

Text series on 'Personality defects & ego removal' : Vol. 4

Personality Defect Removal at the Intellectual and Action level

(English)

Compiler

Proponent of the 'Hindu Rashtra'

Sachchidananda Parabrahman (Dr) Jayant Athavale

Erstwhile Hypnotherapist (From 1978 to 1994)

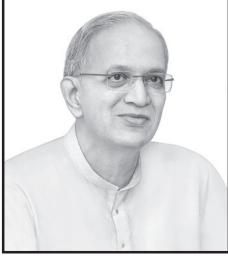


Sanatan Sanstha

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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 1,046 seekers are progressing towards Sainthood as of 3.9.2023.
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)



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

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)**



Preface



‘Everyone tries to obtain happiness that is supreme and everlasting. The experience of happiness and sorrow arise from the mind. Therefore, while making efforts to obtain happiness and eliminate sorrow one should remember that every *jiva* is a fragment of *Sat-Chit-Anand* (The state of Absolute Truth - Divine Knowledge - Bliss) God. It is present inside me as well, then why am I unable to get its spiritual experience ? To develop this ability, what are the changes I should make within myself ? With this goal in mind, it becomes essential to have a keen power of observation. This is called ‘achieving introversion’. Only by eliminating the covering of *Raja-Tama* components that have formed due to our defects, we can get the spiritual experience of the *Sat-Chit-Anand* form of God within us. It is necessary for everyone to duly record the changes taking place in their personality defects till the state of *Sat-Chit-Anand* is achieved. Therefore, the process of achieving introversion should not be limited to a particular period of the day but should be continuous, that is, it should become a part of our natural existence. While implementing the PDR process, if efforts are made throughout the day to complement the actions performed through the body-speech-mind by being introverted, the process will then become effective and will help in maintaining an introverted state. After studying this Text let the effectiveness of the PDR process in the readers increase and let them be able to experience the state of *Sat-Chit-Anand* - this is our prayer at the Holy feet of Shri Guru. - **Compiler**

(The common preface to Sanatan’s Text series on ‘Personality defects’ is provided in the Text ‘Importance of personality defect removal and inculcating virtues’.)

