

# Removal of personality defects through Autosuggestions

## Preface

In the 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 to 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**

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