

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

Spiritual practice for ego removal

(English)

Compilers

Parātpar Guru (Dr) Jayant Balaji Athavale

(‘Sainthood’ or ‘Stage of a Guru’ denotes 70-79 %
spiritual level, ‘Stage of a Sadguru’ denotes 80-89 % and
‘Stage of a Parātpar Guru’ denotes 90% and above.)

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Sanatan Sanstha

Over 7.4 million copies of 311 Sanatan's Texts published in 17 languages till October 2018 in Marathi, Hindi, Gujarati, Kannada, Tamil, Telugu, Malayalam, Bengali, Assamese, Odia, Gurumukhi, English, Nepali, Serbian, French, German and Spanish.



The futility of man's 'I'-ness or ego can be realised from Sant Jnyaneshwar's quote in Marathi that means - 'He who says 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 being young or old, rich or poor, educated or uneducated, etc. in varying proportions.

Ego is similar to weeds in a field. Until the weeds are destroyed completely, we cannot harvest a good crop. The weeds have also to be uprooted regularly. Similarly, until there is a complete elimination of one's ego, one cannot obtain God's grace completely. The very purpose of performing spiritual practice is elimination of 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 ego will be eliminated automatically by performing spiritual practice, we should make conscious efforts to remove ego.

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

At several places in this spiritual text, in incidents or





spiritual experiences quoted by other seekers, reference has been made to Parātpar Guru (Dr) Jayant Athavale, who is one of the Compilers of this spiritual text.

We pray unto the Holy feet of Shrī Guru, that may more and more people put into practice the efforts required for the removal of their ego as elucidated in this spiritual text and attain *Moksha* at the earliest. - **Compilers**

(The comprehensive preface to all the volumes in the series of 'Science of Spirituality' has been provided in Sanatan's spiritual text 'Fundamental analysis of Dharma'.)



Why does Sanatan follow Oxford (UK) English ?

Principally, there are 2 types of English all over the world - USA and UK.

The two key dictionaries from either side of the Atlantic are Merriam-Webster (USA) and Oxford (UK). Both these dictionaries accept the differences between American and British English and make references to both in their word definitions.

The language one speaks is English; the dialect is American English. Similarly, British English is also a dialect of English, even though it can be thought of as the 'original' dialect.

Given the fact that UK's is the 'original' English, Sanatan has selected to follow it in spiritual texts.



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Note : From the perspective of completing the topic, points from other reference texts have been included. At the end of such points, the reference number is the superscript in brackets and their details are mentioned in 'Bibliography' at the end of the text.