

# CURE ADDICTION



# BY HYPNOTHERAPY

Dr. Manish Patil

CURE ADDICTION BY HYPNOTHERAPY

Dr. Manish Patil

### **Copyright © Manish Patil. All Rights Reserved forever.**

This ebook is for your personal non commercial use only. You cannot distribute this ebook by yourself. If you want to distribute this ebook, you should give the url [www.manish.eorg.in](http://www.manish.eorg.in) to your friends etc. from where they can download the ebook.

If you want resale rights (Resale the book as it is. Without any changes) of this eBook, please contact Manish Patil at [manish@eorg.in](mailto:manish@eorg.in) priorly. You cannot change the contents of this ebook in any condition.

If you want to print its hard/paper bound copy, please contact Manish Patil at [manish@eorg.in](mailto:manish@eorg.in) before printing.

**If you are doubtful regarding anything, please confirm with Manish Patil at [manish@eorg.in](mailto:manish@eorg.in) in advance.**

Hypnotherapy is considered as an Alternative Medicine system or complimentary method of treatment in many countries. So Treatments by Hypnotherapy also should be considered as Alternative treatment. Use as per the rules of your country, state, Location etc.

### **Limits of Liability / Disclaimer of Warranty**

The authors and publisher of this book and the accompanying materials have used their best efforts in preparing this program/e-book. The authors and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this program. They disclaim any warranties (expressed or implied), merchantability, or fitness for any particular purpose. The authors and/or publisher and/or distributors shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages. As always, the advice of a competent legal, tax, accounting or other professional should be sought. If medical advice or other professional assistance is required, the services of a competent professional should be sought. This e-book is only for educational purpose. The authors and publisher do not warrant the performance, effectiveness or applicability of any matter links or sites listed in this book. All matter and links are for information and education purposes only and are not warranted for content, accuracy results or any other implied or explicit purpose.

**This manual is copyright protected and contains material protected under Indian, International and Federal Copyright Laws and Treaties. Any unauthorized copying, distribution, recompiling, selling, adding or eliminating the matter of this eBook, reprint or use of this material in part or full is prohibited and will be punishable at maximum. Strictly subject to Dhule, Maharashtra state, India jurisdiction.**

### **Earnings Disclaimer**

The earnings that you actually experience will depend on the amount of labor that you put into your efforts as well as your ability, experience, education, market trends, search engine algorithms, and many more personal and external factors. We do not guarantee or otherwise promise that you will earn any particular amount of money. That said, it is possible to make money online. Thousands of people are doing it every day, and we hope that this report can help you join those ranks!

**To see other e-books written or given by Manish Patil, visit  
[www.manish.eorg.in](http://www.manish.eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Hypnosis

Hypnosis is an altered state of consciousness. There are arguments for and against it being a 'special' state but having hypnotized thousands of people in one to one situations I know this 'special' state exists. It is true that suggestions can be given and acted upon in normal waking consciousness but suggestions are far more effective when delivered to a person in an altered state brought on by a hypnotic induction.

People sometimes shy away from hypnosis but often this is because they misunderstand what it actually is. Much of the misunderstanding of hypnosis comes from stage shows and the way that it is portrayed in the media. Stories about hypnosis only tend to make the news if there is a problem or if it is misused.

In reality hypnosis works very simply. In a professional one to one situation hypnosis is achieved by using various techniques to guide the client in to deeper levels of relaxation. It is often a gentle progression from waking consciousness into a deep level of mental and physical relaxation, rather than a flashy click of the fingers that you might see on TV or in stage shows.

When you are in a hypnotic state you will still be aware of your surroundings even as you drift into deeper states. It can sometimes feel as though very little is happening and that you can open your eyes at any time and be wide-awake. This is because being under hypnosis doesn't feel unusual. It doesn't create a special feeling and so people often don't realize when they are under hypnosis.

Being in an altered state of consciousness or in a hypnotic trance is actually something you will experience naturally many times in your life. For example, just before you fall asleep each night and before you are fully awake in the morning you are in a trance state that everyone on the planet experiences. These morning and evening trance states are called the hypnogogic and hypnopompic states. Daydreaming is another naturally occurring trance state that is familiar to all of us and one that is similar to being in a light state of hypnosis.

When you are in a deep level of mental and physical relaxation you become receptive to suggestions and accepting suggestions is the key to using hypnosis as a therapeutic tool. A post hypnotic suggestion is a suggestion given that will be acted upon at a later time. For example if a post-hypnotic suggestion is given that "as soon as your head touches the pillow each night, you will find it easy to go into a deep relaxing sleep." When a suggestion like this is accepted by your unconscious mind the next time you go to bed and your head touches the pillow you will indeed find it easy to go to sleep.

We spend most of our time in our conscious thoughts and only sporadically tap into our unconscious mind when we daydream or get creative ideas. The only other time we spend in our unconscious thoughts is when we are sleeping, when our conscious mind has switched off. Learning to connect with your deep unconscious mind through hypnosis can help you in so many different ways to achieve goals, find your creativity, or overcome difficulties.

**The treatment method where your problems are treated and cured with Hypnosis is called Hypnotherapy**

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

**Copyright © Manish Patil [www.manish.eorg.in](http://www.manish.eorg.in) All rights reserved worldwide forever.**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Hypnotherapy and the Sub Conscious

If you desire something desperately, will strongly and act accordingly then even the gods cannot stop you from having what you desire. But you must keep in mind that this desperate desire should be combined with deeds. You must keep in mind that faith without desire is of little use as is desire without faith.

The way to acquire your strongest desires is through the practice of Hypnotherapy. Yes great wonders can be achieved through Hypnotherapy. When you induce hypnosis by yourself and get into a hypnotic trance without the help of a hypnotist then it can be said that you have induced **self-hypnosis**. It is said "As you think so you become". The practice of self-hypnosis is based on this principle. One must remember that self-hypnosis is a double edged sword. A man is after all a bundle of habits good and bad, it is difficult to check and change undesirable habits but Hypnotherapy makes it easy and possible. Before embarking further and getting into the practice of Hypnotherapy it is advisable to ask the following questions of yourself

- Are you determined to fight and eradicate a bad habit or to develop a good one?
- Do you have faith in hypnosis and Hypnotherapy?
- Do you know the art of hypnosis and Hypnotherapy?
- Do you possess the patience and the perseverance necessary to walk along the path of hypnosis and Hypnotherapy? If your answer to all these questions is yes then you can safely proceed.

**In Hypnotherapy the most important thing is to be very clear and precise about your objectives, what you want to achieve must be directly in your sight. There should not be any indecisive about it, the objective should always be exact and specific, so that you can attack it point blank and in full force.**

The next step in treatments by Hypnotherapy is the access to the sub-conscious mind. The duplicity of the mind is well known, and it forms the basis of the self and hetero-hypnosis, if the normal mind takes a suggestion, holds it fast, then the suggestion percolates to the sub-conscious, and in due course of time it is materialized. Please keep in mind that once an idea is impressed upon the sub-conscious mind, it is never forgotten or destroyed.

Our sub-conscious mind is like an abyss, hidden, fathomless and mysterious, yet it is more important than the working mind. Please keep in mind that it is not the conscious mind that activates and controls us but the sub-conscious mind. All our senses and bodily organs are in fact an extension of this subconscious mind.

The conscious mind can be compared to a telephone exchange which receives communication in form of sense impressions and impulses and then passes them on to the sub-conscious; the sub-conscious does not recognize the barriers of time and space.

The sub-conscious within us can be approached when it is in a quiet and calm state, in hypnotic state we have an easy access to the sub-conscious, because it is when the body is in a relaxed state and the senses are numbed. This is a state when the sub-conscious is ready to receive suggestions and impulses from the self or others.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## **Cure addiction by Hypnotherapy by Dr. Manish Patil**

Therefore it is most important to approach the sub-conscious when you are in a relaxed state, this state is either just before sleep at night or immediately after a deep soothing sleep when the senses are in a numbed state,

This state of deep relaxation can be created through the practice of Hypnotherapy, and can be used to fulfill your deepest wishes and desire. The exploration of the sub-conscious is the greatest journey one can ever undertake and everything pales in comparison to this adventure.

### **The Power of Suggestion**

The entire Universe is made up of vibrations, and amongst these vibrations Suggestions are the most powerful vibrations on our planet. We are living in a world of Suggestions, right from conception through infancy, childhood, youth, adult life and old age our life is nothing but what is molded by Suggestions which bombard us throughout our life.

Saint German has aptly defined Suggestion as “the temporary implanting of the will of one person on the brain of another by a purely mental process”. He further states to make his point “A servant executing an order is acting under Suggestion; he obeys his desire to earn his wages. A man in love, complying with the wishes of his sweetheart submits to a will foreign to his own. A professor teaching and repeating every day the same precepts to his pupils, imposes his will upon them. A father reproving his son for some error, strives to instill his own principles to obtain better conduct, a mother who coaxes her child tries by her caresses to attain the same result, a wife who by her numberless means of persuasion, manages her husband, implants her will in him.

The orator, who captivates his audience, acts in the same way. Everything is but Suggestion in this world, at least in the old fashioned acceptance of the word. No sleep is required for this kind of Suggestion”.

It are these Suggestions which ultimately shape our Karma, one is therefore advised to be careful what kinds of suggestions he offers. We have to take extreme care in dealing with infants and children because we have to realize that we are molding their minds.

Suggestions in most of the cases is the imposition of will, one has to be careful in this regard. The power of Suggestion is marvelous, and miracles can be achieved through it. A whole new world will open up if we understand the power of Suggestions and how to implement them correctly.

### **Samadhi through Self Hypnosis**

The most advanced stage in self-hypnosis, is what is called in Hindu Spiritualism as the state of Samadhi. This state is extremely rare and difficult for common man to achieve, but not impossible to achieve. In the highest stages of Self Hypnosis the subject can project his consciousness anywhere he desires, even out of the atmosphere of the earth at any time he desires. This is called the transcendental state of consciousness or super-consciousness, in such a state the barriers which rule us those of time and space cease to exist and become the unknown. In such a state the physical body remains in a inert state, but the etheric or astral body springs into action .This etheric or astral body becomes the vehicle of the subject, and can travel anywhere in time and space.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

This highest state of hypnotic trance though it might seem difficult can be achieved by the dedicated student of self-hypnosis, and also through the practice of **Meditation of Silence**. The consciousness can be directed at first to do astral travel, and then later on after some experience has been achieved, this transference of consciousness may be directed to travel into the past and the future. In such states one can describe what has happened, what is happening and what will happen. In this state one can see clairvoyantly and hear clairaudiently.

*In this highest state of self-hypnosis or Samadhi one acquires extra sensory perception, and may even acquire certain unknown supernatural powers. In such a state the normal senses become heightened, and one experiences the feeling that he is the consciousness, this is the state where there is no difference between the material and the immaterial and everything becomes one and merges with ones consciousness, this state has been described by great Yogis "as I am you are me" which signifies that the state of Duality has disappeared.*

### The Three Forces of God

The entire universe of which we individually and collectively along with everything else are a part of which is popularly called god is governed by three forces -Creative, Protective and Destructive, also called Bramha, Vishnu, Mahesh.

These are the three forces which are present everywhere and in everything in the entire universe and everything contained in it is but a play of these three forces, everything is controlled by these three forces. There is nothing else but these three present in everything in creation. The sum total of these three forces is called god.

Now if we look at ourselves we can clearly see the play of these forces and how they govern our lives, one may be in a creative frame of mind one day and create something new like a painting or a house or anything else, then on day one might be in an protective frame of mind to protect what one believes to be his rightful property or his birthright, then one day one might be in a destructive frame of mind to punish those whom he believes have harmed him in any way or taken away what he believes to be rightfully his.

These three roles are interchanged in every ones lives daily, you just have to look at your mood at any given moment to know what mode you are in that particular moment. If you look around you carefully you will observe people with varying degrees of predominance of one particular force over the other.

Now look further at societies and countries and you will find entire societies or countries with the predominance of one of the three forces of nature, there are countries which are engaged in creative pursuits like inventions in medicine or computers or any other pursuit for the betterment of mankind, then there are other countries which are engaged in protective pursuits to protect their territory or their rights and those countries which are forever engaged in destructive pursuits to gain more territory or power. Here i must add that these countries also use the other two less dominant forces in pursuit of their goals which may be Creative, Protective or Destructive but the predominance of one particular trait is always there.

Now let us look beyond ourselves and earth and look at the entire universe, what do we see new galaxies, solar systems, suns being created and destroyed amongst the countless objects in what we

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

can see of the universe. Thus you will realise that the forces of Creation, Protection and Destruction are prevalent in the entire universe and control everything inexistence.

These three forces are the three parts of what we call god, they arise from the same ultimate force we call god and govern the universe.

The three aspects of god keep the balance in the universe, they are interlinked and when there is in balance and one of the three forces more dominant then the other two assert themselves to maintain the balance, the balance between the three forces has to be maintained forever hence the cycle of Creation, Protection and Destruction will go on forever and nothing can escape it.

### The truth behind meditation

Meditation is a word you hear day in and day out almost everyone practices meditation at one time or the other in his or her life. There are numerous techniques available, all of which promise you of the ultimate union with god. Yet out of these millions of people practicing meditation for years how many of them have reached their ultimate goal, have you heard or met such people what have you noticed in them which you don't poses, are they any different from you .did you see them perform any miracles or things which you could not do. Now about these persons practicing meditation apart from self hypnosis in what way have they changed, see changes show by themselves you don't have to observe them through a microscope.

Now what is the truth behind meditation you will ask me, let me tell you meditation is nothing but a state of mind, the ultimate goal of the mediator is union with the ultimate and this union cannot be achieved by getting into methods. If one could achieve the final frontier of meditation by getting into methods or mechanical habits you may very well try counting numbers or motorcars passing in front of your house. You will achieve nothing other than satisfaction which you may also gain from cleaning your house.

Then you will ask how to achieve this state of mind which is popularly called meditation and to achieve the ultimate goal which is union the almighty or god. I will in my next post show you how to achieve this state of mind.

### Meditation a state of mind

Meditation is nothing but a state of mind. I would like to show you two to achieve this state of mind, but first you have to get rid of all the crap which you have accumulated in your memory and to approach your new task with an unbiased and balanced mind do not judge or pass judgments or arrive at a conclusion or set a target for yourself. Remember that you have to enter with a fresh mind leaving behind all your past baggage behind.

Now i want to remember and think deeply and say aloud **We live inside the thing and the thing lives inside us.**

Now i will tell you of two ways to reach this state of mind both these ways have their roots straight back to the Buddha.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

The first is to observe your thoughts, look at them in an unbiased manner and remember not to get involved in analyzing or passing of judgments or arriving at conclusions or setting a target for yourself. I want you to remember **You will find god when you stop trying.**

When you are observing your thoughts without bias and in a balanced manner there will come a time when your thoughts will slow down and then you will come in contact with the space between your thoughts, it is this space in which the entire universe exists. It is this space which you call god/bhagwan/allah/or the almighty. The final goal of the mediator is to reach this state of mind and become aware that he/she is in permanent contact with the **space.**

The second way is to observe your breath like an observer, not to do anything with your breath just observe and to remember what I have told earlier. Please remember that to achieve this meditative state of mind it is not necessary to have a schedule or to get into a habit or a discipline of some kind. It is not necessary to have fixed posture's or a fixed time this can be done at any time of the day or night in any place including the toilet.

Please bear in mind not to get into any kind of habit, but to achieve this state in a natural way which you find most comfortable, you can also effect changes which come most naturally bearing in mind **We live inside the thing and the thing lives inside us.**

### The Seven Chakras

In the human body are three main channel or nadis as they are called in Sanskrit called Ida, Pingala and Shushamna which are called in English as the sympatic, parasympatic and central nervous systems, these three nadis are situated along the spinal cord and they run in a curved manner which can be likened to a snake, these three nadis in this curved movement overlap each other and at the various fields of crossing an energy field is created which flows in an circular manner which can be compared to a wheel or a chakra hence the word chakra is used to describe these centers of energy, the frequency of these energy fields increases from the lower to the higher chakra ie. the force which is generated increases from the lower to the higher.

These chakras and the energy which they generate is called the Prana or the life source energy, and this energy controls the entire human body and the chakras individually have a field of operation ie. they control the functions of the area in which they are situated, they not only control the physical parts but also the corresponding mental energy which these parts release.

The seven main chakra or energy fields are as below-

#### THE MULDHARA CHAKRA

This is the root or the first chakra from which the three nadis the Ida, Pingala and the Shushanma begin their upward movement of energy, this chakra is situated below the spinal cord between the spinal cord and annus, it is said to be red in colour and has four wheels or spokes which represent the basic wants of life which are material in nature. The four spokes symbolises the force with which the energy rotates ,the words which correspond to this chakra are LAM.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## **Cure addiction by Hypnotherapy by Dr. Manish Patil**

### **THE SWADHISTHANA CHAKRA**

This chakra is situated about a couple of inches above the muladhara chakra near the ovaries, this chakra has six spokes which represent emotions representing the basic desires like love, anger, sexual energy and other basic emotions, this chakra effects the gonads. The words which correspond to this chakra are VAM and the colour is violet.

### **THE MANIPURA CHAKRA**

This chakra is situated in the navel area and is associated with will power relating to the basic desires and has ten spokes representing use of fair means or cunningness or other such means to fulfill the basic wants. This chakra effects the pancreas and the corresponding words are RAM and the colour is bright red.

### **THE ANAHATA CHAKRA**

This is also called the heart chakra and has twelve spokes representing the ability of taking decisions from the heart rather than decisions based on your emotions, this chakra is the first of the higher chakras as one rises above the basic and materialistic needs, this chakra effects the thymus gland and the corresponding words are YAM and the colour is pink.

### **THE VISHUDDHA CHAKRA**

This chakra is situated in the middle of the neck and effects the thyroid gland, this gland also effects the ability of speech. This chakra gives one the ability for spiritual wisdom and the higher knowledge which is associated with it, there are sixteen spokes associated with this chakra and the corresponding words are HAM and the colour blue.

### **THE AJNA CHAKRA**

This is the chakra where the three nadis the Ida, pingala and sushamna meet after their climb upwards from the muladhara chakra, this chakra is situated near the pineal gland and is popularly called the third eye because this is the chakra of the mind and has the ability to give one foresight and the higher qualities and the ability to use the full force of the mind' the corresponding words are OM the colour green.

### **THE SAHASARA CHAKRA**

this chakra is also called the crown chakra, and is situated on the crown of the head and is golden in colour, this chakra has one thousand spokes and is the chakra from which the life energy in the body rises from the muladhara chakra to the ajna chakra and then through the crown for the ultimate union with god or the universal life energy.

Thus we see how the universal energy functions inside the human body, the seven main chakras are the generators of this energy, the very basis of Kundalini Yoga is meditating on these chakras cleansing their energy and enabling the upward flow to it logical union through the crown chakra with the universal energy in the atmosphere.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

**Copyright © Manish Patil [www.manish.eorg.in](http://www.manish.eorg.in) All rights reserved worldwide forever.**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Meditation of Silence

Dear Readers after reading my posts [The truth behind meditation](#) and [Meditation-a-state-of-mind](#) many of you have asked me to give a practical technique to practice meditation, I am of the opinion that and I have stressed that before that meditation is a state of mind and it is not advisable to get into habits of any kind and to practice meditation in a way which is most comfortable to you, herein below I will explain what really is meditation and how it is advisable to practice it.

I have in my post [The Seven Chakras](#) explained in detail who the functions of the three nadis in the human body which distribute breath or pranathrought out the body -called in Sanskrit as Ida, Pingala and Shushamna and in English as the sympatic, parasympatic and central nervous systems, these three nadis are situated along the spinal cord and they run in a curved manner which is why they are called Serpent or Kundalini, these three nadis in this curved movement overlap each other and at the various fields of crossing an energy field is created which flows in an circular manner which can be compared to a wheel or a chakra hence the word chakra is used to describe these centers of energy, the frequency of these energy fields increases from the lower to the higher chakra ie. the force which is generated increases from the lower to the higher.

These chakras and the energy which they generate is called the Prana or the life source energy, and this energy controls the entire human body and the chakras individually have a field of operation ie. they control the functions of the area in which they are situated, they not only control the physical parts but also the corresponding mental energy which these parts release.

Now as we have seen how the breath or the life source or prana flows through these nadis and controls the entire human body, please keep in mind that that area of the body which is most effected requires more breath or prana hence normally the distribution of the breath is not evenly distributed throughout the body.

Keeping this in mind the only way to practice meditation is through **Silence** but first it is essential to understand what silence means, when one practices silence the breath does not get unevenly distributed and is distributed through the body and in the process flows upwards toward the **Brain** and stimulates those areas of the brain which have been neglected and have remained unused, this is what the mystics call **Siddhi**.

Now you will ask me how does one practice silence, I tell you silence cannot be practiced mechanically by method but one can practice it in a way one feels more comfortable with and how can one feel comfortable there is only way **By knowing what silence can do for you**.

### Frequently Asked Questions

#### Why is Hypnotherapy so effective?

Positive thoughts breed positive actions which bring positive success. That's exactly how hypnotherapy works, helping install new feelings of well-being. Since hypnosis is accessing the creative unconscious part of the mind, there is much less resistance in accepting positive suggestions. Therefore the Hypnotherapy treatment can often be much more effective, and produce much quicker results, even than with those achieved by psychotherapy alone.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Does Hypnotherapy work for everyone?

It's important to remember that everyone has his or her own unique experience of hypnosis & Hypnotherapy. What one person feels may be entirely different from the next. Many people shy away from the use of Hypnotherapy because they don't understand how or why it works, or fear they cannot be hypnotized. **However acceptance and implementation of the given instructions is very necessary to get benefited.**

It is found that about 10-15% of people are classically un-hypnotisable, most people (85%) show normal scores, and about 10% are hypnotisable to extreme depths and show the classical deep trance phenomena.

With our Hypnotherapy audio sessions you don't have to go that deep to get the benefits of hypnosis. If you are willing to listen and relax as deeply as you can, you will experience benefits. Hypnosis does not come easily for everyone. Normally the results are noticed within a month. Some people will have to try harder at it than others, but if you dedicate yourself to getting the most out of each session, you accept all the instructions given, then you will. **I will clarify here that then and only then you will.** By staying motivated, listening often, and following the suggestions you are sure to experience successful Hypnotherapy.

### How safe is Hypnotherapy? Should I be worried?

Hypnosis is a naturally occurring, beneficial, positive state, and as far as we're concerned it can never be bad for your health. It is just deep relaxation after all. Our guess would be that all medical practitioners would agree on the health benefits of deep relaxation. So as a therapy it should be embraced for producing personal growth, and personal empowerment.

### Can a person be hypnotised against his will or made to do anything against his will?

No one is able to be hypnotised against his/her/their will; as willingness to accept the instructions is most necessary for hypnotism & Hypnotherapy.

### Will Hypnotherapy make me act strangely?

Hypnosis is not what the movies have made it out to be. In reality, hypnosis is the act of achieving an induced state known as Alpha. Alpha is a light trance-like state that many people experience throughout the day without even realizing it. Some refer to it as being on auto-pilot. You can drive a familiar road without focusing on the route, but you subconsciously know when and where to turn. Should a child dart out in front of your car, you would be able to react and stop quickly. The same is true of the Alpha state of mind. Responses to important stimuli are still possible. It is also the perfect time to impose suggestions that can mean real differences in your life.

**During the Alpha state people are 200 times more influenced by suggestions. Hypnotherapy programs help you achieve that perfect state in which changes are made.**

### What Types of Changes Can I Make Using Hypnotherapy?

You can change the way you think about yourself and even change your physical health and appearance through directed hypnotic methods. Have more confidence, lose weight, or stop smoking

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

after just 3 weeks of daily Hypnotherapy. You can boost your immune system and have more muscle mass and better looking skin.

### Will Hypnotherapy totally change me as a person?

Our Hypnotherapy audio sessions are designed to help you to change in a positive way. So don't worry, you will still be you!

### How do your Hypnotherapy audio sessions work?

When listening to one of our **Hypnotherapy audio sessions**, you will be gently and effortlessly guided into a state of deep relaxation. This is achieved by a technique called progressive relaxation, which involves following very simple verbal instructions and positive suggestions, which leads to you becoming progressively more and more relaxed. As your body relaxes so too does your mind.

When you enter this deep state of relaxation, which we call 'creative relaxation', the conscious part of your mind can be easily distracted. While this happens, positive suggestions are given directly to the creative unconscious (subconscious) part of the mind. Since the doorway to the unconscious mind is now open, it is much more receptive to the information it needs to change the unwanted experience or behavior you want to stop.

### How long are your Hypnotherapy sessions?

The length of each Hypnotherapy recording varies, depending on the situation and the problem. May be appr. 20 to 50 minutes or even more.

**Remember that repetition is the key for Hypnotherapy. The more you hear the suggestion, the more likely it is to be accepted by your creative unconscious.** And we know that motivation is helped and maintained if listened to everyday. Preferably twice if possible. If not even once gives satisfied results. Just the time to get the results increases.

### When will I notice the results of Hypnotherapy?

Everyone's experience with Hypnotherapy is unique, so each person will experience positive change at different speeds and levels. Somebody may get result when listened only once. Some people might get real results after a few days and for others it might take a few weeks before they notice a change. It's not always an "Aha!" moment or some eureka experience. It's more often something that happens without us really even noticing, such as when someone develops more self confidence without consciously noticing at first - which is very common.

Remember that we all have our own unique inner world and we each have our own time frame for change. It's impossible to predict when and how change will occur, but it does happen. Hypnosis is by far the most effective means of bringing about permanent and lasting behavioral and emotional change, even if we aren't immediately aware of it.

### Are your Hypnotherapy sessions suitable for children?

Your child should benefit from regular use of our Hypnotherapy products. In fact children will often respond even quicker than adults do, mainly because they have highly active imaginations and the imagination plays a large part in hypnosis. **However, please ensure that you supervise your child's use of any Hypnotherapy audio sessions.**

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Is it safe to use Hypnotherapy when you're pregnant?

Yes, regular deep relaxation can only help you and your baby during your pregnancy. In fact, we have developed specific titles for pregnancy, these include: Easy natural childbirth, Manage morning sickness and Post natal depression. However we would suggest you to consult your gynecologist before ordering any Hypnotherapy session.

### When and where should I listen to your Hypnotherapy audio sessions?

You can listen to any of our Hypnotherapy audio sessions anytime you like. A good time to listen to our self hypnosis sessions is before bedtime. You can then fall asleep after listening. It's also important you ensure that you won't be unnecessarily disturbed when you listen to a self hypnosis session. Allow yourself to have relevant time in a safe place with peace and quiet. **But please do not listen the Hypnotherapy audio sessions when driving or operating machinery, or when something else requires your full attention.**

### How often do I need to listen to each Hypnotherapy session?

**Repeated listening is the key to success with our self hypnosis sessions.** We recommend you listen to our Hypnotherapy audio sessions everyday preferably twice or at least once for the first three weeks. We then suggest you listen only once every day for the following three weeks or longer for maximum positive benefit. After this you should listen to the Hypnotherapy audio session if and when you feel the need. You will probably enjoy the creative hypnotic relaxation so much that you will want to continue to benefit by listening regularly.

### Why do I need to listen more than once if they're so effective?

The regular concentrated use of our Hypnotherapy audio sessions means that the suggestions and information within the session are much more likely to be accepted by your unconscious mind. This means you are much more likely to fully benefit from their use.

### Can I listen to a Hypnotherapy audio session more than once a day?

Yes, twice a day is fine. Anymore might just be 'too much too soon'.

### Can I use more than one Hypnotherapy session at once?

Yes of course. Some of our Hypnotherapy sessions complement each other very well, such as 'super self confidence' and 'boost your self esteem' or 'anxiety release' and 'stop worrying'. However, some issues are more complex and we would recommend caution in trying to tackle separate issues at once. For example weight loss and stopping smoking are very difficult to achieve at the same time, and it could be better to concentrate on each issue at different times. We also don't recommend you listen to too many different sessions over the same period which is why we limit purchases to 10 sessions.

### Is it better to concentrate on one issue or listen on alternate days?

Everybody responds in their own way to our Hypnotherapy audio sessions. It could well be useful to use them on the same day, especially if they complement each. However, if your sessions are for very different, distinct problems, it might be more useful to listen to one session until you are feeling positive results and then start using another as and when you feel ready.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## **Cure addiction by Hypnotherapy by Dr. Manish Patil**

### **Can I listen to two or more sessions, one right after another?**

We suggest that you do not listen to more than two hypnotherapy sessions right after each other. If you wish to play two together that's fine, but ensure that they complement each other and are not working to help you on very different problems. The answer to this question is critical. Contact us for specific sessions.

### **Is there a limit to how many I should listen to in a day?**

We suggest a maximum of two hypnotherapy sessions per day, (that complement each other). Any more and you may feel a little confused and not fully benefit from your efforts.

### **Are these recordings suitable for falling asleep to?**

Whilst most of our Hypnotherapy audio sessions have a wake up part at the end, you can still use them to fall asleep to, by simply turning off the recording towards the end (just before the wake up part). Because you will feel so relaxed after listening to any of our Hypnotherapy sessions, it'll be easy to just drift off into a natural sleep.

### **Does it matter if I fall asleep whilst listening? Will I still benefit?**

Hypnosis can be a natural bridge into sleep. Should you fall asleep during their use, don't worry. This is perfectly fine. Everybody is different. Keep using them for full positive benefit.

### **Is it common to fall asleep and then wake up towards the end?**

Yes this is common. At the end of nearly all the hypnotherapy sessions, there is a wake up part, where you are instructed to wake up. It is common to feel like you were fully asleep and then just happened to wake up at the end. The reality is that you were probably not fully asleep during the session and that your creative unconscious (subconscious) mind knew it was time to wake up, or heard the words of the hypnotherapist.

### **Can I listen to a session on a loop, throughout the night?**

We suggest that you use the self hypnosis audio sessions as directed. Concentrated use of the hypnotherapy session can be beneficial if and only if your brain can manage it; however, we don't want to disturb your sleep pattern as regular sleep is important for good health.

### **Do I need to listen with headphones or can I listen on speakers?**

If you don't have any headphones then yes you can listen via speakers. But we strongly recommend you listen to our Hypnotherapy sessions using headphones. By listening through headphones it almost seems like the sound is plugged directly into your brain. Headphones also help in cutting down on any possible distractions. Remember that concentration is a key factor in hypnosis and your focus can be easily interrupted by outside noise.

### **I am finding it hard to relax. Do you have any tips?**

Some people say they have trouble relaxing and fear it may impact their ability to benefit from hypnotherapy. The best advice is to try not to think so much and just go with the flow and do as directed. Let it all happen naturally and just lay back (or sit back) and listen to what is being said and

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## **Cure addiction by Hypnotherapy by Dr. Manish Patil**

do as directed. If you're being asked to concentrate on a certain part of your body, just follow and keep your focus.

Hypnotherapy does not always come easily for everyone. However, if you dedicate yourself to getting the most out of each audio session, then you will. By staying motivated, listening often, and following the suggestions you are sure to experience successful Hypnotherapy.

### **Is there any way to purchase Hypnotherapy audio sessions anonymously?**

While ordering you must fill in your correct and complete details, along with the name of the person to be benefited as it is used in the sessions. Otherwise your order will not get processed. Please remember that we respect our customer's privacy, and your details will not be shared with any third party.

### **Will I receive unwanted emails or promotional mail?**

No, we respect your privacy. We only send the occasional email newsletter only and only to those who have opted in to our mailing list, and we never send promotional material via regular post/mail.

### **How long do I have to wait until I receive my Hypnotherapy download(s)?**

All orders are processed separately by the beneficiary name. It normally takes 8-10 days to make a Hypnotherapy audio session. But it may happen that it may take some more time if the number of orders increases.

### **Can I make a copy of your Hypnotherapy audio session(s)?**

Our Hypnotherapy audio sessions are for personal use only (**Commercial use strictly not allowed**), and are restricted to one person and only one person for whom it is ordered. You are allowed to make one copy onto a CD for your own personal use only.

### **Are the Hypnotherapy audio sessions registered to my computer?**

No, our Hypnotherapy audio sessions are not registered to the computer you download them to.

### **Can I use the Hypnotherapy audio session given for me to benefit other members of my family, friends, relatives etc.?**

Every Hypnotherapy audio session we give is recorded by the name of the beneficiary provided in the order form. It is made to benefit that person only. If any other person uses it he will/may not get any benefit as all the instructions are given by that beneficiary name. Also it is legally prohibited as the session is made for your and only your personal use. This is intended to protect our intellectual property and incomes relating it from any type of misuse/fraud/malpractices and sharing or distribution will lead to legal prosecution and penalties up to maximum.

### **In which languages can I get my Hypnotherapy audio sessions**

You can get your Hypnotherapy audio sessions in Marathi, Hindi and Indian English only.

### **What if I don't know English, Hindi or Marathi?**

Sorry. Presently we are making Hypnotherapy audio sessions only in Marathi, Hindi and Indian English languages. You have to know and understand the language to get benefited by

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

Hypnotherapy. You should know the meaning of each word and sentence spoken in the Hypnotherapy audio sessions. If you are not able to understand, you may not get your relevant results. **If you don't know the languages, please don't order.**

### The Myths of Hypnotherapy

There are plenty of myths about hypnosis & Hypnotherapy. It's a shame really, as some of these myths put some people off using hypnosis to help make positive changes in their lives. So in this article I shall talk about ten of the most popular myths about hypnosis, and explain the truth behind each one.

#### **Hypnotherapy Myth #1 – Hypnotists/Hypnotherapist have special powers.**

Wrong! The truth is hypnotists/Hypnotherapist don't have any special powers. They just have knowledge and experience of humans. With sufficient effort and practice most people could probably induce hypnosis. Of course the real skill is in what way you use it, and how you use the hypnotic state to help people.

#### **Hypnotherapy Myth #2 – Hypnosis/ Hypnotherapy will only work on certain people.**

Wrong! Whilst it's true that hypnosis/ Hypnotherapy can be more useful for some people, I would say it's mainly down to the person's motivation, their willingness, and their ability to concentrate. As far as I'm concerned everyone is suggestible to some degree. If you're interested in something and it's something that you want, generally you're open to its effects. That's the same with hypnosis. If you want it to work and you co-operate and accept the instructions, then you'll reap the benefits of hypnosis/ Hypnotherapy.

#### **Hypnotherapy Myth #3 – People who get hypnotized are weak minded.**

Wrong! It's quite the opposite. Without doubt it's the people who can concentrate well and have a creative imagination that are, if you want to use the term, the best 'hypnotic subjects'. These types of people go into hypnosis/ Hypnotherapy easier and deeper than anyone else. We're all susceptible to suggestion, but it's just a matter to what degree. If someone is offering me something which is useful, then I will work towards achieving it. It would be really silly to work against something that will give you benefit. So it's really not true that people who are hypnotized are gullible or weak minded.

#### **Hypnotherapy Myth #4 – When in hypnosis, you can be made to say or do something against your will.**

Wrong! Generally, hypnosis is a state of heightened suggestion. Generally, people won't do anything which goes against their personal values or beliefs. What you have to remember about hypnosis is that it's not sleep and you're aware of everything that's happening around you. If someone tells you to do something that is really against your values then you won't do it. You'll come out of the state of hypnosis, and in fact it would you'd almost be shocked out of hypnosis. It's as simple as that!

#### **Hypnotherapy Myth #5 – Hypnosis/ Hypnotherapy can be bad for your health.**

Wrong! My guess would be that all medical practitioners would agree on the health benefits of relaxation. Relaxation helps to bring about a homeostatic balance – a balance within the system, of

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## **Cure addiction by Hypnotherapy by Dr. Manish Patil**

mind, body and soul, emotionally and physically. The problem is that a lot of doctors say to people “you need to learn to relax” but they never really give them the tools for knowing “how to relax”.

So as far as I’m concerned it can never be bad for your health, because it’s a naturally occurring state anyway. If you want to feel in balance within yourself and the world around you, hypnosis is the best state to be in.

### **Hypnotherapy Myth #6 – You can get stuck in hypnosis and be unable to wake up.**

Wrong! No one ever gets “stuck” in hypnosis. Remember that hypnosis is a natural and normal state to be in from time to time. It’s not a state which is completely alien to us. Of course hypnosis is a subjective experience and everyone will experience it differently but the worst that could possibly happen is that you drift into natural sleep, and afterwards you wake up naturally. Some people may use hypnosis as a bridge into natural sleep. I’ve had it before with people in my private hypnotherapy sessions, where they’ve been so stressed, that they have actually fallen asleep. This is not a problem. But remember, you’ll never get stuck in hypnosis and be unable to wake up.

### **Hypnotherapy Myth #7 – You’re asleep or unconscious when in hypnosis.**

Wrong! You’re not asleep and you’re not unconscious, you’re fully aware of what’s happening around you. Of course everyone’s experience is slightly different, some people feel light, some people feel heavy, but almost everyone feels extremely relaxed. Generally, when people are in a deep state of hypnosis, they feel as if their body has gone to sleep but the mind is still alert, awake, and aware. If you do fall into a natural sleep then don’t worry. I’ve always maintained my belief that if people feel they’re drifting off to sleep when listening to a Hypnotherapy audio session, then it’s fine, it’ll still do its work.

### **Hypnotherapy Myth #8 – You’ll become dependent on the hypnotist/Hypnotherapist.**

Wrong! Remember, you have a conscious awareness during hypnosis, and are in full control. If the hypnotist/hypnotherapist was to ask you to do anything inappropriate then you’d pull yourself out of it, spontaneously for most people. The best, most professional and ethical hypnotherapists work in a way that makes the client feel empowered rather than working in an authoritarian way where problems may result.

### **Hypnotherapy Myth #9 – In hypnosis you’ll be able to recall everything that’s ever happened to you.**

Wrong! Certain therapists use certain specific techniques that may help a person remember certain things from the past if that’s going to be useful for them. Normally there is no real need to go back into a personal memory or personal history, particularly on a hypnosis audio session. It’s just a case of sitting or laying down, chilling out, relaxing, and listening to the session.

### **Hypnotherapy Myth #10 – Hypnosis/Hypnotherapy is dangerous and is the devils work!**

I have heard some very religious people talk of hypnosis/Hypnotherapy as the ‘devils work’. Remember that anything can be used positively and negatively. It’s not the hypnosis that might be at fault, it’s the operator. It’s whether a person is professional and ethical. There are many doctors who

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

use hypnosis. I'm not so sure that they're in league with the devil. After all, hypnosis is a naturally occurring, beneficial, positive state.

### Summary

The word 'hypnosis or Hypnotherapy' usually conjures up certain images in people's minds, and these stereotypes are sometimes hard to overturn. I hope this article has helped you to understand a bit more about hypnosis, and hopefully debunked some of the myths that surround it. The real truth is that hypnosis is a perfectly natural occurring state, and Hypnotherapy is the method to treat your problems by Hypnosis and so Hypnosis & Hypnotherapy are something that should be embraced for producing personal growth, and personal empowerment.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or  
Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

# Cure addiction by Hypnotherapy

If you're looking for addiction help, you've come to the right place. You have probably tried to help yourself break your addiction before, but have found that no matter how hard you try, it ambushes you at your weakest moments. Hypnotherapy can help you escape the clutches of addiction by helping you train your brain and body to 'step out' of the addictive trance state before it happens.

The approach to addiction help is to focus on the psychological elements driving the behavior. We believe these are much more important than any physical factors, although physical elements are part of some addictions. Whether it's drugs, cigarettes or chocolate, or an addiction to a behavior such as gambling, cleaning or stealing, our hypnotherapy audio sessions can give your unconscious mind the help it needs to find and choose another option in place of your addiction.

### Sick of the buzz - but craving it too? Are you suffering from adrenaline addiction?

Adrenaline addiction, like other addictions, can creep up on you unawares. You don't *mean* to pick fights, but the rush of energy you get when your anger rises is somehow *satisfying*. You don't *mean* to put off getting that project done - but it's when that deadline is right on top of you that you suddenly have enough energy to get going.

It's the same with fun and excitement. You thought you were just looking for 'a bit of excitement' in engaging in some risky sport or leisure pursuit. And now you realize that you are not so much interested in the activity itself as in that physical buzz it brings you. And you wonder if it's really worth the danger. Perhaps it's time to get some adrenaline addiction treatment?

### When adrenaline ceases to do it for you

You are not likely to notice the downsides of adrenaline addiction at first, or indeed for quite some time. At first, it seems like a wonderful new source of energy and satisfaction. You can get things done with it. You can feel powerful and capable.

But after a while you realize that 'getting things done' always seems to entail engineering a 'crisis' to fire up the adrenaline. While this is fine as an energy trigger, it is pretty sure to have negative effects on your relationships with the people you live or work with. And it means you can never really show what you are capable of. You never have the time.

### Negative effects of overproduction of adrenaline

A life of constant thrill and excitement appears on the surface to guarantee that you will never be bored and will always enjoy intense 'aliveness'. But regular overproduction of adrenaline puts your body under severe stress and damages your immune system. On top of that, it robs you of your natural ability to enjoy the subtler, quieter pleasures that life has to offer.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Freeing yourself from adrenaline addiction will change your life

Adrenaline addiction means that you have only one way to enjoy life. Becoming free of it means that you can have many different ways you can take pleasure in life and find success in your undertakings.

**Overcome adrenaline addiction hypnotherapy audio session** uses Hypnotherapy for adrenaline addiction treatment. By regularly listening to this audio session, you will empower yourself both consciously and unconsciously to **regain** and **hold on** to your power to **choose** how to live your life. You will activate your deepest unconscious resources and rediscover how much more there is to life.

**Buy Overcome Adrenaline addiction Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop alcohol relapse - let hypnosis take the pressure off

The classic joke 'Giving up alcohol is easy! I've done it a thousand times!' has more than a grain of truth in it. Stopping drinking after a particularly bad episode or at a motivated moment really is the easy part. Staying off alcohol - preventing relapse - is the difficult bit.

The simple fact is that after a time it is easy to forget just how bad things had become before you stopped drinking. As with most things, the pain fades after a while, your reasons feel more distant, and the motivation drops.

Thoughts such as 'a little won't hurt', 'I can manage it now' or 'I deserve it' start to sneak in. And despite all your earlier good intentions, these thoughts seem all too logical.

This is how all addictions work. Your brain has a craving and translates it into thoughts that get around your best defenses. As soon as you start to argue with yourself, you are lost. The only way around it is not to listen to those thoughts at all. Simply dismissing them as the manipulative whisperings of alcohol addiction will keep you free of their clutches.

**Stay off Alcohol hypnotherapy audio session** will strengthen your resolve to keep you free of alcohol and its destructive effects. It will help you reinforce all the reasons you have for remaining free of alcohol just when you need help most.

**Buy Stay off Alcohol hypnotherapy audio session** and stay secure in the knowledge that you can beat alcohol addiction for good with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Diminish Alcohol Abuse

If alcohol abuse is a problem for you, you are probably already aware of the side effects...

Abusing alcohol causes both **physical problems** such as liver damage, high blood pressure, heart trouble; and **social problems** such as difficulties with relationships, finances, work.

Alcohol abuse, as with all addictions, **lies to you** by promising escape from anxiety, relaxation, improved sleep; then in the long term steals much, much more than it gives.

And alcohol abuse is difficult to deal with simply by trying to resist it - what is needed is a real **change in attitude to alcohol**.

Those who are able to easily say 'no' to a drink have changed their relationship with alcohol so that they no longer crave what it promises. Hypnosis can be effective for escaping from the alcohol trap because it helps you **make those changes 'deep down'** to get rid of the drives that keep pushing you to drink. Using hypnotherapy, alcohol can lose its hold over you remarkably quickly.

**Buy Diminish Alcohol Abuse Self Hypnosis audio session** and get a helping hand in your fight against drinking with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Reduce alcohol withdrawal symptoms

Coming off alcohol is about becoming free, truly free.

However, because your body has become used to drinking alcohol it takes a while for your brain and body to normalize. **Easing alcohol withdrawal Hypnotherapy audio session** will help you feel good quickly.

The first few days of alcohol withdrawal symptoms are usually the most intense. After that symptoms tend to subside gradually.

Withdrawal symptoms are your body's expression of relief at no longer being intoxicated. Withdrawal is the process of your body becoming free of toxins, moving you towards health and independence.

You'll listen to a short introduction designed to get you feeling more positive about withdrawal, and then experience a wonderfully relaxing hypnosis session that will begin to ease the process of becoming free of alcohol. You may like to use it in conjunction with our **Alcohol Abuse Buy**.

Your **Easing alcohol withdrawal Hypnotherapy audio session** does not replace qualified medical support.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

Buy Easing alcohol withdrawal Hypnotherapy audio session and start feeling better now with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Breaking Bad Habits

Use Hypnotherapy to help break those bad habits!

Do you have some repetitive behavior or a bad habit that is causing you concern? Everyone has a few that they'd rather do without. For some of us though, **certain habits can really impact on our quality of life, our health, even our relationships**. We can't always be sure why or how those bad habits have arisen; all we know is that we wish we could stop.

**You've probably already tried to break your bad habits through sheer willpower**. If it were that easy to break deep-rooted habits, everyone would be able to just decide, 'Right, I'm not going to do **that** anymore' and the problem would be solved. How many times have you been determined to break a particular habit, only to find yourself doing the same thing, quite automatically? You might be despairing of ever being free of these habits which can restrict us and cause real damage to our quality of life.

Don't give up hope! The fact is that **habits are things that we do automatically**. We don't think about them, or plan to do them. They happen **without conscious thought**. In fact, habits, like all automatic behaviors are rooted in and controlled by our **unconscious** mind, so trying to overcome them with conscious thought and willpower is unlikely to be successful. However, in the deeply relaxed state brought about by Hypnotherapy, **we can talk directly to the unconscious mind**, and work with it to support us in our efforts to stop doing these things which are causing us, or those around us, such misery.

Imagine what it would be like to:

- Be free of the habits that have caused you problems for so long.
- Replace those bad habits with positive, healthy, desirable ones.
- Feel a deep sense of self respect and self worth.

We already have a range of hypnotherapy audio sessions for certain bad habits, such as to **stop smoking** in addition to other addictions (gambling, alcohol, etc). However, **this Hypnotherapy audio session can be used to help with just about any bad habit**. This Hypnotherapy audio session is generic and utilizes deep relaxation and NLP techniques to help you to break those habits you want to rid yourself of whatever they may be. What's more, it's wonderfully relaxing and enjoyable too!

*You can break those bad habits with the help of Hypnotherapy!*

Buy Breaking Bad Habits Hypnotherapy audio session and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or  
Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Overcome caffeine addiction and get your natural energy back

How can you tell if you are suffering from caffeine addiction? Read our signs and symptoms checklist to see if you a coffee addict.

Do you:

- consume more than two cups of coffee, tea, cola or chocolate a day? (these all contain caffeine)
- feel fatigued on and off during the day?
- experience extreme emotional mood swings during the day?
- suffer from frequent headaches?
- suffer from acidity or heartburn?
- suffer from a burning sensation, fatigue and heaviness in the eyes?
- suffer from premenstrual syndrome? (for women)
- have difficulty falling sleep?
- wake up in the morning feeling dead tired?
- get irritated easily?
- suffer from irregular or rapid heartbeats?
- often feel dizzy?
- have high blood pressure problems apart from anxiety problems?
- have problems concentrating without your regular cup of coffee?
- find your hands trembling?
- feel dehydrated?

If you answered 'yes' to even some of the above you may have been abusing caffeine - or perhaps I should say 'it has been abusing you' !

Don't get me wrong - many of us use caffeine to little ill effect. Coffee is great in the same way as sunbathing - in moderation!

Caffeine is the most widely used drug in the world and it's no coincidence that its use has increased alongside longer working hours. For most healthy adults 200-300 milligrams a day (about two cups of coffee) is fine .

But too much caffeine (three cups of strong coffee or more) can lead to **insomnia**, anxiety osteoporosis, diabetes, ulcers, PMS, stroke, heart disease and may be linked to certain types of cancer.

Other common symptoms are migraines and exhaustion, as caffeine dehydrates and over stimulates your adrenal glands. This leads to an inevitable 'energy crash' - which you may have wrongly interpreted as a cue for another cup! Caffeine abusers say they often feel 'exhausted but edgy' at the same time. Caffeine can simultaneously prevent you getting rest - compounding the effect.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

**Overcoming Caffeine Addiction hypnotherapy audio session** will help wean you off the caffeine habit slowly and steadily. If you have had a chronic problem with caffeine addiction, the help of a dietician will also be invaluable.

As with any drug, you may experience withdrawal symptoms as you cut down, so it is important to cut back gradually. If in doubt consult a doctor or nutritionist.

**Overcoming Caffeine Addiction hypnotherapy audio session** will enable you to do all the things you used to feel couldn't be done without coffee - such as taking a break or getting down to work. When your unconscious mind gets the message that your body really doesn't need - or want - another cup of coffee, then you'll find it easy to cut down or even to stop entirely.

**Overcoming Caffeine Addiction hypnotherapy audio session** will focus on freeing you from the vicious cycle of excess caffeine and give you the sense that you can take or leave it.

**Buy Overcome Caffeine Addiction Self Hypnosis audio session** and start feeling better today with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Overcome Cannabis or Marijuana Addiction / Dependence

Dependence on cannabis or marijuana can be a difficult habit to break. Although it is not addictive in the true sense of the word, it becomes such a major part of everyday life that it is very hard to remove.

It used to be thought that using cannabis was relatively harmless, but we now know this is not the case. In addition to risk of cancer, there is mounting evidence of damage to the immune system caused by long-term cannabis or marijuana use.

But, just as with smoking, knowledge of the dangers is not enough motivation to quit. Most people need something more in order to overcome dependencies and addictions.

Hypnotherapy can help by building your unconscious motivation - the sort of motivation that cannabis often diminishes.

**Overcome Cannabis Dependence Hypnotherapy audio session** will help you clear your mind to focus on the reasons why you would like to stop using cannabis so much. You will find that you naturally feel less of an urge to smoke, and more like doing other activities that will help you feel good.

**Buy Overcome Cannabis Dependence Hypnotherapy audio session** and look forward to freedom from having to smoke cannabis with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Get smokeless tobacco out of your life and never reach for another dip

Tobacco chewers or 'dippers' get less hassle from the health-conscious than smokers because dipping is not generally recognized as almost equally harmful. If you've been using smokeless tobacco for a long time, you might have been quite glad not to be hassled. But at some level you have been aware that this habit is doing you no good, and you're reading this page hoping there is some easy way to stop chewing tobacco.

### Overcoming the obstacles to stopping chewing tobacco

Maybe you've tried quitting before. You made up your mind one day that you were going to stop, and you did stop. You felt quite proud of your achievement. But then something happened - some frustration, some party, some work issue, a friend just offered you a wad, whatever it was - and all of a sudden the craving just carried you away before you could think. And you were back dipping again. You may be wondering if you'll ever discover how to stop chewing tobacco.

### Do you need willpower to give up dipping?

When that sort of thing happens, it's easy to give up and start saying to yourself 'Maybe I've just got an addictive personality' or 'I haven't got that sort of willpower'. It all seems like too much effort. Why not just go with it? And that will keep you going for a while, until those niggling doubts, or some worrying health symptom, push you into thinking about quitting tobacco again.

But now it's harder. The notion that 'I don't have the willpower' is quite frightening when you think that it's all about willpower. If stopping chewing tobacco is about entering a battle of wills, you have no hope of winning. Tobacco is much more 'determined' than you are, is it not?

Are you doomed to chew tobacco till it kills you, then?

### How tobacco deceives its users into dependency

Tobacco chewing, like all addictions, acquires a sort of all-pervading 'presence' in the lives of users, which make it seem inevitable, all-powerful, inescapable, and 'part of the furniture'. But it's all an illusion.

Have you ever seen the movie *The Wizard of Oz*? You may remember how the Wizard tried to cow Dorothy and her companions by appearing as a giant head, a fairy, a ball of fire, and a horrible monster. But when they dared to pull back the curtain, it turned out that he was a powerless nobody performing mechanical tricks.

So how do you pull back the curtain on smokeless tobacco and rob it of its power to enslave you?

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### What it takes to escape from tobacco chewing addiction

To get free from chewing tobacco addiction, you need to be able to 'see through' the illusion. This requires very clear, sharp sight. Not the sight of your physical eyes, but the sight of your 'inner eye', your 'mind's eye'. To open your inner eye and see through the deception of tobacco, you need to be in a state of mind removed from your everyday concerns and therefore free of the constraints which normally govern you.

### How hypnosis can help you stop chewing tobacco

The easiest way to access such a state of mind is through the practice of hypnosis. **Stop Chewing Tobacco hypnotherapy audio session** will teach you how to easily and effortlessly access a mental state of calm objectivity and relaxation, where deceptions no longer have any effect on you.

By listening regularly to **Stop Chewing Tobacco hypnotherapy audio session**, you will begin to understand very clearly how tobacco chewing has previously kept its grip on you and why, now that you have seen through it, it no longer has any power over you. You will learn the inner stance to adopt to keep you safe from it in future.

**Buy Stop Chewing Tobacco hypnotherapy audio session and start enjoying a truly nicotine free life with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Chocoholics - overcome chocolate addiction now!

When it comes to chocolate addiction, chocoholics usually find the best of intentions get thrown out the window. No matter how hard you 'put your foot down', the chocolate usually finds some way to convince you to eat more.

So why is it that mere motivation or willpower is not enough?

Anybody who experiences cravings for any substance finds that simply trying not to eat it falls short of what is required to quit successfully.

This is because this 'decision' is made at a conscious level whereas the chocolate addiction is being driven **unconsciously**.

What you need is a boost to your unconscious determination so that the desire to remain free of chocolate addiction becomes stronger than the desire to eat chocolate.

**Overcome Chocolate Addiction hypnotherapy audio session** will help you gently re-educate your unconscious mind to give you more freedom to choose when it comes to chocolate.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

Buy **Overcome Chocolate Addiction hypnotherapy audio session** and experience those cravings simply melt away with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome Cocaine Addiction

#### Hypnotherapy can help you break out of the cycle of addiction

Are you tired of 'marching' on and on?

Are you ready for cocaine addiction treatment?

Human beings have been chewing the coca leaves for thousands of years, enjoying a pleasant sense of alertness and heightened perception. But it's only in the past 150 years or so that it has become possible to extract the pure chemical, cocaine hydrochloride, so that you don't have to go through all that chewing to get the effect.

This technological advance also means that people can make refined cocaine at concentrations that are far from natural. The 'highs' may be higher but all the other negative effects are magnified and multiplied too.

#### Cocaine addiction treatment is more than just saying no

The issue is not whether cocaine use is right or wrong. The issue is that cocaine is a highly addictive substance, and **stopping** using it is a lot more demanding than just saying "I'm not doing that any more" (though that's where you have to start). You need to find and develop the resources to extract yourself and then to **stay** free. Even if you're very determined, there will be times you'll be sorely tempted to slip back into old ways.

So you need all the help you can get.

#### Hypnotherapy is a powerful way to break the addictive cycle

**Overcome Cocaine addiction Hypnotherapy audio session** is an audio hypnosis session developed by psychologists with wide experience in helping people overcome addictions. It is designed to help you directly tap into, activate and amplify the *inner resources* you need to get free of cocaine. It is the perfect complement to approaches that you may engage in with the aid of a doctor or drugs counselor.

As you relax and listen repeatedly to your **Overcome Cocaine addiction Hypnotherapy audio session**, you'll notice that

- you start to see the old behavior pattern in a totally new light
- your resolve strengthens and deepens

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or  
Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

- you develop effective new strategies to deal with emotional triggers and pressures
- your senses begin to recover their natural acuity without need for 'crutches'
- you get your life back

**Buy Overcome Cocaine addiction Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop compulsive cleaning ruining your life

Depending on its severity, compulsive house cleaning can be a form of obsessive compulsive disorder or OCD. It's great to be clean, tidy and hygienic but when cleaning the house becomes an overriding obsession which dictates your thinking then something needs to change.

With obsessive cleaning, the trouble is that clean just never seems clean enough and you may only stop 'working' on a particular room when you are exhausted from cleaning it over and over again.

#### Perfectionism - the time thief

Obsessive cleaning is driven by life's anxieties being placed in the home, causing the tyranny of perfectionism to steal your time and energy, spoiling relationships and wider life interests.

Compulsive cleaning demands your total focus and it may even seem as if time disappears as you become totally absorbed in the process. Obsessive cleaning damages the quality of your life and the lives of those closest to you

#### Fear of contamination

Sometimes obsessive cleaning is carried out as an attempt at assuaging fear of contamination, but the feeling is that no matter how much you vacuum, polish and scrub there is still 'dirt' somewhere - even if you can't see it.

**Stop Compulsive Cleaning Hypnotherapy audio session** will help you feel strong and calm enough to relax around house cleaning so that the compulsion will no longer dictate your actions and feelings.

Just imagine a life freed up from having to slave over the house. Think about all the extra time and energy you'll have to do the things you want to do and to focus your energies into relationships and interests.

**Buy Stop Compulsive Cleaning Hypnotherapy audio session** and feel strong and calm enough to relax around house cleaning so that the compulsion will no longer dictate your actions and feelings. Begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Stop compulsive hoarding and find better ways to feel safe

How do you know if you're a compulsive hoarder? If you've got rooms you can't get into, cupboards you don't dare open for fear you'll be crushed by the contents, and no space to spare in a home which ought to be more than adequate for your needs - the chances are you are a compulsive hoarder.

#### Compulsive hoarders keep everything - just in case

If you find it hard to throw anything away - even things you *know* you don't need, or which wouldn't be of any use to anyone, really - you may have fallen into the trap which waits for the compulsive hoarder.

It's a tricky little trap. It seems so reasonable. After all, it's quite true that you *don't* know when Item X might be just the very thing you need. And how awful it would be to need Item X and not have it! So what could be more sensible than to buy and/or keep Item X so that, when that time comes, you'll have it to hand?

#### Getting crushed in the clutter

The problem with that little scenario is the tendency of Item X to exponentially multiply itself. **Everything** is a potential Item X. Getting caught in this trap is a recipe for finding yourself pushed out of your own home by the accumulated clutter of your possessions.

#### How to escape from compulsive hoarding

People run businesses which will help you clear out your belongings, and it's true that getting help with the practical side can make the physical task easier. But though taking action to get rid of unnecessary stuff is important, it's even *more* important to deal with the issues that led you into compulsive hoarding in the first place.

#### Hypnosis can get to the root of compulsive hoarding - and pull it out

**Stop compulsive hoarding Hypnotherapy audio session** is focused on the **compulsion** rather than the **hoarding**. By taking you into a deeply relaxed, dissociated state, it will help you cut through the tangle of emotional needs that underlie compulsive hoarding syndrome.

**Stop compulsive hoarding Hypnotherapy audio session** will help you instill in yourself a new perspective on what it's really useful to keep, and what you can let go of now.

**Buy Stop compulsive hoarding Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or  
Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Stop compulsive hand washing

**You can overcome obsessive compulsive hand washing with the help of hypnosis**

Do you find yourself getting anxious or stressed if you think your hands might be at all dirty?

Have you got caught up in a compulsive pattern of washing your hands so often that it is really interfering with your life?

People who fall into obsessive compulsive behavior patterns are burdened by two worries. They worry that if they don't do their behavior, such as washing their hands, something very bad (though usually unspecified) will happen. And on top of that, they worry that they are going mad. Surely only crazy people behave like this?

Neither of these worries is trivial. They both cause high levels of anxiety and stress. So the first thing to say is that obsessive compulsive hand washing is *not* a sign that you are going mad. What it indicates is that an overly powerful negative emotional tag has become attached to something (dirt on your hands) that wouldn't normally have any emotional impact on you.

#### How emotion is linked to obsessive compulsive behavior

This kind of emotional tagging can happen for various reasons, and sometimes quite accidentally. Essentially, we make an **association** between an occurrence in our environment, and the emotional state that we happen to be in at the time. If this is a *negative* emotional state, this gets 'stuck on' to the occurrence in our brains. So when whatever it was happens again, so does the negative emotion.

The consequence is that, even though you might know full well that what you are doing doesn't make any rational, objective sense, the *feeling* associated with it is so strong that you feel compelled to go along with it. You get strung along by the emotional tag.

Fortunately, you are not doomed to be at the mercy of this compulsion forever. It is in essence a piece of your brain 'programming' that's got a mistake in it. But brain programming is not fixed. You can modify it very effectively. And the best and easiest way to modify it is through hypnosis.

#### Hypnotherapy can help you overcome the urge to engage in compulsive hand washing

**Stop compulsive hand washing Hypnotherapy audio session** is an audio hypnosis session developed by psychologists that is based solidly on modern understandings of how the brain develops patterned behavior. The hypnotic trance is the ideal state in which to close down unwanted patterns and establish and strengthen healthy and beneficial patterns.

As you learn to relax more and more deeply each time you listen to this **Stop compulsive hand washing Hypnotherapy audio session**, your brain will take in and process carefully constructed

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

hypnotic suggestions at an unconscious level. You will notice a number of significant changes taking place. You'll find yourself

- feeling calmer and less anxious in life generally
- becoming less aware of the triggering factors - and even forgetting to notice them at all
- naturally doing other things at times when the behavior would once have taken over
- developing appropriate patterns of self care that are free of emotion
- enjoying life more

**Buy Stop compulsive hand washing Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Drink Less Alcohol

**Let Hypnotherapy help you cut back on your alcohol consumption!**

Drinking alcohol is for most of us a social activity. From time to time the line when enough is enough can get blurred in the flurry of celebration. **Sometimes it's hard to know when you've crossed over from blissfully bubbling to overindulging**, particularly in the joy of the moment. Others of us may have recently taken to drinking a bit more than usual out of **stress**, sadness, or due to some other circumstance.

Whatever the case, it is important to fully comprehend the difference between needing to cut back on drinking and suffering from the disease of alcoholism. If your drinking is out of control, is negatively affecting your relationships, your health, or inhibiting your ability to function on a daily basis, then simply "drinking less" is probably not the answer to your problem. **Alcohol addiction is a completely different issue**. If you think you may be an addict, consider the **Hypnotherapy for alcohol addiction** hypnotherapy session instead.

However, if the occasional few too many has become a bit bothersome or you would just like to cut back for health, weight, and the untimely hangover's sake, then there is a possible solution for you, and it's called hypnosis. **Hypnotherapy is an excellent way** to permanently bring about behavioral change. Hypnotherapy allows you to relax deeply and connect with your creative unconscious mind. This part of your brain holds the root to many of your automatic behaviors and may hold the key to understanding and stopping your occasional overindulgence.

**Imagine what it would be like to:**

- Know when you've met your limit and feel better the next morning
- No longer overindulge due to temporary stress or frustration
- Feel better physically and maybe even shed a bit of that beer belly

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

Hypnotherapy is a safe and natural way to help improve your self-control. With this self hypnosis you can listen and relax in the privacy of your own home. The benefits of this **Drink less alcohol Hypnotherapy audio session** can go well beyond just drinking less alcohol.

**Drink less alcohol with the help of self hypnotherapy!**

**Buy Drink less alcohol Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome exercise addiction!

**Use hypnosis to make your fitness program safe and healthy for you**

Has your commitment to fitness become an exercise addiction?

Have you begun to realize that you're overdoing it, and your body and mind are paying the price?

All around the world, health organizations are worried about rapidly rising obesity levels and lecturing us all on the problems that arise from not having enough physical activity in your life. At the same time, increasing numbers of people seem to be running (note that word) into the very opposite difficulty. They have **too much** activity in their lives.

We're not talking about people being forced into hard labor here. We're talking about people who voluntarily increase, by a large margin, the amount of muscle work that their bodies do on a regular basis.

**How can too much exercise be a bad thing?**

On the face of it, it looks like a good thing. The benefits of fitness and regular activities like walking, running, weight-training, swimming and participating in sports are well known and well publicized. It all seems like just the antidote the health organizations are looking for, and you're not alone if you feel pretty virtuous when you go down to the gym.

And you are.

But most people are not sports health scientists. And even sports trainers, who might know all the latest techniques for body-building, shaping, toning and endurance training, may not always fully appreciate what can happen if you work those muscles for too long, too hard, too frequently. Not just in a single session (they know that's a bad thing), but in session after session after session.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Exercise plus rest = fitness

The missing understanding concerns the role of rest. Rest is *just as important* as activity. "But I sleep really well every night!" excellent. Keep it up. But if you are engaged in regular high-intensity fitness activity, and you want to avoid long term damage to your bones and muscles and other body tissues, you need more than just a good nightly sleep.

You need carefully balanced periods of low-intensity activity and even total **inactivity** to off-set the high-intensity stuff and give your body the time it needs for muscle and tissue repair. If you keep working it again, at the same high levels, before tissue repair is complete, deterioration will inevitably set in. And your health will suffer.

### Why it feels like you can't stop exercising

The trouble is, even when you do appreciate the importance of *not* exercising quite so much, it can be hard to take your foot off the gas (so to speak). Because somehow **compulsion** has crept onto the scene. That endorphin 'high' is really nice. It feels like you've *got to have it*. Your life has started to run (there's that word again) around getting it. Even at the expense of other things that are important to you.

What can you do?

### Hypnosis can help you beat exercise addiction

**Overcome exercise addiction Hypnotherapy audio session** is an audio hypnosis session developed by sports psychologist with a deep understanding of addictive patterns and how to break them.

When you take time out to repeatedly relax and listen to your **Overcome exercise addiction Hypnotherapy audio session**, you will

- enjoy a regular half hour of deep relaxation as part of your 'rest' program
- unconsciously absorb powerful transformative hypnotic suggestions that will break the grip of compulsion
- be able to tune in and respond more effectively to what your own body is telling you
- develop a more suitable and balanced training program
- feel much healthier and happier

**Buy Overcome exercise addiction Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or  
Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Party and have fun without alcohol

#### Hypnosis can help you relax and enjoy yourself without drinking

You've been invited to your best mate's bachelor party. You're in the night-club and tequilla shots have been ordered for each and every party-goer, including you. What do you do?

Or maybe you've recently discovered you're pregnant. You're delighted but not ready to announce this to the world. You're at a work social and offered a glass of wine by your boss. What do you do?

In the West, there is an assumption that drinking is a necessary part of our lives, and a party is not real unless a bottle or three of champagne is popped. The drinking culture can be hard to handle if you're trying to cut down or stop drinking alcohol, or even if you just the driver for the night.

#### Just how tough is it to have fun without alcohol?

But how tough it is depends heavily on your *own* assumptions about alcohol. Contrary to popular belief, research [1] shows that, although alcohol has measurable physiological effects, people's responses to drinking are very largely shaped by what they **expect** to happen. Study participants given 'fake' vodka and tonic drinks in a bar-room setting displayed all the signs of becoming inebriated.

And if you think you're missing out by not drinking, or making an excessive sacrifice, the party spirit is going to pass right by. If you could just **forget** about it, and somehow get the buzz without the hangover, that would be a clever trick to pull off.

So can you a) **change** your expectations and b) **forget** about the issue? Answer: Yes.

#### Party without alcohol Hypnotherapy audio session can help you change your mind in dramatic ways

**Party without alcohol Hypnotherapy audio session** is an audio hypnosis session put together by psychologists that will help you make some fundamental changes at the unconscious level - which is where your expectations come from.

As you relax and listen repeatedly to your **Party without alcohol Hypnotherapy audio session**, you'll find that

- you start to reconnect with your inborn ability to be cheerful and sociable without chemical assistance
- you feel more and more at ease in different social situations

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vignaharta.eorg.in](http://www.vignaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

- the old preoccupation with drinking/not drinking begins to fade into irrelevance
- parties and social occasions become refocused on their prime aim - to enjoy the event and the company
- life in general seems much more enjoyable now that you no longer care about not drinking

**Buy Party without alcohol Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop gambling addiction stealing from you

Like any addiction, gambling is entrancing. When you gamble, the rest of your life fades into the background. Like a magic spell – or a curse – victims of gambling addiction are seduced into throwing away time, money, relationships, and self-esteem.

Gambling addiction is a thief. It steals from you. But the trouble is, it's a charming thief. A trap that glitters is still a trap.

Most people addicted to gambling know what gambling is taking from them but still get hooked. When not in the 'gambling trance', they can see right through it, but then somehow, the addiction takes over and they are helpless to stop.

**Overcome gambling addiction Hypnotherapy audio session** will take the compulsion out of gambling for good.

When the compulsion to gamble comes upon you, it makes you forget the reality of how you'll feel when you've lost (and wasted so much time into the bargain!). This is a temporary illusion.

**Overcome gambling addiction Hypnotherapy audio session** helps you break free of the temporary pull of the gambling illusion – giving the control back to you. You will know you've outgrown the pull of gambling addiction when it no longer feels like something you want to do – like wondering what an earth you saw in someone you were once attracted to who just treated you badly.

**Your gambling problem doesn't have to control you - use self hypnosis and begin to manage and take control of your gambling habit now!**

No one but a gambler can **understand the thrills of the highs and the emptiness of the lows**. It's a ride unlike any other and just like a rollercoaster, gambling is filled with thrills and surprises. The problem with this rollercoaster ride is that it will always run out of track eventually. When it does, you crash into devastation.

When it comes to gambling, it's **not easy to just up and quit**. Many have tried, but the thrill of the bet almost always lures them back to the table. Self-help books take a one-size-fits-all approach and words on a page aren't going to cure you of your gambling addiction. **Friends and family will try to**

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

help, but they really don't understand what drives your need or how to **address your gambling problem effectively**.

The only person who truly knows the root of your gambling problem and truly understands how gambling makes you feel is you and maybe even you don't fully understand it. Because of this, you need to **turn to your creative unconscious mind** for the solution to your gambling woes.

**Hypnotherapy has effectively helped many people overcome habit patterns and addictions.** By addressing the problem from within the unconscious mind, you can reprogram the way you think and feel about the whole concept of gambling.

**Imagine what it would be like if:**

- You could budget and have the money to pay your bills.
- You could spend part of your paycheck on things that you and your family can enjoy.
- You could be free from debt.
- You could earn the trust and respect of those who count on you financially.

**This Overcome gambling addiction Hypnotherapy audio session** delivers positive messages to your mind to help you to **take control of your gambling addiction**. Just like **smoking, alcohol and drugs**, gambling is an addiction that can be overcome with the right help.

Will hypnotherapy make your gambling problem go away overnight? No. We don't make such claims. But this **Overcome gambling addiction Hypnotherapy audio session** contains visualization, suggestion, metaphor and advanced hypnotherapy techniques - all designed to help you get better and stronger - and to give you the power to **overcome your gambling addiction**.

**Let this Overcome gambling addiction Hypnotherapy audio session give you the power you need to finally give yourself freedom from gambling.**

**Buy Overcome gambling addiction Hypnotherapy audio session and finally give yourself freedom from gambling with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Overcome gaming addiction with hypnotherapy

Are you psychologically addicted to gaming? Do you use computer and/or video games compulsively to the extent that you have started to neglect other aspects of your life? Gaming addicts typically become isolated as the world of gaming increasingly becomes the real world for **them**.

Maybe you've stopped or limited exercising, socializing or doing important work because of obsessive gaming. Perhaps you focus just on the game instead of real life or use the game as an escape from dealing with life. The trouble is the more addicted you are to gaming, the *less* able you become to

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

deal with real life. Gaming addiction may be stealing your life away and preventing you finding genuine and longer lasting satisfactions.

### Gaming addiction works like any other addiction

Any addiction whether to gaming or anything else will work in the same way. Firstly you become:

- **Tolerant** - this means you have to play more and more of the game to get the same satisfaction. You need ever great 'fixes' of the game to get the same buzz.
- Secondly you get **withdrawal** when you don't play it. This might include irritability, agitation and obsessive thoughts about the game. Playing the game again temporarily stops gaming addiction withdrawal
- Thirdly **preoccupation**. You spend your time wondering what's happening in the game or fantasizing about playing it again.
- You find that '**time disappears**' when you are gaming and you always spend much longer than you had intended to. It's as if you had fooled yourself into half-believing you'd only be gaming for a short while and 'all of a sudden' you've lost hours. Any addiction will always trance you out which is why you lose track of time.
- Addictions always cause you to **neglect** other healthier parts of your life (even smoking causes people to neglect their body's needs).

Maybe you have tried to cut your gaming down or even stop but have found yourself sucked into it again.

**Overcoming gaming addiction hypnotherapy audio session** is vital if you want to live a truly fulfilling life instead of having your time, vitality and potential stolen by a game. Imagine being free from gaming addiction to live life to the full in real and meaningful ways.

**Buy Overcoming gaming addiction hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Break the heroin habit and get your life back under YOUR control

When you look back on how you came to be hooked on heroin, you may be shocked at how such a seemingly fun activity, which once promised you the best of good times, has become your destroyer. Now that you want to quit using heroin - it seems it won't let you go.

You may have started using 'for a laugh', or because 'everybody' was doing it, or because there was 'nothing to do round here', or because you wanted a way out of some troubles of your own. But whatever got you hooked, it feels like now you're sunk. Every time you resolve not to touch it again, something comes along to scupper you. It's hard to stay motivated.

But there is hope.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### The more you try to quit, the more successful you will be

You've probably tried several times already to stop using, and each time you slip back you feel like a failure. However, research shows that the **more often** someone has tried to break a habit, the **more likely** they are to be successful eventually. So don't give up.

### Understanding the 'cycle of change' can help you quit heroin successfully

'Change' happens in a cyclical pattern. Before the cycle begins is the 'pre-contemplation' phase. In this phase you don't think you have 'a problem' or that you need to do anything about it. The first stage of change is 'contemplation'. Now you are aware there is a problem, and you wonder what on earth you can do about it.

Then comes 'decision'. You make up your mind to stop being a heroin user. And you quickly move to 'action' - finding ways to help yourself stop. Once stopped, you have to stay stopped - the 'maintenance' stage. This is the trickiest stage for most people. Lapses may occur, and you need to be equipped to cope with them, and overcome them, or you may find yourself back at the beginning instead of moving on to a better life.

### How you can maintain your heroin free state

You've already discovered that it takes more than willpower to break free from heroin addiction. You know that you need to find and develop more resources to help yourself stay free. Your conscious mind is already fully engaged in the struggle. Now you need to activate the powers of your **unconscious** mind.

### Hypnotherapy is the most effective tool for mastering unconscious resources

**Overcome heroin addiction Hypnotherapy audio session** is a powerfully focused session which will help you tap into, activate, and amplify the inner resources you need to keep your recovery program on track.

When you listen to **Overcome heroin addiction Hypnotherapy audio session** you will find yourself seeing your old addictive behavior in a new and revealing light. By using hypnosis to switch your brain's learning capacity to maximum you will find it simple to absorb and integrate a new pattern of response to temptations.

When you set aside a regular time to listen to **Overcome heroin addiction Hypnotherapy audio session**, you will quickly build up both the strength and the strategies that you need to successfully break the heroin habit - for good.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or  
Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

**Buy Overcome heroin addiction Hypnotherapy audio session** and put yourself on the road to freedom and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome internet addiction today with hypnosis

You may think that 'internet addiction' is a bit strong. Compulsively surfing the net may seem harmless but if it's something you feel compelled to do, if you feel agitated until you get your 'fix', then make no mistake it is an addiction. Does it feel out of control? Do you log on then wonder where the evening went? Is it possible you have internet addiction?

If internet surfing sometimes come before real life, or if you use the internet even when you had promised yourself you wouldn't then you may have entered an addictive relationship to the internet.

You may have noticed you feel both exhausted and agitated after hours spent surfing the net - this, of course, is really not good for you.

### Any tool can be misused

The internet is an amazing and wonderful tool, but too much of it can have a negative hypnotic effect: grabbing then holding your focus of attention until you 'wake up' from the internet trance feeling exhausted.

### The internet seems to promise more than it can deliver

We all have needs for connection to other people and we can get some of these needs met through the internet (forums, chat rooms, blogs etc.) but as a replacement for real life connections it's never going to be truly satisfying.

Human beings are social animals, part of which is the actual presence of other people, eye contact, touch and so on. The internet just can't satisfy all these needs, and so needs to be kept in balance.

### What would freedom from internet addiction feel like?

Think about all the things you'll be doing in your life once you are freed up from having to spend so much time on the internet. The skills and talents and constructive satisfactions you can develop. This session will help you get your life back on track.

**Buy Overcome internet addiction Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Conquer kleptomania with hypnosis

Kleptomania is a big problem. The compulsive need to steal usually has nothing to do with needing the item but everything to do with trying to fill a gap in your life. But of course, kleptomania as a solution to personal problems doesn't work - it just makes things a whole lot worse.

Maybe kleptomania has got you into trouble or you're afraid that it will soon. Loss of dignity and even professional security can result from being caught thieving in stores.

### Kleptomania is different from just shoplifting

Kleptomania - the compulsive need to steal - is different to shoplifting. Shoplifting is generally well planned and is carried out to provide goods for personal use or monetary gain. Kleptomania is compulsive and impulsive. Which means that it can feel like it takes you by surprise and that you can't resist it. It may even be that the kleptomaniac is more attracted to stealing things if they are *likely* to get caught. Kleptomania can be similar to obsessive compulsive disorder and is a psychological condition.

### Symptoms of kleptomania

The 'symptoms' of kleptomania include:

- Repeatedly yielding to the impulse to steal objects that are needed neither for personal use nor for their monetary worth.
- Just before the theft you experience increasing tension.
- At the time of theft and just after you feel gratification, pleasure (a thrill/buzz) or relief.

### Meeting your emotional needs the wrong way

We all do things in life to try and meet our own emotional needs. If you aren't getting essential needs met (for example for attention, recognition and intimacy, excitement and stimulation) through appropriate means then you might unconsciously try to meet these needs through theft. This may be at the root of your kleptomania. This session will help you be more consciously aware of your emotional needs and motivate you to meet them in healthy ways.

### Kleptomania steals from you

The irony is that kleptomania steals from you. It steals your time, dignity, self respect and integrity. It can even steal your liberty and livelihood as well as the respect from others. Kleptomania is like a parasite that feeds off your resources. It steals from you while seeming to offer relief from life's difficulties.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Hypnotherapy can help kleptomania

Because kleptomania relies on a kind of negative trance state to hold it in place, we can actually use hypnosis to break the bonds of kleptomania. This session, as well as being deeply relaxing and enjoyable, will train your mind to 'step out' of the theft trance at will and give you your freedom from kleptomania for good.

**Buy Conquer Kleptomania Hypnotherapy audio session** and get control back and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome Masturbation Addiction

**Break the habit of masturbating with this hypnosis audio and give you natural sexual response a chance to flourish**

Excessive masturbation can leave you feeling tired and washed out. Masturbation addiction can get in the way of you living a normal life, leave you feeling ashamed and impact your **self esteem**.

### Masturbation addiction steals from you

When masturbation becomes a **compulsion** and starts taking over your life then it becomes a problem. Maybe you've found that you have had to stop what you are doing to go and whack off? Perhaps it feels like something you must go and do like getting the fix from a drug.

If you are experiencing masturbation addiction you'll have been unconsciously using masturbation as an attempted solution to stress, boredom, loneliness or low self-esteem.

Masturbation like any 'fix' can be used as a way of escaping reality. But masturbation never really solves what it seems to promise to fix. Of course it doesn't prevent loneliness, life dissatisfaction, or other worries. When you suffer from masturbation addiction then you get to the point where you have to masturbate just to feel normal!

When you cut your masturbation frequency down to a level that feels right, that doesn't take up unnecessarily large chunks of time or sap your energy then you really feel back in control. Imagine having control back and really starting to meet some of your needs in genuinely successful ways.

Also Masturbation leads to **premature ejaculation, short penis length**, and much more.....

**Buy Overcome masturbation addiction Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Moderate drinking - 3 steps to taking control

Moderate drinking. Sounds very 'zen', does it not? "Everything in moderation," the sages advise us, "including moderation!" You may laugh, but they have a point. We humans are very inclined to overdo things, even things like being more sensible and drinking less. Then, when we fail to live up to our ideals, we beat ourselves up, call ourselves failures, and abandon the whole project as a waste of time.

And we all know where that leads.

So is there really a moderate way to master drinking in moderation?

#### Step 1: Stop black and white thinking about drinking

Moderate drinking is not an 'all or nothing' practice. Let go of the idea of getting perfect control, and instead aim for good enough control. What counts as 'good enough'? Maybe talk this over with supportive friends. Leave yourself room for variation. Set your own goals - you know yourself best. Give yourself leeway for special occasions. Plan in some totally drink free time on a regular basis, to balance things out.

#### Step 2: Tune in to your body - it knows what's good for you

It's never your body that overdoes it with the drink, is it? Left to itself, your body will nurture itself perfectly appropriately. It always sends you signals when it's time to stop. What are your personal signals? What physical signals do you notice? What mental/emotional signals? Start paying attention again and allow yourself to respond. Your body is your best ally in making healthy changes.

#### Step 3: Use hypnosis to embed healthy patterns of drinking

Excessive drinking gets a hold on you because you get so focused on the present moment (and extending it) that you lose awareness of the future - with its consequences. It's a kind of 'negative trance'. But you can develop an even more powerful 'positive trance' that will keep the perspective of your life in focus for you.

**Moderate drinking Hypnotherapy audio session** is an audio hypnosis session which will teach you how to establish a beneficial positive trance around controlled drinking. Rather than relying solely on will-power, it works at the subconscious level to render alcohol increasingly less important to you and to enhance your ability to take the long view.

Each time you listen to the session you will further integrate and strengthen the new patterns of healthy choice until they become part of who you are and what you do - naturally.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or  
Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

Buy Moderate drinking Hypnotherapy audio session and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome news addiction

Let hypnotherapy help you break the compulsion to keep reading and watching news bulletins

Has news addiction crept up on you and started to take over your life?

Do you constantly feel an urge to 'just check' the news - on TV, radio and all your favorite internet news sites?

Nobody likes to show up at the pub or the office or even a party looking like they haven't a clue what's going on. Information is currency, and we like to have lots of it. People who haven't got any are like poor relations, deserving of pity or contempt. Not only that, but they have nothing to say when everyone else is talking about the latest hot topic.

### News addiction isn't *all* bad

Of course, you don't seriously watch or read the news just in order to hold your end up among your peers. We do need to know something of what's happening in our world, locally and globally, and to understand our own and other societies. It's also *interesting* to find out what's making the headlines. Reading about dramatic stuff can liven up a dull and ordinary day.

### Too much news blunts your judgment...

But the world of 24/7 instant news that we now live in has got some serious downsides too. For example, the constant flow of new snippets of 'raw' information, with no context and little analysis, makes *everything* that's reported seem terribly urgent and important. When you stop and think about it, you realize that this can't be true. It's just the frenzied headlines that make it seem important. But the *feeling* is hard to escape.

### News overload can make you depressed

That feeling of urgency, whether you like it or not, raises the emotional temperature and puts your brain on '**alert**'. **Something** is going on... maybe something threatening... you might have to do something about it... but what? You don't consciously think about this while you're watching a news bulletin, but you are affected by the tone and style of what you see, sometimes even more than you are affected by the content.

Remember, too, that the media presenting you with all this 'news' actually *want* you to stay with it, and know just how to package it in a way that hooks you in, and keeps you wanting more. So it's not

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

so surprising that you can get, literally, addicted to news. Too much news can be pretty damaging in its effects. Non-stop disaster, tragedy, violence and scandal can make you depressed and anxious.

But how do you stop consuming it?

### Hypnotherapy can help you stop compulsive news consumption

**Overcome news addiction Hypnotherapy audio session** is an audio hypnosis session developed by psychologists that will help you cut through the cords that keep you tied to news bulletins and news sites and free you to do more rewarding things with your time.

As you repeatedly relax and listen to your Buy, you'll quickly notice that you

- feel happier and more relaxed generally
- sleep better
- feel much less driven to 'keep up'
- engage in more fruitful and rewarding activities
- remain calmly detached about 'big stories' knowing you will hear anything important soon enough

**Buy Overcome news addiction Hypnotherapy audio session** and feed your mind with more nourishing things and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop obsessive checking and reclaim your life

Depending on its severity, obsessive checking can be a form of obsessive compulsive disorder or OCD. Unrealistic levels of anxiety become attached to checking locks, gas or even the positions of things until checking takes over your life entirely.

### The more you check the less you remember

It's ironic that research actually finds that the more you check something the *less* clear your memory becomes over whether you did what you were supposed to do or not! So the more you check, the less certain you become, so the more you check. A vicious circle if ever there was one!

You compulsively check as an attempt to assuage anxiety. It is the fear of not checking and all the possible imagined consequences that not checking might produce that drive you to check and check and check.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### A natural tendency gone away

We all forget whether we've done something sometimes, and need to go back and check. But if you find yourself obsessively checking many times on a fruitless search for the comfort of certainty then something needs to change. Obsessive checking is stealing your precious time and energy. It may even be taking over your life.

We all have basic needs to feel safe and secure and avoid too much anxiety. However anxiety can become attached to anything even when it serves us no interest to be so anxious. The very attempt to assuage anxiety, the obsessive checking, actually causes the problem just as alcohol may be an attempt to reduce bad feelings but it's over use creates a problem in itself.

### Obsessive-compulsive trance states

Something else happens when you check obsessively. You go into a kind of trance state. People say they may check over and over for hours but they don't notice those hours passing, they forget about everything except the checking.

- Imagine being able to wake up from the wrong type of trance state and getting your life back again
- Imagine quickly learning to trust your own perception and moving on to the next thing
- Imagine living rather than just existing to be a slave to a neurotic impulse. What could you be doing instead?

**Stop compulsive checking Hypnotherapy audio session** will help you to switch off the 'need to check button' much sooner in the checking cycle in a way that leaves you feeling more relaxed and calm.

**Buy Stop compulsive checking Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop obsessive thoughts from ruining your life

You don't have to let obsessive thoughts control you

Do you feel constantly plagued by worrying ideas and thoughts?

Do you sometimes wonder if there's something terribly wrong with you because of the ideas that come into your head?

Of course, everybody will occasionally have negative thoughts entering their minds, and even going round and round in their heads for a while. But when you find yourself **constantly** disturbed by

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

frightening ideas or images, or unable to stop worrying about something, it can really take all the fun out of life and drain your energies, leaving you struggling.

### What sort of ideas become obsessive thoughts?

All kinds of thoughts can become persistent - from going over old troubling conversations, or thinking about a particular person all the time, or fretting about something awful that you 'might' do, to being unable to relax and enjoy yourself because you can't stop thinking about work. And the trouble is, it's not just the thoughts themselves that are a problem - soon you find yourself worrying about the worrying too.

### Is obsessive thinking a sign of 'madness' or 'badness'?

You'll have noticed that just telling yourself to 'stop it' seems to have little effect. It's as if you *can't* stop. And this is where many people begin to worry about something new - "Is there something fundamentally wrong with me that I am thinking this stuff?"

The good news is that having loads of intrusive and pre-occupying thoughts is actually a normal experience. Studies undertaken by psychologist Stanley Rachman showed that almost everyone experiences 'bad thoughts', and becomes pre-occupied with them. This is a universal human experience. So there is nothing fundamentally wrong with you if you have such thoughts too.

### The role of emotion in getting pre-occupied with certain thoughts

The problem really comes from how much these thoughts are **troubling** you, rather than the fact that you are having them. How much they trouble you depends on how much **significance** you attach to them, and that stems from how much **emotion** you respond with. This is easy to say, and even to understand. But once you have got into a habit of thinking obsessively about something, how can you **switch off** this response?

Emotional arousal is an unconscious process - you don't **choose**, consciously, to feel a particular way. You just find yourself feeling like that. But then you start **thinking** about what you are feeling, and this in turn rouses an emotional response to your **thoughts**, and so a sort of spiral is set up, which just carries you away.

### How hypnosis can help you interrupt obsessive thoughts

So, to interrupt this spiral, you have to go by the same route - that is, using **unconscious processes**. And the best and most effective way to make these unconscious changes is through hypnosis.

**Stop obsessive thoughts Hypnotherapy audio session** is an audio hypnosis session which makes full use of modern understandings of unconscious processes to help you make important changes in

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

your life. It will help you take back control of your life and begin to see those old thoughts in their proper perspective.

This calming and relaxing session will transform your life by

- helping you understand how the spiral of thoughts and feelings works
- teaching you how to calm down your emotional responses quickly and easily
- getting you detached from the content of random thoughts
- enabling you to see clearly again without unwanted thoughts getting in your way

**Buy Stop obsessive thoughts Hypnotherapy audio session and reclaim your life from worry and stress with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Gentle and effective OCD treatment

**Hypnotherapy is an ideal OCD treatment that swiftly calms obsessive worries**

Are you tormented by the pressures of obsessive compulsive disorder?

Do you have to run your life around seemingly pointless repetitive rituals and behaviors in order to get any peace of mind?

People who have never experienced obsessive compulsive disorder find it very hard to understand - or accept. They can't understand why you can't just *not* count to a hundred? wash your hands for the fortieth time, open and shut the door in precisely **that** way - or whatever your compulsion is. The trouble is - you can't understand it either. You only know that the feeling that you've *got* to do it is overwhelmingly powerful.

### Getting OCD treatment

If OCD has taken over your life completely and is causing you significant problems and distress, you should seek professional help. But there are also steps you can take yourself, alongside such help. The main thing is to understand that it's not so important to know *why* you have these compulsions as to understand **what is happening** when you feel them, and **how to deal** with it.

### The basics of obsessive compulsive disorder

Typically OCD involves experiencing obtrusive incessant worrying thoughts about something, and then developing behaviors that are an attempt to eliminate those thoughts. The thoughts may have a rational basis (did I lock the door?), or be nothing to do with the real world (the misalignment of my shoes means that I am in danger). Whether they are rational or irrational, they induce high levels of anxiety.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

You already know that rational explanations do not help. You **know** (for example) that the position of shoes on the floor has no inherent meaning. But the feeling of danger is more powerful than this knowledge, and so you meticulously place them in **exactly** the right orientation to relieve that feeling, at least temporarily.

So essentially what is happening is that a strong negative arousal (anxiety, guilt, worry) has become associated with a certain trigger. When you are in the '**trigger**' situation, you **automatically** experience the arousal. Rationality and choice do not come into it. It's as if your brain has been 'programmed' to react like this. And this is true.

### Hypnotherapy is a highly effective OCD treatment

But brain programming can be changed. It is possible to reprogram your brain to feel quite calm and relaxed in the situation that used to set your alarm bells ringing. In other words, you can '**disassociate**' that trigger from that automatic reaction, and replace it with a new, calm and detached response.

And hypnotherapy is the most powerful tool we know for carrying out safe and gentle brain programming.

**Overcome OCD Hypnotherapy audio session** is an audio hypnosis session developed by experienced psychologists to help you retrain your brain safely and easily. As you repeatedly relax to this **Overcome OCD Hypnotherapy audio session**, you will find yourself

- relaxing more quickly and more deeply each time
- able to relax more in many different situations
- learning powerful techniques that not only beat the OCD but help you in so many other areas of your life
- becoming more and more detached from worrying thoughts
- hardly even noticing triggers any more

**Buy Overcome OCD Hypnotherapy audio session** and get your life back under your own control with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop alcohol relapse - let hypnosis take the pressure off

The classic joke 'Giving up alcohol is easy! I've done it a thousand times!' has more than a grain of truth in it. Stopping drinking after a particularly bad episode or at a motivated moment really is the easy part. Staying off alcohol - preventing relapse - is the difficult bit.

The simple fact is that after a time it is easy to forget just how bad things had become before you stopped drinking. As with most things, the pain fades after a while, your reasons feel more distant, and the motivation drops.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

Thoughts such as 'a little won't hurt', 'I can manage it now' or 'I deserve it' start to sneak in. And despite all your earlier good intentions, these thoughts seem all too logical.

This is how all addictions work. Your brain has a craving and translates it into thoughts that get around your best defences. As soon as you start to argue with yourself, you are lost. The only way around it is not to listen to those thoughts at all. Simply dismissing them as the manipulative whisperings of alcohol addiction will keep you free of their clutches.

**Stay off alcohol Hypnotherapy audio session** will strengthen your resolve to keep you free of alcohol and its destructive effects. It will help you reinforce all the reasons you have for remaining free of alcohol just when you need help most.

**Buy Stay off alcohol Hypnotherapy audio session** and stay secure in the knowledge that you can beat alcohol addiction for good with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome Coffee Addiction

**You can help yourself overcome your addiction to caffeine by using Hypnotherapy.**

What is the very first thing you do in the morning? Do you run to the coffee machine? Is it impossible for you to get through an entire day without an afternoon caffeine fix? Do you develop headaches when you don't get enough caffeine? If the answer to these questions is yes, you have a caffeine addiction.

Whether the companies creating the caffeinated products want to admit it or not, **caffeine is a drug**. That's right – caffeine is a drug, and like many other drugs **it is addictive** and it can even be dangerous. Caffeine stimulates stress hormones and because of this, people who consume too much caffeine tend to run themselves down and put their immune system at risk.

**Don't be surprised if you're addicted to caffeine. You're not alone.** It's been estimated that up to 80-percent of the people in the world use caffeine in one form or another. Even if just one-quarter of the people using caffeine are addicted to it that equates to 20-percent of the world's population. No other drug in the history of mankind has even come close that rate of addiction.

**The good news is that you can overcome your caffeine addiction.** Hypnotherapy has been successfully used to help many people move away from harmful addictions such as **smoking**, and caffeine doesn't even have half the hold on you that other drugs could have.

If someone can turn to hypnotherapy to overcome a serious **drug addiction**, doesn't it make sense that you can **use the same techniques to overcome your addiction to caffeine?**

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

Imagine what it would be like if:

- Those horrible caffeine-related headaches would disappear forever.
- You could wake up in the morning and start the day effortlessly without having to gulp down a caffeinated beverage.
- You could put an end to the stress caffeine can put on your nerves and your body in general.
- You could sleep better, stay calmer and feel more energized and vitalized each and every day.

Our **Overcome caffeine addiction hypnotherapy audio session** can help you to **overcome your coffee addiction**. You can stop putting your body under **stress**, you can stop putting your health at risk and you can start to live a healthy, caffeine-free lifestyle.

Being controlled by an addiction is never a good thing and a caffeine addiction is no different. **Begin to take control of your life now** with this powerful hypnotherapy treatment.

**Buy Overcome caffeine addiction hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome Drug Addiction

**Hypnotherapy can help free you from drug addiction - feel healthy and happy again!**

Are you struggling on a daily basis with the desire to use drugs? Have you lost your job, or hurt someone you love because of your habit? Is your health or well being in jeopardy? **Have you tried to quit using drugs but find yourself unable to let go?**

Maybe you started to use drugs just to have fun, or to fit in. Somewhere along the line **you lost control** and can't seem to get it back. You want to say no, but you keep finding yourself giving in to the drug again. For the time being it fills the void, but you dread the negative affect it will have on your mind and body later.

The **guilt** you carry only lowers your **self-esteem** and weakens your resolve. **You feel physically, mentally and emotionally drained**. But you can stop this cycle, starting today!

Believe it or not, within you is the strength you need to walk away from drugs forever. **Your willpower is not lost; it's just hidden**. Our unconscious (subconscious) mind guides us in all the decisions we make. This is why hypnosis can help you.

**Hypnotherapy can help you** tap into this part of your mind and rebuild your ability to make healthy decisions.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

Imagine what it would be like to:

- Have much more control of your mind and body!
- Have more strength to choose a life without drugs!
- Feel good about yourself and find more inner peace!

**Hypnotherapy empowers** you to create change in a timeframe that is safe and suitable. Everyone responds differently to hypnotherapy. But this hypnotherapy audio session has been designed to safely and comfortably guide you into a state of creative relaxation/hypnosis so you can begin to **experience a new way of thinking and feeling.**

Change comes from within you. The visualization, suggestion, metaphor and advanced hypnotherapy contained within this **Hypnotherapy for drug addiction audio session** will safely help support you in your change work. You can see yourself as you once were while using drugs and say goodbye to that part of you forever.

By listening to the hypnotherapy for drug addiction session we hope you can soon begin to feel a sense of pride as you encounter the new you - healthy, happy and drug-free.

**Choose to help move yourself away from drug addiction by using Hypnotherapy today!**

**Buy Hypnotherapy for drug addiction audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome pornography addiction

**For porn addiction, hypnotherapy can be remarkably effective, releasing you from the compulsion gently and quickly.**

Is your porn addiction stealing time and risking relationships with real people?

Does regular viewing of porn dull your senses and leave you feeling empty and worthless?

Addiction to pornography can make you feel bad about yourself, unbalance your attitude to sex, damage relationships and waste your time and money. And like many compulsive behaviors, porn addiction is usually a secret addiction, spoiling trust in relationships.

### Reset your natural sexual needs

The **Overcome porn addiction Hypnotherapy audio session** allows you to break the negative addiction trance and be free to enjoy a healthier relationship with sexual imagery.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

All you need to do is pop on your headphones at your computer, or plug into your CD or mp3 player. You will listen to a short introduction designed to shift your thinking about addiction, and then experience a skillfully crafted hypnosis session that will break your addiction at a deep and powerful level.

**Overcome porn addiction Hypnotherapy audio session** will lead you through a powerful hypnotic rehearsal, preparing you mind and body to;

- relax deeply instead of chasing the elusive buzz from viewing porn.
- recognise porn as a fraud, blunting the senses and stealing your time
- meet your emotional needs in more fulfilling ways

This professional hypnosis session will deliver a deep and lasting break from the negative hypnotic addiction trance.

**Buy Overcome porn addiction Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Are you a shopaholic? Relieve your need for compulsive shopping quickly and easily...

Shopaholics are people who suffer from what has become termed '**Compulsive Shopping Addiction**'.

In other words, compulsive shoppers buy more than they need and spend more money than they can afford, in an effort to make themselves feel better.

And in the (very) short term, this *can* work! While you are shopping, you may feel better, but of course, you feel bad for much, much longer afterwards.

### Shopping addiction causes more pain than pleasure

Like any addiction, shopaholics soon find that compulsive shopping takes away more than it gives back. These are the sort of things that shopaholics often experience:

1. Shopping to improve mood
2. Getting a good feeling when making a purchase, but feeling bad soon after
3. Possessing many items that have never been used or worn
4. Suffering with a large and increasing debt, but still shopping compulsively
5. Feeling depressed after a big shopping trip

As with all addictions, shopping tends to meet a need that is missing elsewhere in the shopaholic's life.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

Buy **Overcome shopping addiction Hypnotherapy audio session** will help you meet your needs in a more healthy way. Buy it escape the clutches of compulsive shopping with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome social networking addiction

Use hypnotherapy to break the urge to constantly check-in and enjoy real life more

Do you keep your smart phone in sight at all times?

Are you unsettled if you can't get online to check your news feed or message your friends?

The mushrooming of online social networks like Facebook is a distinguishing feature of our times. Nobody could have predicted how it would so dramatically change all our lives. And who would (seriously) want to go back to the 'old days' when the getting and sharing of information was such an arduous task? Not me, and not you.

Yes, it's brilliant to be able to be instantly in touch with a network of friends - even right across the world. It's wonderful to be able to play games, share music or videos, or get down to some serious learning, or political engagement, or whatever it may be, no matter where or who you are, via your computer or phone.

But there is a but.

### How social networking addiction gets its hooks in you

The nature of the medium, with its short, sharp bursts of connectivity, means that the 'reward' of contact and attention (which is why we want to connect with each other in the first place), is delivered in a very bitty and unpredictable way. There's nothing inherently **bad** about this, but it has a very noticeable effect on us.

We **like** getting rewards and we like getting rewards **often**. But since you can't predict exactly when 'everyone else' will be online, it's very tempting to 'just check' and see if anything has appeared since you last 'just checked'. If someone has updated their status, or commented on your post, you feel **justified** in having done that check, because, see, there *was* something there!

And if nobody has responded, or changed their status, you feel impelled to post something yourself, 'just to get things going'. And then of course you feel that you must 'just check' again, to see if anyone responded to that. And before you know it, you're caught in an addictive loop. You daren't get too far from your PC, and certainly not from your cell-phone, because you might get 'cut off' and 'miss out'.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or  
Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### What's wrong with social networking addiction?

When online connection - or not even that, but the mere **hope** of online connection - has taken us over to the extent that it starts to get in the way of real life socializing or other activities that could be so more beneficial or rewarding, it's time to take action.

But breaking a pattern like this, as every gambler knows, is often a tricky business. How do you free yourself from the **grip** it has on you?

### Hypnotherapy is an ideal tool for breaking addictive patterns

**Overcome social networking Addiction Hypnotherapy audio session** is an audio hypnosis session developed by psychologists that will help you restore your online socializing activities to their proper place in your life.

As you relax and listen repeatedly to your Buy, powerful hypnotic processes will be working at an unconscious level to help you escape. You'll notice that

- you start to set and maintain your own control boundaries
- you feel freer to engage with social networks when *you* want
- you no longer feel so emotionally 'hooked'
- you sometimes don't bother going online for long periods
- you become more engaged in 'real life' activities that you enjoy

**Buy Overcome social networking Addiction Hypnotherapy audio session** and be the one who's in control with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Stop Smoking

### Becoming a non-smoker can be easier than you think, with Hypnotherapy!

Perhaps you started smoking because you thought it was cool, or because everyone else was doing it. You didn't really think of the effects that it would have on your health and well being or your wallet at the time, you just liked the high. Now you find that you are addicted to smoking - an expensive and dangerous habit.

**You know that smoking is bad for you.** We could go on and on and tell you how bad smoking is for you and your health, but you probably know all the facts - so we won't repeat them. It's obvious that smoking seriously hampers your quality of life. We know that, you know that.

It's our guess that you're looking for a solution to your addiction to smoking. Maybe you've tried other methods already; such a pills, patches and gum. Well the good news is that you now have the opportunity to help bring about permanent and lasting change, thanks to the power of **Hypnotherapy**.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

Imagine what it would be like to:

- Have more money, more time, and a longer life!
- Have much more strength to quit smoking and never go back!
- Be a proud non-smoker and have less stress in your life!

**Hypnotherapy is not a miracle cure for smoking.** Everyone is different and responds differently. However, Hypnotherapy **can bring about change** deep in your unconscious (subconscious) mind - the place where bad habits form, such as smoking. This is because, often, the urge to smoke is still felt at a deeper level – deeper than the conscious mind is aware of.

We consider hypnotherapy to be an excellent method of quitting smoking, but it doesn't have to be exclusive. If you choose to use patches, pills, gum, etc and self hypnosis as part of the whole process - then that's fine. Remember that **hypnosis is a perfectly natural state** and it allows your body and mind to relax and learn to let go of the grip nicotine has on your life, naturally.

**The Stop smoking Hypnotherapy audio session** has been designed to include visualization, suggestion, metaphor and advanced hypnotherapy and NLP techniques - all packaged safely to help support you in your change work.

**You can stop smoking with the help of Hypnotherapy!**

**Buy Stop smoking Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome Tanorexia (tanning addiction )

**Hypnotherapy can help you beat tanning addiction**

Has maintaining your tan got out of control?

Are you spending too much time and money in tanning salons, or sunbathing?

'Tanorexia' is the newly coined term for tanning addiction, likening it to the body image disorder anorexics have where the person they see in the mirror is not thin enough and their actions revolve around achieving their 'perfect' body. To the outside observer, a tanorexic is several shades darker or more orange than their natural, healthy colour, but the tanorexic does not see that way. Any loss of colour is a drift away from their 'ideal' body image, and they will do whatever is necessary to maintain their colour and ignore any short or long term health issues.

Why are we so obsessed with having a tan? It didn't used to be that way.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Cure addiction by Hypnotherapy by Dr. Manish Patil

### Historically only outdoor labourer had tans

In historical terms, it is only a short while ago that fashion dictated that pale skins were much to be preferred, as this inferred a higher, wealthier, place in society. People would go to great lengths to shade their faces from the sun with fancy hats and parasols, and would carefully protect themselves with full coverage garments and by staying out of the sun as much as possible.

Now the dictate is that you should look as golden brown as possible, no matter what season of the year it is as conveys you have leisure time in the sun and are not a slave to the workplace.

In the old 'pale times', winter would be your ally. Now it's the enemy. Not enough sunshine! Tanning salons and sunbeds seem to offer the perfect solution. A regular short session under the lights and you can be golden all year round. What's the problem?

### The problem with the permanent tan

There are two problems. One is the straightforward fact that excessive sun tanning is very harmful to your skin and puts you at increased risk of developing certain types of skin cancer. The other is more surprising, and is less an inherent aspect of tanning and more to do with how our human nature leads us to get caught up in compulsive behavior patterns. And this has led to the emergence of 'tanorexia' - tanning addiction.

Some people find it hard to stop - even when they really want to.

But there is a powerful way to break the grip of compulsive tanning.

### Hypnotherapy can help you break the grip of tanning addiction

**Overcome Tanorexia Hypnotherapy audio session** is an audio hypnosis session developed by psychologists with wide experience in helping people beat all kinds of addictive behavior patterns.

As you repeatedly relax and listen to your Buy, you'll become aware of a number of changes starting to happen. You'll notice that you

- experience a sense of deep inner excitement and freedom
- develop a clear and compelling sense of how you will be in future
- feel a resolute determination growing inside
- are able to quickly pull back if the tanning urge gets triggered
- enjoy the knowledge that you are caring for yourself effectively

**Buy Overcome Tanorexia Hypnotherapy audio session** and give yourself a healthy skin again with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

**To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## Hypnotherapy series e-books of Manish Patil

- Alternative Cancer treatments by Hypnotherapy
- Anxiety and Hypnotherapy
- Bad habits and Hypnotherapy
- Be More Sociable by Hypnotherapy
- Clinical Hypnotherapy
- Communication skills and Hypnotherapy
- Confidence issues and Hypnotherapy
- Cure addiction by Hypnotherapy
- Depression help with Hypnotherapy
- Enjoy life with Hypnotherapy
- Fun Hypnosis
- Health issues and Hypnotherapy
- Healthy eating by Hypnotherapy
- Hypnotherapy and anti-aging
- Hypnotherapy and emotional intelligence
- Hypnotherapy and Parenting skills
- Hypnotherapy and Relationship problems
- Hypnotherapy and weight loss
- Hypnotherapy for children
- Increase interpersonal skills by Hypnotherapy
- Increase job skills by Hypnotherapy
- Increase personal productivity
- Increase personal skills
- Increase sports performance by Hypnotherapy
- Learning help with Hypnotherapy
- Manage difficult people with Hypnotherapy
- Manage grief loss with Hypnotherapy
- Manage personal finance by Hypnotherapy
- Motivation-inspiration by Hypnotherapy
- Overcome fears and phobias by Hypnotherapy
- Pain relief with Hypnotherapy
- Personal development due to Hypnotherapy
- Personal fitness by Hypnotherapy
- Pregnancy childbirth and Hypnotherapy
- Relaxation by Hypnotherapy
- Self confidence by Hypnotherapy
- Self esteem in Relationships
- Sex problems and Hypnotherapy
- Solve sleep problems by Hypnotherapy
- Stress management by Hypnotherapy
- Thinking skills and Hypnotherapy

## Recipe series e-books of Manish Patil

- Basic recipes
- Bean salads
- Beans recipes
- Bread machine recipes
- Breads
- Breakfast
- Breakfast recipes
- Brinjal/ Baingan recipes
- Brownies recipes
- Cakes
- Cakes recipes
- Capsicum recipes
- Casseroles recipes
- Cauliflower/ Gobi recipes
- Chicken Dishes
- Chili recipes
- Chinese dishes
- Chinese recipes
- Chocolate recipes
- Christmas recipes
- Chutneys
- Cookies recipes
- Cornbread recipes
- Couscous recipes
- Daal recipes
- Desserts
- Dinner pies
- Dips and spreads
- Diwali sweets
- Dosa recipes
- Drinks
- Egg recipes
- Frozen Desserts
- Fruits recipes
- Fruits dishes
- Ganesha Festival recipes
- Gazpacho recipes
- General basic condiments
- General desserts
- General recipes
- General salads
- General soups
- Grain salads
- Grains dishes
- Health recipes
- Hummus recipes
- Ice cream recipes
- Idli recipes
- Indian dishes
- Japanese dishes
- Lasagna dishes
- Leftover recipes
- Malaysian recipes
- Meat-analogues recipes
- Mexican dishes
- Microwave cooking
- Microwave work lunches
- Muffins recipes
- Okra/Bhindi recipes
- Onam Festival
- Pakistani recipes
- Paneer Dishes
- Pasta recipes
- Pasta salads
- Pickles & Chutney recipes
- Pies recipes
- Pilafs recipes
- Pizza recipes
- Polenta recipes
- Potato dishes
- Potato salads
- Potato recipes
- Puddings
- Pulses & Lentil recipes
- Punjabi recipes
- Quick breads
- Raksha bandhan special Indian sweets
- Rice recipes
- Risottos recipes
- Salad Dressings
- Salads
- Salsas
- Sandwiches
- Sauces
- Seafood
- Shakes and Sips
- Snacks
- Snacks recipes
- Soups
- South Indian nonveg recipies
- Stews recipes
- Stocks recipes
- Stuffed vegetables
- Stuffings recipes
- Tofu recipes
- Tomato recipies
- Variety breads
- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
- Yeast breads (made by hand)