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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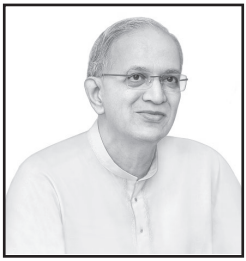
Introduction to the Compiler

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



1. Guidance on 'Art for God-realisation' and Research on presenting various Art-forms such as music and dance in a *sattvik* manner.

2. Research using scientific instruments on Religious rituals and events that are beyond the comprehension of the intellect.

3. Research on Spiritual remedies for physical, psychological distress and those caused by negative energies.

4. As of 1.12.2024, Sachchidananda Parabrahman has introduced to society, 2 Child-Saints, 215 children whose spiritual level is above 60%, and 927 other such Divine children. Research on Divine children is also being conducted.

5. Conducting research on the Divine changes in His own body, the objects used by Him and His own Mahamrutyuyoga.

(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

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Clarification on prefixing titles to the Names of Spiritual Heirs of Sachchidananda Parabrahman (Dr) Athavale

As per the instructions of Saptarshis through the medium of Jeevanadipatti Reading on 13.5.2020, the title 'Shrisatshakti' has been prefixed to Sadguru (Mrs) Binda Singbal's Name and 'Shrichitshakti' has been prefixed to Sadguru (Mrs) Anjali Gadgil's Name. Therefore in the writings before 13.5.2020, these titles have not been prefixed to their Names.

Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers.

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 the 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'.

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