Removal of Personality Defects through Autosuggestions

Compiler

Proponent of the 'Hindu Rashtra'

Sachchidananda Parabrahman (Dr) Jayant Athavale

Erstwhile Hypnotherapist (From 1978 to 1994)

Sanatan Sanstha

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As per the instructions of Saptarshis through the medium of Jeevanadipatti Reading on 13.5.2020, the title 'Shrisatshakti' has been prefixed to Sadguru (Mrs) Binda Singbal's Name and 'Shrichitshakti' has been prefixed to Sadguru (Mrs) Anjali Gadgil's Name. Therefore in the writings before 13.5.2020, these titles have not been prefixed to their Names.

Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers.

Preface

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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**