

Personality defect removal at the intellectual and action level

Preface

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 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'.

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 the 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**

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