

Spiritual practice for ego removal

Preface

The futility of man's 'I'-ness, that is, of ego can be realised from Saint Dnyaneshwar's quote - 'He who says I have attained it, knows nothing'. Ego is a major obstacle in the path of man's worldly and spiritual happiness. Since the seed of ego is present at the very birth of man, ego is invariably present in everyone, be it young or old, rich or poor, educated or uneducated etc. to a lesser or greater extent.

Ego is akin to the weeds in a field. Until the weeds are uprooted completely, we cannot cultivate a good crop. The weeds have to be uprooted regularly. Similarly, it is not possible to obtain God's grace without complete removal of one's ego. Ego is so deeply ingrained in man that though the very objective of sadhana (Spiritual practice) is removal of ego, it is not easy to eliminate it quickly even after performing spiritual practice. Hence, instead of thinking that ego will be dissolved automatically by performing spiritual practice, we should make conscious efforts towards ego removal.

Along with theoretical information on definition of ego, its types, origin of ego, its removal etc., this Holy text provides information on the reasons for development of ego, the harm incurred due to ego and importance of ego removal, average proportion of development of ego in a seeker as per the spiritual level, the average duration required for removal of ego according to various paths of Spirituality etc. This Holy text also lists out various components of spiritual practice required for reducing ego and the easy methods which can be adopted according to various paths of spiritual practice. Efforts made by some seekers for ego removal, and their spiritual experiences are also included in this Holy text.

At several places in incidents or spiritual experiences quoted by other seekers in this Holy text, reference has been made to H.H. Dr Athavale; it is the name of one of the compilers of this Holy text - H.H. Dr Jayant Balaji Athavale. We pray unto the Holy feet of Shrī Guru, that may more and more people put into practice the efforts required for destroying their ego as provided in this Holy text for early attainment of Moksha (Final Liberation). – Compiler

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