

Text series on 'Personality Defects & Ego Removal' : Vol. 3

Removal of Personality Defects through Autosuggestions

(English)

Compiler

Proponent of the 'Hindu Rashtra'

Sachchidananda Parabrahman (Dr) Jayant Balaji Athavale

Erstwhile Hypnotherapist (From 1978 to 1994)

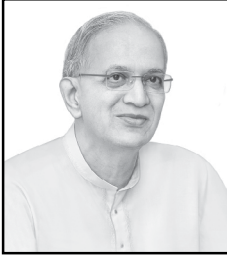


Sanatan Sanstha

Over 9.36 million copies of 362 Sanatan's Texts published as of May 2023 in Marathi, Hindi, Gujarati, Kannada, Telugu, Tamil, Malayalam, Bengali, Odia, Assamese, Gurumukhi, English, Nepali, Serbian, French, German and Spanish.

Introduction to the Compiler

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 124 seekers have become Saints and 1,091 seekers are progressing towards Sainthood as of 10.5.2023.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - www.Sanatan.org)



Assurance of Sachchidananda Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Munde

17.5.1996



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The reason for the honorific Sachchidananda Parabrahman for Dr Jayant Athavale

As per the instructions of Saptarshi through Saptarshi *Jeevanadipatti*, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Athavale since 13.6.2022. The intent in the instruction is that everyone benefits from the Divine Principle in Him. - **H.H. Sandeep Alshi, Compiler of Sanatan's Texts (24.7.2022)**

The reason for prefixing spiritual titles before the Names of Sadguru (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil

As per the instructions of Saptarshi through the medium of Saptarshi *Jeevanadipatti*, Sadguru (Mrs) Binda Singbal is being addressed as Shrīsatshtakti (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil is being addressed as Shrīchitshakti (Mrs) Anjali Gadgil since 13.5.2020. Both are spiritual heirs to Sachchidānanda Parabrahman (Dr) Jayant Athavale.

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



In Sanatan's Text series titled 'Personality Defect Removal Process', we learnt how to ascertain our own personality defects.

In this Text, we will study how to overcome personality defects through autosuggestions. Autosuggestions are essential as they create awareness about personality defects, and help substitute the incorrect actions performed due to these defects with correct actions. They also provide the correct perspective to the mind, whereby an incorrect response arising due to a personality defect is not repeated.

This Text provides information on how to frame the autosuggestion, the number and frequency of sessions in a day, etc. This is a scientific and time-tested method of therapy which reduces personality defects.

A review of the process and progress made in this therapy are also noted. If there is no reduction in the personality defect despite finding its root cause and taking related autosuggestions, the punishment technique should be applied. All this information along with spiritual experiences obtained as a result of putting this knowledge into practice, have been provided in this Text.

We pray unto the Holy feet of Shri Guru - 'May the readers be inspired to implement the 'Personality Defect Removal (PDR)' process with complete faith and be able to overcome their personality defects, leading to enhancement in their spiritual practice'. - **Compiler**

