) Jayant Athavale.