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Bad habits and 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**

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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.

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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.

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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

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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 in existence.

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 balance and one of the three forces more dominant than 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 possess, 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 with 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 ways 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 back to the Buddha

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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.

THE SWADHISTHANA CHAKRA

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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.

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

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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.

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

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cannot be hypnotized. **How ever 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 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!

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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.**

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 be for ordering any Hypnotherapy session.

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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.

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.

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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). Anymore 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 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?

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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 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

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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.

Hypnosis 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.

Hypnosis 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.

Hypnosis 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.

Hypnosis 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 be almost be shocked out of hypnosis. It's as simple as that!

Hypnosis 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 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.

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Hypnosis 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.

Hypnosis 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.

Hypnosis 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.

Hypnosis 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.

Hypnosis 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 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

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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.

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Use Hypnotherapy to break bad habits - pronto!

Many people think it's difficult to break bad habits. Those sneaky negative behavior patterns that insinuate their way into our lives, seemingly behind our backs, are like those pesky 'mogwai' creatures in the movie *Gremlins*. Remember them? Ever so cute to start with, but break the handling rules and they'll run amok in your life. And it feels like there's nothing you can do about it.

Why habits are like the 'gremlins'

Interestingly, one of the handling rules is that mogwai 'must not be fed after midnight' or they will multiply and transmogrify into the dreaded gremlins - destructive and vindictive creatures. 'Feeding after midnight' is a wonderful metaphor for the way we unconsciously let our bad habits develop. By the time we 'wake up' to them, they have become deeply embedded in our lives.

In the movie, the gremlins were eventually defeated by breaking another handling rule - 'no exposure to sunlight'. This is a good metaphor for 'making bad habits conscious'. But though consciousness is a necessary first step - you can't get rid of them if you don't know you have them - it's not enough, in real life, to destroy them.

Why you need more than willpower to overcome negative habits

The difficulty you encounter when you first try to break bad habits is that habits (like the mogwai/gremlins) just don't respond to orders. You summon your willpower, you tell yourself firmly **not to do it**, and even feel sure **you won't do it**...and then you find that you've done it again, anyway. It seems you just can't win a straight out battle with habits. And many people give up at that point and say "I just can't help it!"

But there is an easier way.

Now Hypnotherapy can help you beat the habits you hate

Break bad habits Hypnotherapy audio session is a Hypnotherapy audio session which lets you get right to the root of automatic negative patterns - which is in your *unconscious* mind. Although you need willpower to *start* dealing effectively with unwanted behaviors, you need a 'change of mind' to *finish* with them. In this session you'll learn exactly what conscious steps to take. And you will actually *take* the all important *unconscious* steps.

As you relax in profound trance, you will effortlessly absorb a new, powerful, hypnotically generated pattern making process and put it directly to use in your inner core - where your instinctive behavior patterns are created and embedded. You can use this process to deal with a single problem pattern or any number of unwanted behaviors, allowing yourself to become more of who you really want to be.

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Buy **Bad habits Hypnotherapy audio session** and get back control over your bad habits with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Drink less wine – and enjoy life more!

Train yourself to drink less wine comfortably and effectively with Hypnotherapy

Do you enjoy a glass of wine in the evening?

Are you getting concerned that this glass of wine has somehow grown into a half bottle... or a full bottle... or even more?

That concern has probably come about because you are beginning to notice effects that you are not happy about. Like not sleeping very well. Or waking up in the morning feeling fuzzy-headed and lethargic. Or the unpleasant taste and feel in your mouth. Or the feeling of discomfort around the liver area. Or the drain on your wallet. But when you try to cut it down, it seems surprisingly hard to do so.

Two factors to consider if you want to drink less wine

Two things are in play here. Firstly, any behavior that you repeat regularly and consistently will eventually become a 'habit' - something that you do automatically and without thinking. When you attempt 'cold turkey' deliberately *not* to do it, it can feel very strange, and even quite distressingly uncomfortable. This discomfort can continue until you carry out the habitual behavior - and then you feel fine.

This response pattern is very useful if you want to develop and maintain a particular good habit - like brushing your teeth regularly, for instance! But if you've developed a habit that you're not so happy with, such as smoking, perhaps, or drinking more wine than is good for you, it can make changing that habit quite tricky.

The second factor in play is that when you take in certain substances, such as alcohol, on a regular basis, real physical changes take place in your brain. In particular, as your body becomes accustomed to this substance, its effect becomes less powerful. This means that you need to consume *more* of it to have the same effect. And this is how your wine drinking gradually creeps up - and over the limit you are happy with.

But all is not lost.

How Hypnotherapy can help you reduce your wine drinking

When you understand how habits are formed and maintained in the brain, and how to overcome the 'seduction' of those extra glasses of wine (making you feel good with one hand and stealing away your health and wealth and self-respect with the other), it becomes much easier to make the changes

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that you want. And the easiest and most effective way to change that 'programming' is with Hypnotherapy.

Drink less wine Hypnotherapy audio session is a Hypnotherapy audio session created by psychologists with a deep understanding of how to modify the behavioral patterns that seem to be so firmly fixed in your brain. Using carefully targeted hypnotic suggestions, this session will help you

- relax very deeply and put your mind in a powerful learning state
- rediscover and amplify all the different ways you can relax
- develop an unstoppable determination to make the changes you want
- master a highly effective technique for directing unconscious processes for change
- reduce your wine drinking to a level you are happy with

Buy **Drink less wine Hypnotherapy audio session** and get back control over how you enjoy life with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

How to stop chewing gum

Hypnotherapy can help you break the habit of a lifetime and stop chewing gum

Have you decided that gum chewing really isn't what you want to be doing?

Are you finding it difficult to break the habit?

Okay, there's nothing evil or desperately harmful about putting a piece of soft sweet tasting rubber in your mouth and chomping on it for hours. There's something soothing about doing that, like thumb sucking. There's a lot of nice flavors out there too, and nowadays they've more or less solved the sugar problem, so it won't hurt your teeth. Pretty harmless. If you want to chew a stick of gum, go right ahead.

But you're not here because *occasionally* you enjoy a piece of gum.

You're here because you're fed up with doing it all the time. With feeling like you can't do without it. And perhaps feeling that this isn't right for you. Not how you want to be seen. Or to see yourself. Nothing to do with the mess that gum leaves in our houses and our streets (yeeuugggh!). Nothing to do with the small (although real) health risks.

And why can't you *just stop*? It's not as if it's smoking, is it?

Why it can be hard to stop chewing gum

The thing is, *any* habitual behavior, once established, starts to feel like it's an essential part of who you are. When you don't do it, things feel wrong. You feel uncomfortable until you do it. Just the kind

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of response you'd *want* to have about brushing your teeth, say. But not about chewing gum. It would be much better to be able to freely choose to chew or not to chew, while feeling perfectly comfortable, would it not?

So how do you undo that link with 'who you are'?

Hypnotherapy is an invaluable aid when you want to stop chewing gum

Stop chewing gum Hypnotherapy audio session is a Hypnotherapy audio session that works directly on your unconscious mind to reset the connections that link your identity with this unwanted behavior. Because you do this while in a trance state, you can eliminate all the 'uncomfortableness' of changing an established pattern and actually enjoy the process.

You'll soon notice, as you listen regularly to your **Stop chewing gum Hypnotherapy audio session**,

- that the old urge to chew arises less and less frequently
- and when it does, it's weaker, and easier and easier to ignore
- that you feel a great sense of satisfaction in accomplishing this change
- that after a while you find you've practically forgotten you ever had such a habit

Buy **Stop chewing gum Hypnotherapy audio session** and put that redundant habit behind you with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Stop excessive blinking

Hypnotherapy is an ideal way to stop blinking too much

Have you become aware of excessive blinking?

Have you tried unsuccessfully to stop yourself from blinking so much?

Blinking is a natural and instinctive behavior that we normally don't notice - unless you get something in your eye, of course, when suddenly you become very conscious of blinking indeed. We don't have to think about blinking, it's one of the body's built-in unconscious mechanisms, like breathing, or digestion. A self-regulating and very useful process that keeps your eyes healthy, clean and comfortable.

Blinking too much can sometimes indicate medical problems

If you notice that you tend to blink much more frequently than other people seem to, or much more frequently than you used to, it's worth checking out that there isn't some physical cause behind it. Constant blinking can occasionally be a sign of a medical problem. If a physical cause is ruled out, the most likely explanation is that extra blinking has got itself established as a habit.

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Excessive blinking is often just a nervous habit

It's very common for people to develop this kind of nervous habit, often without even noticing that it has happened. The reason you don't notice it happening is that such habits are attached to unconscious behaviors that you don't normally notice or consciously control anyway. All sorts of things can trigger the development of such habits, and the causes can range from the trivial to the traumatic.

It can be a good thing to determine what caused it and make sure that the cause is dealt with, but in most cases knowing the cause doesn't help with actually putting a stop to the habit. Even when you've become conscious of them, unconscious habits often have a way of stubbornly persisting in spite of all your efforts. (You've probably noticed this.) You need something more than *conscious effort* to deal with *unconscious patterns*.

Hypnotherapy is a quick and effective way to change unwanted habits

Stop excessive blinking Hypnotherapy audio session is a Hypnotherapy audio session created by psychologists that gets to the root of the unwanted pattern by dealing with it at the level of the unconscious mind, where it originated.

As you relax and listen repeatedly to your **Stop excessive blinking Hypnotherapy audio session**, you'll notice that you

- feel much calmer and more relaxed generally
- are much less concerned and self-conscious
- focus your attention more on what really interests you
- simply forget all about blinking

Buy **Stop excessive blinking Hypnotherapy audio session** and live at peace with your eyelids once more with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Get rid of that old compulsive hair pulling habit today!

Compulsive hair pulling (disorder / disease) or trichotillomania is more common than you would think.

It also has an impressive history!

Compulsive hair pulling features in the Bible when Ezra says he "*rent my garment and mantle, and plucked the hair off my head and beard*", and Indians have an saying which means "*I got so frustrated, I pulled the hair out of my head*". In fact, compulsive hair pulling is so common it is now often called a 'disorder' or even a disease!

How can Hypnotherapy help stop compulsive hair pulling?

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So the question is, what can you do about hair pulling? *Trying* to stop obviously doesn't work - you have tried that - but somehow, that hand always seems to make its way back to pulling that hair again.

The problem is very similar to that of nail biting. People *know* they shouldn't do it, they *try* not to do it, they are even threatened by parents about it, but it doesn't make any difference!

And the reason for this is that all this effort is at a conscious level, whereas the problem is actually driven by the unconscious. Simply put, because hair pulling makes you feel better in the short term (or at least it used to), your unconscious mind repeats the behavior in an effort to make you feel good.

What it can't do is take into account the long term effects: the fact that you feel guilty and annoyed at yourself after pulling your hair and all the other downsides.

This is why Hypnotherapy is so effective. **Stop Hair Pulling Hypnotherapy audio session** will gently re-educate your unconscious mind that compulsive hair pulling is no longer a desired behavior. And so, that hand will stay where it is, instead of creeping up to that hair when you're not looking.

Buy **Stop Hair Pulling Hypnotherapy audio session** today and watch that old compulsion vanish into thin air with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

How can you stop pulling out your eye lashes or eyebrows when you do it without thinking?

You don't want to pull out your eye lashes or eyebrows. You know that you shouldn't do it too. But you find yourself pulling them out without thinking! So how are you supposed to stop?

What your eyebrows and eyelashes need is for your unconscious mind to lose the habit!

Causes and symptoms of eyelash and eyebrow pulling

Some pull out just their eyelashes or eyebrows; others remove hair from their head, chest, pubic area or arms and legs. Some pull out hair from all parts of their body. This Buy specifically helps eyelash and eyebrow pulling. We also have a hair pulling (trichotillomania) session available.

Eyelash or eyebrow pullers can be so ashamed of their condition that they become adept at hiding it from others. They may wear false lashes or pencil in eyebrows that aren't there.

The typical pattern to eyelash and eyebrow pulling is a buildup of tension (which may be triggered by stress, boredom, or purely the time of day) causing the feeling that you just *have* to pull to 'relieve the tension'.

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Some sufferers even feel a degree of pleasure in pulling. Immediately after a pulling episode you may vow to yourself 'never again' but at the back of your mind you know eyelash/brow tugging will be back.

The habit may also be an absent-minded behavior that you suddenly catch yourself doing when reading a book or watching TV.

Stop eyelash / eyebrow pulling with Hypnotherapy

Eyelash and eyebrow pulling is difficult to stop because fairly quickly it becomes habitual - like an addiction. This means that control is held by your unconscious mind.

So in stopping the habit, we need to work at an unconscious level, which is where Hypnotherapy excels. Hypnotherapy can re-educate the part of the mind making you damage your eyelashes and eyebrows so you no longer feel the urge.

Buy **Stop Eyelash and Eyebrow Pulling Hypnotherapy audio session** and look forward to a few weeks time when your eyelashes or eyebrows have grown back with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Stop impulse buying and meet your needs with relaxation

Use Hypnotherapy to learn to buy what you need and not what you want

What did people do in the days before there were shops? Did our Stone Age ancestors' impulse buy? Did people in the Middle Ages drop down to the local store and see if there was anything they fancied? Or is impulse buying a wholly new behavior, a product of the capitalist 20th century? But old or new, it's clear that buying things on impulse, if it has become a habit, can bring a lot of trouble in its wake. And it's hard to stop.

The good news about impulse

It's curious that we speak of an impulse buying habit. How can something you do on impulse *be* a habit? And besides, isn't impulse one of the joys of life? It would be so boring if we only ever did things according to a well thought out plan. Responding to impulse can bring us new adventures and broaden our horizons. It can spring us out of our daily rut. If we know how to heed impulse properly.

Why impulse can lead you astray

We don't really understand our impulses. We feel an agitation, an urgency, an irritation, a dissatisfaction, and we cast about for something to soothe it. In the western world we are surrounded by a cornucopia of material goods, and bludgeoned by incessant messages assuring us that such

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goods will satisfy every want. It's not surprising that our impulses often drive us to the shops. And what do we do there?

When impulse fails to satisfy

Once in the stores, the glitter of material goods is within touching distance. The feeling of urgency increases. We start purchasing whatever is our particular 'thing'. It feels very satisfying at the time. We are buoyed up on a wave of acquisition. But then we get it all home, and look at it next day, or next week, and we sense that hollow feeling of dissatisfaction in the pit of our stomachs.

And what do we do with that dissatisfaction? Head to the shops again. The siren song of the advertisers calls us back once more. Spend! Spend! You'll feel so much better when you do!

But you don't.

What's going on?

What impulse is for. And what happens when we don't listen.

What has happened is that we have lost touch with the real purpose of our impulses. Agitations, dissatisfactions, irritations and such like arise in us because there really is something that we *need*. But instead of patiently setting out to identify what that is, and to respond to it appropriately, we allow ourselves to be seduced by the blandishments of the advertisers that they have the answer to everything.

This means that we almost never satisfy our *real* need. And because it isn't satisfied, that agitation rises up again. And we get caught in a vicious circle. And once that has been spinning us around for a while, we have a habit, with a repeating pattern that we don't know how to escape from. And we have lots of possessions that we'd be better off without.

Escaping from the grip of impulse buying with Hypnotherapy

Unconscious behavior patterns like impulse buying are difficult to address directly. 'Just say no!' is the commonest advice you will get - but it doesn't address the psychological factors underpinning the behavior, and you may find your will-power isn't up to it. But when you work on the unconscious pattern through your own unconscious mind, by Hypnotherapy, it becomes much easier to bring about the change you want.

Stop impulse buying Hypnotherapy audio session is an audio Hypnotherapy session which uses powerful hypnotic techniques to help you take back control from the buying habit which has been controlling you. You don't have to go to war with yourself - that's a battle you can never win. Instead you allow the suggestions in **Stop impulse buying Hypnotherapy audio session** to take you into a deeply transformative state which just punctures the power of that impulse.

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The inner clarity you attain will allow you to see your life from a new perspective, and to begin to see what your own goals and resources really are. You'll still be able to buy whatever you choose - but you will notice that it's now really *you* who chooses, and knows what you're choosing.

Buy **Stop impulse buying Hypnotherapy audio session** and take control of your purse strings with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Stop lip biting even when you don't know you're doing it

Most people with a lip biting problem say they don't notice themselves doing it until it's too late. And by then unconscious lip biting has caused swollen, torn and sore lips.

And to make matters worse, as well as horrible looking and sore lips, when the lower lip is repeatedly bitten the upper teeth are forced to move abnormally. This can stop the front teeth from fitting together properly. If this is prolonged, orthodontic problems can result causing pain and damage to the teeth and face.

The trouble is you don't know you're doing it - it's not a conscious activity which is why Hypnotherapy can help break the habit. Hypnotherapy deals with habits which are not consciously controlled.

Why does lip biting feel good?

Biting your lips may be triggered by various situations, for example tension, boredom, loneliness can all trigger a lip biting episode. And like any behavior it can come to feel strangely satisfying after a while, even though it hurts!

This is because your brain learns to set up expectation, the biting happens and that expectation is fulfilled - just like the expectation fulfillment mechanism that occurs when an addict gets their fix!

Lip biting is destructive and damages face tissue and teeth as much as it does the lips themselves. So any satisfactions derived from lip biting are of course outweighed by the damage done.

How Hypnotherapy can help your lips!

So how do you stop biting your lips if you don't know you're doing it? This is where Hypnotherapy comes in. Hypnotherapy is the perfect tool for changing unconscious behavior. That is, things you do without noticing. The Stop Lip Biting Buy will help you relax deeply and comfortably and then gently re-educate your mind to stop the unwanted behavior.

Buy **Stop Lip Biting Hypnotherapy audio session** now and enjoy healthy attractive lips again with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Stop Nail Biting

Break the nail biting habit with Hypnotherapy

"Will you stop biting your nails!" Every kid has heard that at some time or another. But it's just downright annoying when the habit goes on and on, regardless of the number of times you 'decide' to stop!

Without even noticing you're doing it, you absent mindedly chew those nails back into that ugly, painful condition again.

And that's the whole problem - the nail biting is 'unconscious' - you do it without even noticing. So when you make a 'conscious' decision to stop nail biting, nothing happens - the cure has to happen in a different way...

The decision to stop nail biting has to take place at an unconscious level!

Stop Nail Biting Hypnotherapy audio session can help you really change your behavior, and make the choice to stop chewing your nails a real one.

We all know the difference between how it feels when we say we're going to do something and when we *know* we're going to do it. When you cure nail biting properly, the urge to bites your nail disappears - there simply is no struggle!

The **Stop Nail Biting Hypnotherapy audio session** will enable you to know you are going to stop biting your nails.

Buy **Stop Nail Biting Hypnotherapy audio session** now and look forward to whole, attractive fingers with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Stop picking your nose!

Obsessive nose picking (also known as rhinotillexomania) can cause real problems. Apart from people perceiving nose picking as disgusting and therefore anti-social you can damage the inner linings of your nose if you compulsively nose pick.

Of course the alternatives are to use a hanky or tissue but if you pick your nose obsessively it's not because you don't *know* about hygiene it's because you have an obsessive habit.

Nose picking is an unconscious habit

You've probably caught yourself picking your nose without even being aware of it. This is because any habit like this will become unconsciously driven just like nail biting or teeth grinding. Because

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Hypnotherapy deals with the unconscious mind it's a wonderful way to deal with unwanted compulsions.

If you pick your nose occasionally in private then it's no problem but if it's causing problems for you like bleeding or social embarrassment because you keep doing it publicly then it's time you got it sorted out.

Stop Picking Your Nose Hypnotherapy audio session will appeal to the part of your mind which has been maintaining the nose picking so that it can quickly and comfortably stop.

Buy **Stop Picking Your Nose Hypnotherapy audio session** now and make sure people never catch you at it again! Visit www.hypnotherapy.eorg.in now.

How to stop compulsive skin picking when you do it without thinking

Compulsive skin picking can seem entirely outside of your control. You *know* you should stop, and you *want* to stop, but then you catch yourself picking your skin again! The urge feels almost addictive but of course the results make life miserable.

So how can you stop compulsive skin picking without having to think about it every minute of the day?

The symptoms and causes of compulsive skin picking

For most sufferers, skin picking consists of repetitive picking of the face, lips, scalp, hands or arms. And skin picking can take different forms. Maybe you habitually pick at lesions and sores. Perhaps you scratch or squeeze otherwise healthy skin. You may harm your skin using your fingernails or teeth, or even use pins or tweezers.

Many sufferers report a feeling of tension just before the picking begins. This build up of stress coupled with the expectation to pick can feel overwhelming. Starting picking usually creates a sense of relief or even a feeling of pleasure as tension rapidly decreases.

This short-term gain pales into insignificance compared to the long-term pain

The trouble is that skin picking often causes great distress, pain and other difficulties. You may have felt embarrassed, even ashamed of the results of your skin picking - open sores, infection and scarring can result.

The skin picking habit needs unconscious intervention

Consciously you don't want to pick your skin, but it can be very difficult to stop as it develops into a habit maintained by your unconscious mind

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Using Hypnotherapy, skin picking can simply stop being a habit. It is the quickest and most powerful way to modify unconscious processes.

Imagine a life free of compulsive skin picking; your skin healthy and whole. Like the cracked ground of a drought stricken land with the right nutrition and moisture in the land your skin will recover and thrive.

Buy **Stop Skin Picking Hypnotherapy audio session** now and give the skin that protects you a chance to do its job with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

You CAN cool down itchy skin and stop scratching

There's nothing worse than itchy skin. And there's nothing stronger, it seems, than that urge you get to scratch the itchy patch with all the ferocity you can muster. That senses that, if only you could just scratch it *hard* enough, you could scratch that itch out of existence. Even though you know it's not going to happen. Even though you *know* it would be much better to stop scratching altogether.

Good advice is not easy to follow - especially to stop scratching

If you've been along to the doctor with your skin problems, you will undoubtedly have been given entirely well intended advice to stop scratching. They make it sound so easy. Just stop! But you already know that it's very hard to stop. You're pretty lucky if the advice included any handy tips on how to make it easier. It can feel as if you are all alone with an implacable, unconquerable foe. And they're winning.

Your skin is in control of the itch/scratch cycle

The real challenge you've got is that the itch/scratch cycle isn't fully under your conscious control. The skin is the body's largest organ, and the most complex after the brain. It is the barrier between what's 'inside' you and what's 'outside' you, and it is the 'border guard' checking all movements both ways. Inflammations and infections are dealt with by the 'border police' (your immune system). You have very little say!

Attention is crucial if you want to stop scratching

Fortunately, the little say you *do* have is over a crucial area. *You* are in charge of your attention. And when you know how to direct your attention in an appropriate way, you can dramatically lessen the effects of irritation and damp down the desire to scratch. Which, in turn, gives the skin a better chance to get on with healing itself.

But just how *can* you use your attention to stop scratching?

Hypnotherapy is the easiest way to control attention and stop scratching

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Stop scratching Hypnotherapy audio session is an Hypnotherapy audio session which is exclusively focused on the brain's attention mechanisms and how to use them effectively to soothe itchiness and irritation and keep the urge to scratch under control.

Stop scratching Hypnotherapy audio session will allow you to experience for yourself what it is like to use your attention in a wholly new way to alter your perceptions. It's easy and enjoyable. It's relaxing and healing. The more you listen to it, the more skilful you will become at ensuring that you are as comfortable as possible in your own skin. Which has got to be the best place to be comfortable.

Buy **Stop scratching Hypnotherapy audio session** and begin to enjoy a whole new world of comfort with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Stop Thumb Sucking

'Thumb sucking can be such a pain. It can be so automatic that before you know it your thumbs back in your mouth and you're slurping away on your own thumb.

Thumb sucking is nature's way of getting us 'off mother's nipple'. It is an activity that let's babies 'come off' the nipple gently *for a while*.

When breast feeding stops thumb sucking may continue just until the baby becomes used to drawing it's nutrition more independently by eating and drinking for itself.

Children or even some adults may find themselves reaching for this symbol of babyhood in times of stress or when they seek comfort or reassurance.

Perhaps you find yourself thumb sucking just occasionally when you feel bored, or in need of comfort.

Maybe you suck your thumb almost constantly the way some people chain smoke.

Whatever the pattern or reason it can be embarrassing and humiliating if others notice and difficult to resist the urge sometimes.

Thumb sucking can displace your teeth and create dryness in the skin of the thumb.

You know it's got to stop sometime. You don't want to be thumb sucking in 5,10,15,20 years time!

This **Stop Thumb Sucking Hypnotherapy audio session** can help you to be in charge of your thumb and stop it ruling you so much.

Imagine what it's going to be like to let your thumb breathe properly and be free of thumb sucking.

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Buy **Stop Thumb Sucking Hypnotherapy audio session** now and break free with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Stop Smoking NOW

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're 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.

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 Hypnotherapy as part of the whole process - then that's fine. Remember that **Hypnotherapy 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 now 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 now Hypnotherapy audio session** now, Visit www.hypnotherapy.eorg.in now.

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- Pain relief with Hypnotherapy
- Personal development due to Hypnotherapy
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- Veg Gravies
- Veg rice Varities
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