

Text series on 'Balsanskar' : Vol. 2

# Overcome Personality Defects for a Blissful life

(English)

**Compilers**

Proponent of the 'Hindu Rashtra'

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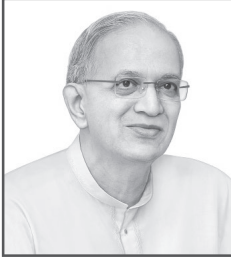
**Sanatan Sanstha**

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## 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', 131 seekers have become Saints and 1,047 seekers are progressing towards Sainthood as of 1.12.2024.
3. Unique creation of Spiritual texts on various topics
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
7. Honoured at the French Senate with 'Bharat Gaurav Award' for His exceptional contribution to the global spread of Indian culture and civilisation (5.6.2024)

(For complete introduction, visit - [www.Sanatan.org](http://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

## Introduction to H.H. Sandeep Alshi



Besides compiling Sanatan's Texts, H.H. Sandeep Alshi also composes Prasar material (for example - Sanatan Almanac, Dharmashikshan Posters, etc.). He writes inspiring articles for the 'Sanatan Prabhat' Periodicals which provide information on spiritual practice, Nation & Dharma.

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❧ Dear Parents ! ❧

**This Text series helps  
get rid of all child-related worries**



A pot gets the shape that a potter gives it. Once baked, its shape cannot be changed. Likewise, we need to take special care to mould a young child's mind. It is difficult to create

good *sanskars* (Subconscious impressions) in a grown-up individual. However, in youngsters the mind is more receptive and hence, it is easier to inculcate good *sanskars*.

Parents worry about, how to find time in their busy schedule at work and make efforts to keep a child away from temptations such as movies, video games, etc. and in addition inculcate good *sanskars* in the child. Sanatan's 'Sanskar' Text series provides a solution to this problem. This Text series is a valuable treasure that will make the life of your child blissful. Nature has bestowed on parents the mission of moulding the mind of their child and sowing the seeds of *sanskars* in it. Every point in each of the Texts of the 'Sanskar' series is practically a seed of a good *sanskar*. Hence, parents must make their child read this series. Discuss the points in these Texts with your child. Make your child practice the acts mentioned in these Texts. Children love to emulate their parents. Hence, through your conduct and thoughts, set ideals for them; this is our sincere request to all parents. - **Compilers**



Whenever things do not happen as per a child's wish or when parents do not listen to their children, many children get angry, are displeased or frustrated. These children



suffer and make others suffer as well. Anger, arrogance, lying, etc. are indicators of a bad temperament; whereas a loving nature, helpfulness, self-control, etc. are evidence of a good temperament. Everyone loves a virtuous child. Enhancing virtues by overcoming personality defects (PDs <sup>[Note]</sup>) is an easy way to become blissful and content.

This Text throws light on various aspects such as, how children suffer due to personality defects be it laziness, arrogance or untidiness; what mistakes they commit; how they should take autosuggestions to overcome these personality defects; what atonements they should take for the mistakes they commit, etc., along with examples.

In order to have a successful career in the present era of competition, it is important that the personality of the child is developed along with its intellectual capability. Personality defects such as inferiority complex, fear, worry, depression make the mind weak. Despite an abundance of amenities and facilities, one cannot become happy and content due to personality defects such as selfishness, envy, irritability, etc. To remain in a continuous state of





happiness, it is necessary to make efforts to remove our personality defects. When the internal improvement takes place in children after removal of personality defects, it can safely be said that the child's personality has developed in the true sense.

Our earnest prayer unto the Holy feet of Shri Guru is that upon studying this Text may children overcome their personality defects and enhance their virtues; may their future life become blissful and successful. - **Compilers**

**Note :** Hereafter in this Text, 'Personality Defect Removal' will be referred to as PDR and 'personality defects' as PDs in this Text.



### Request to Parents

The process of PDR (Personality Defect Removal) is a psychological therapy, which children are not used to. Most children do not perform any action with perseverance. While undertaking the PDR process, there is a conflict in the mind, which the children find difficult to handle in the beginning. In reality, the process is not difficult and it bestows happiness. Dear Parents ! Your assistance and support will undoubtedly create self-confidence in children about this process.

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

❧ Dear Parents ! ❧

## Select a name for your child that has a spiritual meaning !

### 1. Harm caused by keeping meaningless names

Nowadays, many parents give meaningless names to their children such as Prayal, Rumin, Lavila, Ashita. Some parents give western names such as Kiara, Rita, Tia, etc. to their children.

A. It is because of meaningless names, that children are deprived of benefits at the spiritual level.

B. Selecting western names is tantamount to being enslaved to western culture. Even after so many years of Independence, why do we still allow our minds to be slaves of the west ? By giving western names, unknowingly we tend to forget our own culture.

### 2. Benefits of giving names according to the science of Spirituality

**2A. A spiritual name creates a *sanskar* on the child's mind :** Each time a child hears or utters its own name, it creates a *sanskar* (Impression) on the child; hence, unknowingly the child's attitude gets moulded according to the meaning of the name. For example, if the child's name is Samarpan, it will develop a feeling of *samarpan* (Sacrifice). If a child's name is Archana, she will get thoughts of *archana* (Worshipping God).

**2B. As per a rule in Spirituality, a spiritual name helps develop *bhav* (Spiritual emotion) or vibrations associated with the name in the child :** A rule in Spirituality is - 'Word, touch, form, taste, fragrance and their energies co-exist'. Suppose, a child's name is Anandi, then according to this rule, she will benefit from the vibrations of *Anand* (Bliss) associated with it and this will help her remain in a state of *Anand* always.

### **3. How many letters should a name have as per the Devanagari Script ?**

A. A boy's name should have an even number of letters, that is, 2, 4, 6, etc.

B. A girl's name should have an odd number of letters, that is, 3, 5, 7, etc.

### **4. Keep names with spiritual significance**

In this Text too, we have used names of children that have spiritual significance. For more information on the naming ceremony read Sanatan's Text 'Sixteen Sanskars'.

### **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.



### **Dear Parents ! Inculcate virtues in children from childhood itself !**

A child may have PDs from birth itself. A child may be timid or selfish from birth itself, for example, despite the child's name being Ranvir (meaning valiant) he could still be timid. A child's attitude is influenced by his PDs. If good *sanskars* are inculcated in a child, he becomes virtuous; conversely, if bad *sanskars* are inculcated, he becomes immoral. Hence, merely giving the child a name that is spiritually significant is not enough; it is equally important to inculcate *sanskars* conforming to the name. Even though a boy is named Samarpan (Sacrifice), he still has to be told stories about King Shibi (Recognised for sacrificing a piece of flesh from his thigh to protect a dove from a falcon) or Karna (Eldest son of Kunti, known for his generosity; he would give away anything asked of him), he must be taught to share his food with others, etc.; only then will the child develop an attitude of sacrifice. Merely naming a girl Anandi (One who is in a state of *Anand* [Bliss]), does not ensure that she will constantly be in a state of *Anand*. It is important to teach her various aspects of spiritual practice such as chanting, praying, etc. and motivate her to perform spiritual practice.

Shrīchitshakti (Mrs) Anjali Gadgil, one of the two spiritual Successors to Sachchidānanda Parabrahman (Dr) Jayant Athavale, used to obtain subtle knowledge earlier through 'A Scholar' or 'Gurutattva'.