

Holy text series on 'Personality Defect & Ego Removal' : Vol. 4

Personality defect removal at the intellectual and action level

(English)

Compiler

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('Sainthood' or 'Stage of a Guru' denotes
70% spiritual level, 'Stage of a Sadguru' denotes 80%
and 'Stage of a Paratpar Guru' denotes 90% and above.)



Sanatan Sanstha

- ❖ Gift this text to at least 10 relatives & office colleagues !
- ❖ Request libraries, hospitals etc. to keep this Holy text !

卐 ————— **Combined preface on this subject** ————— 卐

'Every *jiva*, right from an Amoeba to the evolved human being, tries to obtain happiness that is - supreme and everlasting. The experience of happiness and sorrow arises from the mind. Therefore, while making efforts to obtain happiness and eliminate sorrows one should remember that every *jiva* is a fragment of the *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 observation ability. This is called 'achieving introversion'.

The bright light of a lantern can shine forth only when the soot that has collected on its glass is cleaned. Similarly, 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 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. When implementing the PDR process, if efforts are made throughout the day to compliment the actions performed through the body-speech-mind by being introverted, the process will become effective and will help in maintaining the introverted state.

'After studying this Holy 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 Holy text series on 'Personality defects' is provided in the Holy text 'Importance of personality defect removal & inculcating virtues'.)



Some useful general points for our readers

1. To lead a happy life and perform spiritual practice well, Sanatan Sanstha teaches how to practice the 'Personality Defect Removal' (PDR) process at the individual as well as the collective level. At many places in this Holy text, it is said that we should observe our behaviour, identify our incorrect actions /reactions, find the related personality defects; write these defects in the PDR chart; decide on the corresponding correct actions and responses; prepare & take autosuggestions and take a review of the progress. The abovementioned acts are the various steps in the PDR process. Detailed information on these steps is provided in Sanatan's Holy text - 'Removal of personality defects through autosuggestions' in this series.

2. Activities such as 'Personality defect removal workshops' or 'Group discussions' are mentioned at various places in this Holy text. Sanatan Sanstha conducts these activities to accomplish the PDR process at the *samashti* level.

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