

Text series on 'Personality Defect & Ego Removal' : Vol. 1

Importance of personality defect removal and inculcating virtues

(English)

Compiler

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)



Sanatan Sanstha

Uniqueness of Sanatan's treasure of Spiritual Texts

Many of Sanatan's Spiritual Texts contain 20% matter which is Divine knowledge received from the subtle dimension and is unique when compared with the knowledge available on earth.

Preface

While considering an individual's happiness & contentment in life, due consideration has to be given to his temperament. The behaviour of an individual is a good indicator of his temperament. Behaviour, however, depends on his attitude. The attitude in turn is influenced by defects as well as virtues. PDs are detrimental to an individual's happiness & contentment, while virtues complement them. PDs make an individual's life stressful. An individual's PDs are detrimental to society as well as the Nation. The state of the Nation, in turn, adversely affects personal life too. In a nut shell, PDR and the inculcation of virtues is necessary to lead a happy and peaceful life.

It is normal practice to intellectually understand the underlying science of a procedure before attempting something new. It helps us comprehend the importance better. So, if we do anything after understanding the underlying science, it takes place with greater interest and the result is more effective. We need to fully understand the immeasurable harm caused by PDs. We also need to know the benefits obtained at various levels upon their elimination and subsequently, the inculcation of virtues. This results in effectively impressing upon our mind the importance of the PDR process and inculcation of virtues. Being armed with all this understanding helps us implement this process regularly, consistently and effectively.

In 'Chapter 1' of this Text, the following points have been elaborated upon - Function of the mind, the creation of subconscious impressions, misconceptions about PDR and the underlying reasons, the harm caused to personal life by PDs, etc. Information on the harm caused by PDs in different



Paths of Spirituality, the immeasurable harm caused to *vyashti* as well as *samashti sadhana* has also been provided. Similarly, information such as the science underlying the elimination of distress caused by negative energies because of PDs which hamper an individual's material and spiritual progress, the reasons for social and national problems resulting from PDs and the integrated approach towards them have also been discussed. To prevent the increase in the number of pages, the details of this process have been provided in the second part of this series.

To develop an effective and ideal personality essential for success in various spheres of life, efforts have to be made for inculcation of virtues as well as implementation of the PDR process. More information on the importance of the process of inculcating virtues, its benefits, the efforts required at various stages of this process, etc. has been provided in 'Chapter 2'.

My prayer unto the Holy feet of Shri Guru is that upon studying this Text series, may the readers make their life happy through efforts for PDR and inculcation of virtues, and also become active for the holistic development of the Nation by abiding by Dharma. - **Compiler**



Notes 1. At several places in the Text, reference is made to Dr Athavale; it is the name of the Compiler of this Text - Paratpar Guru (Dr) Jayant Balaji Athavale.

2. 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.

Chapter 1 : Importance of personality defect removal

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