

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

How to identify personality defects in ourself ?

(English)

Compiler

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('Sainthood' or stage of a 'Guru' denotes spiritual level between 70-79 % ; Stage of a 'Sadguru' denotes 80-89 % and Stage of a 'Paratpar Guru' denotes spiritual level of 90% and above.)



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卐 ————— Preface ————— 卐

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 for obtaining happiness, everyone aims to eliminate sorrows. These efforts involve finding the obstacles in attaining happiness and reasons for sorrow, and eliminating them. In spiritual terminology, this process is called achieving introversion. Both, common individuals as well as seekers in the preliminary stages 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 and various ways to bring about the necessary changes in ourselves so that we 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 during the 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 Spiritual 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.

Our 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 - 'Importance of Personality Defect Removal & inculcating virtues'.



Note Spiritual level : Every individual has *triguna* (The three basic components of *Sattva*, *Raja* and *Tama*) in varying proportions; the total of their percentages is always 100. When an individual commences spiritual practice, the extent of *Raja* and *Tama* components in him reduce and proportionately, the *Sattva* component increases. Greater the proportion of the *Sattva* component, higher is the spiritual level. The spiritual level of an average individual is 20%, whereas that of an individual who has attained *Moksha* is 100%. However, the abovementioned rule is not applicable to one who has attained *Moksha*; for, upon attaining *Moksha* he/she transcends the *triguna*.



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