

Efforts at the Spiritual level for removal of personality defects

Preface

Due to the 'Personality Defect Removal (PDR)' process, *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**

Index

Chapter 1. Efforts to be made at the spiritual level	10
1. Efforts to gain control over the six foes	10
2. Efforts to reduce ego	17
3. Efforts to increase chanting quantitatively and qualitatively	26
4. Always try to remain in 'Sat'	38
5. Trying to develop <i>kshatravrutti</i>	39
6. Try to follow various doctrines, principles and rules of Spirituality as well as those given in various Holy texts	51
7. Following the teachings of Saints	59
8. Enhancing devotion and bhav (spiritual emotion)	62
Chapter 2. The effect of spiritual virtues on an individual's mental state & the ability to fight negative thoughts	74
1. General state of the mind	75
2. State of the mind when <i>kshatravrutti</i> is awakened	75

3. State of the mind when bhav is awakened	76
4. State of the mind when the ego is not active	76