Importance of personality defect removal & inculcating virtues

Preface

While considering an individual's happiness and contentment in life, due consideration has to be given to his temperament. The behaviour of an individual is a good indicator of his temperament. Behaviour, however, depends on his attitude. The attitude in turn is influenced by defects as well as virtues. Personality defects are detrimental to an individual's happiness and contentment while virtues complement them. Personality defects make an individual's life stressful. An individual's personality defects are detrimental to society as well as the Nation. The state of the Nation, in turn adversely affects personal life too. In a nut shell, PDR and inculcation of virtues is necessary to lead a happy and peaceful life.

It is normal practice to intellectually understand the underlying science of a procedure before attempting something new. It helps us comprehend the importance better. So, if we do anything after understanding the underlying science, it takes place with greater interest and the result is more effective.

We need to fully understand the immeasurable harm caused by PDs (personality defects). We also need to know the benefits obtained at various levels upon their removal and subsequently, the inculcating virtues. This results in effectively impressing upon our mind the importance of the PDR process and inculcation of virtues. Being armed with all this understanding helps us to implement this process regularly, consistently and effectively.

In 'Chapter 1 of this Text, the following points have been elaborated upon - Function of the mind, the creation of subconscious impressions, misconceptions about PDR and the underlying reasons, the harm caused to personal life by PDs, etc. Information on the harm caused by PDs in different Paths of Spirituality, the immeasurable harm caused to vyashti (individual spiritual practice) as well as samashti sadhana (spiritual practice) has also been provided. Similarly, information such as the science underlying the elimination of distress caused by negative energies because of PDs which hamper an individual's material and spiritual progress, the reasons for social and national problems resulting from PDs and the integrated approach towards them have also been discussed.

To develop an effective and ideal personality essential for success in various spheres of life, efforts have to be made for inculcating virtues as well as implementation of the PDR process. More information on the importance of the process of inculcating virtues, its benefits, the efforts required at various stages of this process, etc. has been provided in 'Chapter 2'

My prayer unto the Holy feet of Shri Guru is that upon studying this Text series, may the readers make their life happy through efforts for PDR and inculcation of virtues, and also become active for the holistic development of the Nation by abiding by Dharma (Righteousness). – **Compiler**

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