

# Clinical 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)**

## Clinical 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.**

## Clinical 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

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

the senses are numbed. This is a state when the sub-conscious is ready to receive suggestions and impulses from the self or others.

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

**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.

## Clinical Hypnotherapy by Dr. Manish Patil

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.

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

**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)**

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

## Clinical Hypnotherapy by Dr. Manish Patil

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 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 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.**

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

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

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.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.



## Clinical 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)

## Clinical 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.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)**

## Clinical 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. **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

**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)**

## Clinical 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

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

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 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?

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

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.

### **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.

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

### 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?

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

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

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 and/or understand 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.

**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)**



## **Clinical Hypnotherapy by Dr. Manish Patil**

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 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.**

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

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 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)**

**Clinical Hypnotherapy by Dr. Manish Patil**

# Clinical Hypnotherapy

Explore how hypnosis can help with a diverse range of psychological and physical problems.

What's the difference between clinical hypnotherapy and 'ordinary' hypnosis? The clue is in the 'therapy'.

Hypnotherapy can help you to escape from typical problem patterns of response and behavior to achieve greater flexibility and choice in your life. Hypnotherapy (literally: 'hypnosis therapy') works by allowing you to relax really deeply. This puts your brain into the optimal state for carrying out important internal changes (otherwise known as 'learning new things'). This gives you the ability to choose new ways of doing, being and thinking, without being controlled by past experience.

## **Stop bed wetting quickly and safely with Hypnotherapy**

Stopping bed wetting can be a frustratingly difficult goal to achieve. After all, how can someone exert bladder control when they are asleep? Surely you need to be awake to learn to stop bed wetting?

### **How you can train the unconscious mind**

Importantly, even when asleep, your unconscious mind is still 'awake'. It monitors the sounds around you and wakes you if it senses danger; it mediates your body temperature and makes you move if uncomfortable.

And because of this, your unconscious mind can learn to stop bed wetting by controlling the muscles that stop urine leaving the bladder.

This is the usual process by which we learn bladder control - after all, it is a tricky skill to learn 'directly'. Normally it occurs by repetition and slow absorption - which is how the unconscious mind learns most new skills. Think about how long it took you to learn to drive smoothly!

Hypnotherapy is the best way to teach the unconscious mind to stop bed wetting because it can greatly accelerate the process.

Buy **Stop Bed Wetting Hypnotherapy audio session** and you may be astonished at how quickly you get results 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)**

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

## Clinical Hypnotherapy by Dr. Manish Patil

### Overcome Body Dysmorphia Disorder

A negative body image or '*body dysmorphia*' as it is sometimes called can really spoil the enjoyment of living and even interfere with career progression.

Body dysmorphic disorder becomes an overwhelming preoccupation that can stop enjoyment of life. The message the condition sends is 'how can anything be right if my body isn't right?'

Having a distorted body image means being made unhappy because of how you feel about a particular part of your body or face. People may obsess about their hands, nose, eyes, shape, ears anything at all.

Sometimes body dysmorphic disorder is a consequence of wider anxieties and unhappiness or may have been triggered by a traumatic event. Talk to your doctor if body dysmorphic disorder has been affecting your life.

### How Overcome Body Dysmorphia Disorder Hypnotherapy audio session Works

This Hypnotherapy session won't try to convince you that your perceived imperfection is really OK, or try to talk you out of your self-degrading thoughts. If improving body image were that easy then body dysmorphic disorder wouldn't have stolen so much of your valuable time already.

Instead, this session will calm you, giving your mind a chance to take a wider view of the situation.

Life isn't meant to be about focusing on one small part all the time. When you *feel* calmer about your looks (whatever your *beliefs* about them) then you are able to start living truly in a more balanced and fulfilling way.

Imagine a time when you are relaxed about your whole appearance, when you no longer base all your happiness on your appearance and when you can enjoy life and not have to focus so much on yourself all the time.

Buy **Overcome Body Dysmorphia Disorder Hypnotherapy audio session** and get some freedom from those overwhelming thoughts with the help of self Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Free your mind from cult influences and choose your own life

It's a very scary thing to decide to leave a cult or sect of which you have been a member for a long time - maybe even your whole life. It's not a choice anyone makes lightly, or easily. Even when you *have* made the decision to leave, and feel sure you have done the right thing, you may wonder just how you are going to cope with the loss of such a big part of your 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)**

## Clinical Hypnotherapy by Dr. Manish Patil

### Is leaving a cult like being freed from prison? Yes and no.

And this is the thing people often misunderstand about leaving a cult. Outsiders imagine that leaving a cult is like being released from prison, just totally good news in every way. Of course, it is like that, in a way, but there is an important difference. Nobody would *choose* to go to prison, or to raise their children in a prison. But they do choose to join cults, and to raise their children within those cults.

### Why cult membership is so important to people

When you have specifically *chosen* a particular way of life as promoted by a cult, and actively committed yourself to it, the cult and all that it stands for becomes a sort of lodestar in your life - the *guiding principle* through which you live your life. This gives your life a tremendous and rewarding sense of significance, and offers you a sense of deep connection with other people who share the vision.

In a world where shallow commercialism and empty consumerism rule the lives of lonely disconnected people, a cult offers a welcoming beacon of hope, a promise of protection from the meaninglessness that lies threateningly all around. We all want (and desperately need) meaning and connection in our lives.

### Why cults fail to live up to their promises

If cults and sects were all selfless and ethical institutions, truly concerned for the good of members and the world outside, there would be little problem with allying oneself with them in order to meet these needs. Sadly, history shows that many, if not most, have become vehicles for the self-aggrandizement of the cult leaders, through exploiting the members by manipulating these very needs.

### It takes real courage to leave a cult

A cult member who begins to see through the illusion, and understand that they are being exploited, is in a very difficult position. If they cut themselves off from the cult, they will at a stroke lose the very things which attracted them into the cult in the first place. And the exploitation always includes the overt and covert message "You can't survive without us... you are nothing without us..." An insidious and pernicious message.

### What you can do to help yourself after you leave a cult

So when you *do* decide to leave, you have to be prepared to go through the experience of loss, and to face the challenge of finding new ways to meet your need for meaning, purpose, and connection in your life. Ways that won't lay you open to being entrapped by another false promise. You have to *decondition* yourself in order to be truly free.

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)

## Clinical Hypnotherapy by Dr. Manish Patil

### Hypnotherapy can help you become truly free of cult influence

**Cult deconditioning Hypnotherapy audio session** is a Hypnotherapy audio session designed to help ex-cult members come through the stresses and challenges that follow leaving a cult confidently and safely. This session will help you feel stronger and calmer about your decision. It will give you a new understanding of what the cult gave you that was positive, and how you might find new beneficial ways to have those benefits in your life.

Regular listening to **Cult deconditioning Hypnotherapy audio session** in the time following your departure will help you establish new patterns in your life, help you process your feelings about the positive changes you are making, and give you an increasing sense of freedom to take control of your own life.

Buy **Cult deconditioning Hypnotherapy audio session** and start to build the life you want with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Get comfortable and confident with your disfigurement

Dealing with disfigurement can feel like a very big challenge. Whether you were born with your disfigurement, or have only recently acquired it, you have undoubtedly noticed that it makes you question your own and others' attitudes. People's reactions to you may seem (often quite unintentionally) cruel. Your confidence in yourself may take a battering. It wouldn't be surprising if you sometimes feel you just want to hide.

### The impact of the ideal of perfection on disfigurement

And there's more to disfigurement than just coping with other people's reactions. We live in a world where physical perfection is always being presented to us as the ideal we must all strive for. Someone who has been disfigured from birth or through injury or illness can feel doubly excluded, and 'inferior'.

So how can you begin to feel more comfortable with how you look?

### Dealing with disfigurement and 'appearances'

Well, that questioning of attitudes mentioned above is key. Simply focusing on how bad it feels to be treated 'differently', or how 'unfair' people are to do this (even though it *is* unfair) sets you on a downward spiral. It is more helpful to look very hard at the assumption that appearance is all important. And see it for what it is - an illusion.

Learning to keep 'appearance' in its proper place in the context of a total life will free you from the imaginary restrictions of not looking like other people. You are not defined by your disfigurement. And nor is your 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)**

## Clinical Hypnotherapy by Dr. Manish Patil

### Changing lifetime habits to feel comfortable with disfigurement

However, changing the unthinking responses of a lifetime presents its own challenges. Your own attitudes have been slowly and unconsciously created over the whole of your life experience. Rarely have you made a conscious choice to adopt a particular attitude. Like all of us, you have been subject to the influence of family, friends, school, and society at large. It takes more than willpower to break out of such patterns.

### You can change your attitudes with Hypnotherapy

Discarding old unwanted patterns and creating new desirable ones is most effectively done using the abilities that established the first set of patterns. That means *consciously* deciding to use your *unconscious* powers. Hypnotherapy is the easiest and most effective way to achieve this.

**Dealing with disfigurement Hypnotherapy audio session** will teach you how to use the abilities that you have within you to create and embed templates for living. It will help you enter a state of deep relaxation which has been proven to enhance our capacity to learn and change - a sort of ideal learning state. You will learn how to review certain significant experiences around disfigurement and apply a new 'template' to them.

By listening repeatedly to **Dealing with disfigurement Hypnotherapy audio session** you will quickly acquire mastery of the process of embedding beneficial changes in your patterns for thinking and behavior. The process is both enjoyable and highly enlightening. You will quickly begin to feel very differently about how you look - and very differently about other people's responses.

Buy **Dealing with disfigurement Hypnotherapy audio session** and start feeling good about yourself with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Gain control of your gag reflex

Your gag reflex (as the name suggests) is a reflex action. The gag reflex is a contraction at the back of your throat which stops objects entering the throat except as part of normal swallowing.

If you touch the soft palate at the back of your throat you'll find that produces a natural gag response.

Your gag reflex is nature's way of stopping you choking. It is one of the body's natural essential defense mechanisms.

But because of anxiety or past traumatic experience the gag reflex can begin to get in the way of natural and necessary functions like eating out, going to the dentists, wearing dentures or swallowing necessary medication or even brushing your teeth.

The feeling is of loss of control and panic.

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

### Quickly re-training reflexes

It's certainly possible to train yourself to resist the gag response. People can train themselves to do sword swallowing for instance by overcoming the natural response to gagging.

That is a little extreme of course, but it illustrates how seemingly involuntary processes like the gag reflex can be brought under control. Hypnotherapy is an excellent fast track way to change autonomic (unconscious) responses.

This **Control the Gag Reflex Hypnotherapy audio session** will focus on retraining your gag response to be more subtle and discerning. The gag reflex is an essential tool but like any tool we need to know when to use it and when it can stay out of the way.

Hypnotherapy is the perfect way to diminish the old access gagging pattern and get you feeling so much more relaxed and in control.

Buy **Control the Gag Reflex Hypnotherapy audio session** and gain control with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Managing ADHD - using your talents deliberately

Living with Attention Deficit Hyperactivity Disorder (ADHD) can be hard. People can think you are being deliberately annoying when really, you are just being you.

ADHD means hyperactivity; the feeling of needing to move or change your focus of attention often. The overwhelming desire for physical action can lead to feelings of restlessness and boredom when other people want you to focus and concentrate for long periods.

### ADHD makes you impulsive

Having ADHD is also characterized by impulsivity which can mean acting before thinking sometimes. ADHD may sometimes seem to stop you considering consequences to actions. Having ADHD can mean you take risks where others don't.

But you may have noticed that sometimes you *can* really focus and concentrate on something that absorbs your attention so it's not true that ADHD stops you concentrating on everything. If something does grab your attention then you can focus on it for hours!

### ADHD on the increase

It seems that more and more people especially young boys are being diagnosed with ADHD. Whether this is due to increased diagnosis of ADHD, the fact that children are spending more time in front of TV and computer screens with their fast cutting or just to an increase in labeling is still undecided.

**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)**



## Clinical Hypnotherapy by Dr. Manish Patil

Regardless of whether the diagnosis is real, the symptoms are, and this session will help you manage them.

### Hunters in a farmer's world

Some researchers have even questioned whether ADHD is actually a disorder. They suggest that to experience ADHD is to be a hunter in a farmer's world. People with ADHD actually have talents and positive attributes that used in the right way and in the right place would be highly beneficial. Thom Hartman who wrote '*Attention Deficit Disorder - a Different Perception*' talks about people with ADHD as follows: [People with 'ADHD' are] 'hunters totally focused on movement, constantly monitoring their environment and exhibiting incredible bursts of energy. Correctly approached these characteristics can be harnessed for positive outcomes.'

But people with ADHD find themselves in a sitting down world full of non-ADHD sufferers or 'farmers' who are slower, steadier and more cautious.

### ADHD may have its uses

Sometimes it is useful, even essential, to be energetic, fast moving and taking calculated risks. Many great sports people and incredibly successful entertainers and entrepreneurs have become successful and fulfilled partly *because* of their hyperactivity, not *despite* it.

So ADHD may be something that needs to be reigned in and mastered rather than cured or got rid of.

### The way forward

There are times when ADHD energy will be great for you but also times when you need to relax, slow down and experience reality with more stillness and focus. It's like having a super power but being able to choose more when it is used rather than it happening all the time.

This **Manage ADHD Hypnotherapy audio session** doesn't claim or aim to 'cure' ADHD but it will teach you how to be still and achieve more balance when it is required.

Buy **Manage ADHD Hypnotherapy audio session** and gain more control with the help of self Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Overcome Noise Sensitivity (Misophonia)

Noise sensitivity (Misophonia) can make life unbearable. Certain sounds become just so irritating. Some people even feel boiling rage whenever they hear 'that sound'.

Misophonia works in a similar way to a phobia in that a specific environmental trigger becomes wrongly linked to a strong emotional reaction which is usually irritation and anger rather than fear.

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

### Certain sounds trigger emotional responses

Misophonia, incredible noise sensitivity, occurs when a part of your brain involved in alerting emotional responses to sound become active in response to specific sounds - and usually, these are sounds that don't naturally arouse emotion.

For example, sounds like a scream or an explosion automatically mobilize strong emotional responses in most people. But people with noise sensitivity have a strong emotional response linked to an everyday sound that would seem insignificant to most of us.

### The emotion is faster than the speed of thought

It might sound trivial to some people but when you suffer this kind of intense noise sensitivity then it can actually feel as if it's starting to take over your life. Emotional responses become instinctive, that is to say they start to run automatically at given triggers without the rational, logical conscious brain getting much of a look in.

### Hypnotherapy can teach you brain to switch off to those sounds

Hypnotherapy is the most powerful way to influence instinctive responses to noises in the environment because it can be used to quickly and comfortably re-educate your mind about what warrants an emotional response - and what doesn't.

Just imagine how it's going to feel when you can relax around noises that used to bother you. When you no longer waste time anticipating sounds before they even occur and when you begin to tune out noises you really don't need to waste attention

Buy **Overcome Noise Sensitivity Hypnotherapy audio session** and enjoy the freedom to relax around those sounds that used to bother you so much with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop that recurring nightmare or dream coming back

Nightmares and bad dreams can ruin your night. Because they seem so real they can leave you feeling traumatized and even dreading going to sleep.

Sleep should be a time of rest and recuperation but recurring nightmares make sleep exhausting and frightening.

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

### What is a nightmare?

A nightmare is an emotionally negative dream, usually producing some level of fear. The nightmare emotion can be strong enough to wake you up. Repetitive dreams or nightmares often have a classic theme such as being chased or dying.

### What causes dreams?

Dreams come from emotional expectations during waking hours that are not fulfilled so the emotional arousal is never 'switched off.' We dream to 'complete the circuit'. So if you have frightening thoughts but what you fear isn't resolved during the day, then your unconscious mind will try to complete the pattern by producing a nightmare.

So nightmares are symbolic representations of your unfulfilled fears and anxieties from the day before.

Recurring nightmares happen because if you continue to worry about the same thing every day you'll continue to have the same bad dreams night after night. It's as simple as that.

We can stop nightmares by changing them so that they are no longer fearful. This can be done hypnotically and the process is fast and comfortable. In fact you can look forward to a better night's sleep straight away.

Buy **Stop Nightmares Hypnotherapy audio session** and get a proper rest every night with the help of self Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop self harming

Our experience treating people who self harm has shown that self harm often starts because of a feeling of desperation, depression or anxiety or because lots of other people around you are doing it or a combination of these two reasons.

Actually self harm is an addiction. It works like any habitual pattern of behavior that starts to feel compulsive.

### How self harm works

- First there is a buildup of tension and stress (or even boredom) then there is the thought of cutting
- Then comes the opportunity to self harm - maybe because no one else is around.
- The tension and urge to self-harm become stronger and stronger.
- Perhaps next you try to stop yourself but the urge seems stronger than ever.

**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)**

## Clinical Hypnotherapy by Dr. Manish Patil

- You start to 'trance out' and maybe things start to seem a bit unreal as your focus narrow onto the self harm.
- You harm yourself.
- And when you have cut yourself you get a chemical release as your body's natural opiate painkillers are released.
- Afterwards you may feel relief followed by self disgust that you've 'gone and done it again.'

Self harm follows the pattern of any addictive and repetitive behavior.

### Help is vital

It's important that if you have been self harming to tell someone sympathetic because you can do serious damage to yourself. A qualified professional should be able to help you. Use any help you get in conjunction with this session.

Constant self harm such as cutting can result in unsightly scars which sometimes cause others to think it is done as a 'cry for help' to signal unhappiness to others. But skin grafts and unsightly skin is not really what the cutter wants. They simply feel there is no choice but to cut.

**Stop Self Harm Hypnotherapy audio session** will help you to relax and give your unconscious mind the chance to unlearn the old self harm pattern so that your skin has its right to health and life recognized and you can begin to thrive as a person.

Buy **Stop Self Harm Hypnotherapy audio session** and learn new ways to cope with emotional distress with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop stuttering with hypnotherapy

Stuttering therapy has grown in popularity over the last few years, and it certainly seems to be helpful in many cases. However, not everyone can afford to spend so much time and money pursuing a stuttering cure that is often very expensive.

### Hypnotherapy gets round the stuttering 'Catch-22'

Our clients often tell us the hard they try to stop stuttering, the worse it gets. And certainly it seems to be true that stress makes stuttering worse.

Hypnotherapy can help you 'relax out' of the vicious circle that causes so many problems by helping you rehearse triggering your relaxation response when you begin to feel tense.

This relaxation response not only makes you feel more relaxed, but it actually changes the way your brain is functioning at that time, to hopefully 'normalise' it to allow smooth speech to take place more easily.

**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)**

## **Clinical Hypnotherapy by Dr. Manish Patil**

Buy **Stuttering Therapy Hypnotherapy audio session** and see how it helps you speak more easily... with the help of self Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### **Dealing with a troubled childhood**

'Thinking of the past all the time can make it difficult to focus on the future and a troubled childhood can be difficult to let go of.

Maybe you feel that your past haunts you sometimes and prevents you from living life the way you want to live it.

Memories and patterns from the past can feel as if they trip you up or drag you down. But we all know that we can't change the past, and sometimes we need a little help to let it go.

When you're freed from the past dragging you down you can go on to all kinds of things. You can begin to find true satisfaction in living!

**Dealing with troubled childhood Hypnotherapy audio session** through the gentle use of metaphor will help you get distance on a difficult childhood and give you room to focus your energy on a rewarding and satisfying future.

Buy **Dealing with troubled childhood Hypnotherapy audio session** and give yourself the best possible chance to heal the troubled childhood with the help of self 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)**

**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)