

Text series on 'Personality Defect & Ego Removal' : Vol. 5

Efforts at the Spiritual level for removal of personality defects

PDR process is an easy method for
attaining dissolution of the mind and intellect

(English)

Compiler

Paratpar Guru (Dr) Jayant Balaji Athavale

(Internationally-renowned Hypnotherapist, now retired)

('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

Over 8.61 million copies of 350 Sanatan's Texts published
as of January 2022 in Marathi, Hindi, Gujarati, Kannada, Tamil,
Telugu, Malayalam, Bengali, Odia, Assamese, Gurumukhi, English,
Nepali, Serbian, French, German and Spanish.

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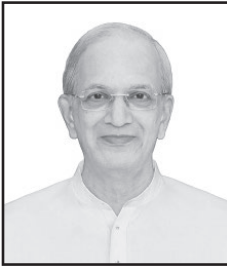
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Note : For non-English and spiritual words used repeatedly in this Holy text, please see Glossary at the end of the text.

Point 1 of Introductory Contents

Introduction to the Compiler

Brief introduction to the expansive mission of Paratpar Guru (Dr) Athavale



1. An Internationally renowned practising Hypnotherapist (Years 1978 to 1995)
2. Established 'Sanatan Sanstha' to propagate Spirituality
3. Building Gurukul-like Sanatan Ashrams
4. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 118 seekers have become Saints and 1,105 seekers are progressing towards Sainthood as of 31.1.2022.
5. Unique creation and publication of Spiritual texts on various topics such as spiritual practice, protecting the Nation, bringing about awakening on Dharma (Details are provided in this Text)
6. Moulding thousands of seekers who are sacrificing their body, mind and wealth for God-realisation and who participate in the mission of serving the Nation & Dharma.
7. Production of Audio CDs & VCDs that provide guidance on spiritual practice and education on Hindu Dharma
8. Research on spiritual remedies for physical, psychological distress and that caused by negative energies
9. Conducting research on the Divine changes in His own body, the objects used by Him and His own *Mahamrutuyyoga*
10. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect

11. 'Art for God-realisation' & research on presenting *sattvik* Art
12. Preserving objects of spiritual, cultural, historical importance
13. Research through Astrology and *Nadijyotish*
14. As of 31.1.2022, 2 child-Saints, 244 children who are above the spiritual level of 60% and 908 Divine children have been introduced to society & research is being conducted on them
15. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'
16. Uniting Saints, Sects, devout Hindus, patriots & social workers and providing spiritual guidance to them to establish a Dharma-based 'Hindu Rashtra (Nation)' (Divine Rule)
17. Keeping in mind the coming dreadful times, storing vast and precious information many years in advance on various spiritual remedies and publishing related Texts for protecting lives

(For the comprehensive introduction, read Sanatan's Text : 'Brief introduction to the comprehensive and unique mission of Paratpar Guru [Dr] Athavale' and visit the website of Sanatan Sanstha - www.Sanatan.org.)

Paratpar Guru (Dr) Jayant Athavale's spiritual emotion of gratitude unto God

A dictum of Sant Rahim says, 'Accomplish one thing and all others will get accomplished'. I experience this every day. In my case, accomplishing 'one thing' means the 'grace of God' and 'all others will get accomplished' means being able to perform *satseva* in various fields such as drawing, music, sculpture, spiritual research, etc. I am able to guide seekers in these fields. Since I perform spiritual practice, God blesses me and makes available the necessary knowledge to me. For this, I am deeply grateful unto the Holy feet of God.

Point 3 of Introductory Contents



Preface

Due to the 'Personality Defect Removal (PDR)' process, the *Raja-Tama* predominant personality defects are eliminated, which helps in becoming introverted. Seeing the expansiveness of personality defects, it would be ideal to liken them to huge icebergs in the sea. Just as a major chunk of the iceberg is below water, the majority of impressions of personality defects are deep-rooted in the subconscious mind.

To overcome these personality defects, it is also essential that spiritual foes such as desire, anger, fear, I-ness or ego, that reinforce personality defects be eliminated from their roots. To increase the effectiveness of the PDR process, making efforts at the spiritual level is also helpful. More information on this is provided in this Text.

I pray unto the Holy feet of Shri Guru - After studying this Text, may the effectiveness of the PDR process increase in the readers and may they experience the state of *Sat-Chit-Anand* (Absolute Truth - Divine Knowledge - Bliss). - **Compiler**

The common Preface to Sanatan's Text series on 'Personality defect removal' is provided in Sanatan's Text - 'Importance of personality defect removal and inculcating virtues'.



Note : 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 superscript in brackets and their details are mentioned in 'Bibliography' at the end of this text.