

Text series on 'Personality Defect and Ego Removal' : Vol. 2

# How to identify our Personality Defects ?

(English)

**Compiler**

Proponent of the 'Hindu Rashtra'

**Sachchidananda Parabrahman (Dr) Jayant Athavale**

**Erstwhile Hypnotherapist (From 1978 to 1994)**

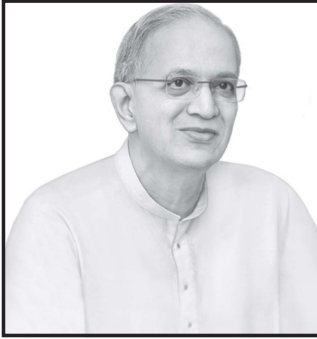


**Sanatan Sanstha**

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## Introduction to the Compiler

### 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', 125 seekers have become Saints and 1,040 seekers are progressing towards Sainthood as of 8.7.2023.
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](http://www.Sanatan.org))

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### 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 Mhule*  
17.5.1996

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## Preface



Every individual, be it a common man or a seeker treading on the path of Spirituality, strives to obtain supreme and eternal happiness. While making efforts to obtain happiness, everyone aims to eliminate sorrows too by finding the obstacles in attaining happiness and reasons for sorrow. In spiritual terminology, this process is called achieving introversion. Both, common individuals as well as seekers in the preliminary stage are extroverted by nature and hence are ignorant of 'How am I as a person ?' Besides, everyone has false notions about himself. Based on these notions, the individual creates an illusory image in his mind about the self, which is far from reality. Knowingly or unknowingly, the individual continuously tries to protect this illusory image. In the first stage of introversion, destroying the illusory image about oneself, studying one's own mind, and thus, identifying the true self, is essential. The closer the identity of the self to the real self, more is the effectiveness of the process of introversion.

While studying our own mind, finding the qualities and personality defects that form a part of our character is important. This Text elucidates on the methods used in the PDR (Personality Defect Removal) process to identify our qualities and personality defects so as to bring about the necessary changes in ourselves and develop introversion. The unruly mind is unwilling to accept the truth about its qualities and personality defects. It deceives and deludes itself at every step and the individual finds it difficult to accept his personality defects even after they have been identified in the





PDR process. Often, the ego stands in the way of acceptance, and efforts to comprehend the mind are misdirected. All this leads to making mistakes at various stages of this process. As a result, the individual does not change as expected and this leads to severe depression. To eliminate these obstacles on the path to becoming introverted and to implement this process successfully, detailed information has been provided in this Text on various aspects such as qualities required, perspectives necessary while implementing various stages in this process, points to be taken care of while implementing each step and the mistakes to be avoided.

My prayer unto the Holy feet of Shri Guru is - May the readers be able to bring about positive changes in their attitude through the 'Personality Defect Removal' process and lead a happy and successful life; and by becoming introverted, may they be able to progress on the Path of Spirituality. - **Compiler**

The comprehensive preface of this Text series is provided in Sanatan's Text - 'Importance of personality defect removal and inculcating virtues'.



### **The reason for the honorific Sachchidananda Parabrahman for Dr Jayant Athavale**

As per the instructions of Saptarshi through Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Jayant Athavale is being addressed as Sachchidananda Parabrahman (Dr) Athavale since 13.6.2022. The intent in the instruction is that everyone benefits from the Divine Principle in Him. - **H.H. Sandeep Alshi, Compiler of Sanatan's Texts (24.7.2022)**

