

**Communication skills
and Hypnotherapy**



Dr. Manish Patil

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Communication skills 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 Shushamna begin their upward movement of energy, this chakra is situated below the spinal cord between the spinal cord and anus, 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.

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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.

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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.

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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

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

Will Hypnotherapy totally change me as a person?

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

How do your Hypnotherapy audio sessions work?

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

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

How long are your Hypnotherapy sessions?

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

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

When will I notice the results of Hypnotherapy?

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

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

Are your Hypnotherapy sessions suitable for children?

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

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

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

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

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

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

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

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

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

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

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

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

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

Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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

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

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

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

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

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

Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

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

In which languages can I get my Hypnotherapy audio sessions

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

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

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

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

The Myths of Hypnotherapy

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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.

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Communication Skills and Hypnotherapy

Communication skills are essential to the success of every kind of relationship and interaction. Whether you're dealing with family, friends, colleagues, strangers, officials, superiors, subordinates or children, and whatever their own abilities in communication, *you* need to be able to comfortably say what you need, in the right way, at the right time, so as to get the best possible result from every encounter. And you also need to be able to take in and deal with what others are saying to you.

Once you've learned the basics of how to talk, which most of us master in childhood, you don't get much further help with how to communicate better. It's a hit and miss, trial and error business - and it can leave many people struggling, wondering why they can't get on with others, or get their needs properly met.

Hypnotherapy is a wonderful and easy way to build up your communication skills. Our range of communication downloads offers you really effective help in making good any shortfall in how you handle social interaction, or in enhancing what you already do well so that you can enjoy communicating with others even more.

Assertiveness Training

Learn to say what you mean, calmly and clearly, right when you need to, using Hypnotherapy

Lack of assertiveness can cause problems in all sorts of situations, not least in relationships and at work.

Assertiveness training often misses a vital ingredient - the ability to stay calm while stating your case, which often causes people to stop trying - they think being more assertive is beyond them.

The Assertiveness Training Hypnotherapy audio session takes care of this with:

- An original '4 step' assertiveness technique to help you be clear on what needs to be said
- Hypnotic rehearsal to ensure that when you use the model, you automatically stay relaxed
- Keeps your thoughts clear so you can follow through properly

Once you learn how to stand up for yourself in this way, and are able to say what's on your mind clearly and calmly, many positive changes result:

- People realize you know your own mind, they give you more respect and consider you capable of more responsibility
- You are treated with more respect within relationships
- You feel much better about yourself

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Assertiveness Training Hypnotherapy audio session can make such a huge difference today to how you feel about being assertive.

Buy **Assertiveness Training Hypnotherapy audio session** and enjoy the positive results created by becoming assertive in the days and weeks to come with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Be funny with 'Comedy Genius' and bring laughter into your life

Relax deeply and let your inner comedian loose with this Hypnotherapy audio session

Who makes you laugh? Imagine their face now. Doesn't just thinking about them make you feel good? We all love people who make us laugh and so being able to be really funny is a massive advantage in life.

Wisdom in humor

Displaying a great sense of humor keeps things interesting and humor is one of the best ways to see things from creative and unexpected perspectives. Truly funny people can teach others, through demonstration, how to be flexible thinkers. Humor can illuminate truths, free up constraints of narrow thinking and diminish pomposity and self-importance.

The physical act of laughter also has great health benefits, so when you make others laugh they instinctively know you are good for them. That's why funny people are sometimes called a 'real tonic'.

You can be funny and serious

The great comedy geniuses always have something important to say - many of Shakespeare's most profound ideas were couched in comedy. Being funny makes you attractive and also demonstrates leadership qualities because you lead thought with your humor. The effective use of humor also demonstrates the ability to take risks which can also be attractive for many people.

Being funny is great fun!

Imagine being able to crack a group of people up with your witticisms and humor - imagine people looking forward to seeing you because they know you often have a funny, original and unique take on things.

Be a comedy genius will awaken the comedy spark in you and build it to such a level that you'll truly be a comedy great - at least amongst your friends.

Buy **Be a Comedy Genius Hypnotherapy audio session** and have yourself a laugh with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Stop being so defensive!

Have you had that criticism leveled at you before? If you have, you'll know it's a Catch-22 situation!

But if you do feel that you are too defensive, too sensitive when given constructive criticism then you may be missing out on valuable feedback.

If someone is too defensive they are basically always on the lookout for emotional attack. The trouble is when we are constantly on the lookout for something we tend to keep finding it! If you continually think that someone is 'getting at you' then it becomes very hard to actually learn and develop.

Possible reasons for over-defensiveness

If you feel you are too sensitive to criticism you may have been brought up believing that no one should ever say a bad word about you. More commonly however, people who are over-defensive have been criticized a lot in the past, and defensiveness has developed as a self-protection mechanism.

In this case of course, you need to learn how to discern between an attack on you, and a complaint or instructive comment.

Defensiveness springs from the emotional not logical brain.

Being overly defensive is an *emotional* response not a logical one. In fact quite often we know that perhaps we are over-reacting but the emotional part of us seems to take over. Hypnotherapy is a great way of calming the part of the brain down that responds instantly and automatically before proper thought gets a look in.

Having more access to your thinking brain rather than just being swamped by the emotional part will give you more choices of response to people and events.

Defensiveness predicts relationship breakdown

Psychologist John Gottman studied married couples communicating and found that he could predict very accurately *just by listening to a few minutes of conversation* which couples were destined to destroy their relationships and which ones would survive long term.

He found, amongst other factors, that if one of the couple seemed to be highly defensive then this in itself meant the marriage was much more likely to break down over the next few years. Being too defensive wrecks all kinds of relationships including working ones. Sure you need to defend yourself if someone is on the attack but there's nothing worse than people feeling they have to tread on eggshells the whole time so as not to upset you. It's hard to want to be around someone who is highly defensive as *they* come across as rude and aggressive themselves.

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This **Stop Being Defensive Hypnotherapy audio session** will relax you deeply around times where before you had been too focused on fending off attacks that weren't there. When you are no longer defensive your life will be so much freer and easier and you'll be able to focus on what's really important.

Buy **Stop Being Defensive Hypnotherapy audio session** and enjoy the world becoming a friendlier place with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

How to handle breaking bad news

Hypnotherapy can help you learn to stay calm when you have to deliver a difficult message

Does the thought of breaking bad news to someone fill you with alarm?

Do you worry that you won't cope well with having to tell people something they don't want to hear?

You've probably heard (or used) the expression "Don't shoot the messenger!" It nicely captures the situation that the bearer of bad news all too often finds themselves in. When people hear a piece of news whose contents are deeply unwelcome to them, they tend to have a strong negative reaction and take it out on the deliverer of the offending information.

Reasons to fear being the unwelcome messenger

One reason why we're uncomfortable with breaking bad news is we fear that we will get blamed, and possibly attacked in some way, as the receiver of the news grapples with its impact. But another reason why it's so hard to tell someone distressing news is that it's really hard to deal with being the one who's brought distress as well as then having to witness that distress.

Whether the other person is angry, devastated, at a loss, hurt, in tears, shocked into numbness or any other manifestation of negative or powerful emotional reaction, it can feel immensely difficult to stay calm, think clearly, and handle the situation in the most positive and constructive way possible. Your own emotions can overwhelm you.

How you can deliver the bad news better

But it is possible to lessen the burden and stress of delivering unwelcome news and to deal with the recipient sensitively and calmly without taking undue responsibility.

Breaking bad news Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists that will help you calmly focus your mind and manage your emotions. As you relax and listen repeatedly to your download, you'll find that you

- get better and better at relaxing and letting go of tension or anxiety, even under pressure

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- master a clear three-step process for the practical management of a 'bad news' situation
- can stay strong and calm even when another person is highly emotionally aroused
- can be sensitive and understanding in how you communicate, without getting caught up in the distress of others

Buy **Breaking bad news Hypnotherapy audio session** and equip yourself to handle the most delicate of situations with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Stop Compulsive Lying making life so difficult

If compulsive lying is a problem for you, you will know how it can lose you the respect of friends, colleagues and loved ones. Not to mention your own self-respect.

Compulsive lying is not about the white lies we all tell to, say, protect other peoples' feelings. Compulsive lying goes way beyond occasional fib telling.

When you lie compulsively and repeatedly it creates a buildup of tension as it becomes increasingly more difficult to keep track of what you've said to whom.

And compulsive lying can become habitual. You may find yourself lying even when telling the truth would have been much easier. And eventually, you can even forget you are lying as it starts to come to you so easily.

Why do people lie compulsively?

- Compulsive lying may originally be prompted by the fear that you are not interesting enough. And so you invent stories that create the image you want to project to others.
- Compulsive lying may also be prompted by perfectionism. If you can't stand the thought of not being perfect, you may lie to cover up your normal human failings.
- People sometimes lie because they want to tell others what they think they want to hear.
- Compulsive lying may also be stimulated by boredom - we all like to feel that our lives are exciting, so we may lie to bridge the gap between the way things are and how we would like them to be.

The danger is that compulsive lying becomes a habit and normal reality can seem increasingly mundane.

How *Stop Compulsive Lying* works

The **Stop Compulsive Lying Hypnotherapy audio session** looks at why you lie and sets your mind to be more open and honest with people in your life.

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You will get into the honesty habit - and actually begin to enjoy the relief of being straight with people. Just think of how easy it will be when you no longer have to fear being caught out; when people like you for who you are and what you do. That's real confidence.

Buy **Stop Compulsive Lying Hypnotherapy audio session** and enjoy a real life with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Learn how natural conversation starters do it

Relax and learn how to have easy conversations using Hypnotherapy

Just how do you kick off a conversation at a party?

What if you 'say the wrong thing' on a date?

How do you take a conversation in an interesting direction and keep people engaged?

If you've always left the task of leading the conversation to others, but wish you could do it better yourself, the **Be a conversation starter Hypnotherapy audio session** is for you.

Be a conversation starter Hypnotherapy audio session banishes self consciousness and nerves, allowing you to feel much calmer and confident starting up conversations. Good conversations and a positive initial connection can be the start of great friendships and relationships.

The **Be a conversation starter Hypnotherapy audio session** will lay down a new blueprint for making conversation, so that you feel excited and stimulated at the prospect of talking to someone new. When you relax, your words flow more easily and you know it really doesn't matter what you imagine other people think of you. You won't be left struggling for a topic to talk about as your brain is so much more creative when relaxed.

Feeling relaxed and confident enough to approach people socially and make conversation makes you more fun and interesting for others to be around. When you relaxed, they relax, leaving them feeling that you are fun to chat to.

Buy **Be a conversation starter Hypnotherapy audio session** and notice the difference the next time you have a chance to strike up a conversation with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Learn to handle criticism like the pros

Nobody likes to be criticized, but for some, harsh criticism can feel like a real body blow. Criticism, whether warranted or not, can ruin your entire day and you may even have found your mind returning to it again and again. Poorly handled, criticism can damage your confidence and cause self-doubt.

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Communication skills and Hypnotherapy by Dr. Manish Patil

Have you ever noticed that some people let criticism slide off them like water off a duck's back? Nothing seems to get them down. But how do they do it? It is easy to make throwaway assumptions such as "oh, they must have better self esteem than me", but that is really no explanation at all.

People who handle criticism well are simply employing a range of tactics and techniques that automatically take the power out of the critical statement. Then they are left free to decide whether the criticism is deserved, and so act on it. Or whether it is unwarranted and so ignore it.

But how do these people handle criticism so well?

People who handle even harsh criticism with ease first and foremost are able to remain calmer than those who it affects badly. This leaves them able to think. This is a key point, because reacting emotionally is exactly what you don't want.

Secondly, they have the attitude that just because someone says something, that is not an indicator that it carries any value. It may simply be a reflection of the person making the criticism.

Thirdly, they understand that criticism can be a valuable personal development tool, and so are on the lookout for helpful feedback.

When you integrate these attitudes and more, handling criticism will become really, really easy. It will roll off you like that duck shedding water, and you will be able to gain from it when it is useful.

Buy **Dealing with Criticism Hypnotherapy audio session** and look forward to your next critical incident with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Open your mouth and say what you think - with confidence!

Believe you have a right to be heard, and learn the skills to express your opinion

Do you sometimes wonder if you'll ever feel confident enough to express your opinion? If you've lived in an environment where other people were always telling you that your views didn't count for anything, you may have come to doubt that you have anything worthwhile to say and so you keep quiet. Or maybe you've convinced yourself that other people know so much more than you do - so it's better to keep your mouth shut.

The effects of not expressing your opinion

Of course, over time, if you never say what you think about things, you find yourself sidelined, having to accept the decisions of others where you have had no input. That can be very frustrating and depressing. Or you find that people attribute views and opinions to you which are nothing like what you really think. This can make you feel misunderstood and unappreciated. And it does nothing for your confidence.

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But even when you begin to see that it could be a good thing to get more vocal about your opinions, it can be a puzzle to work out how to go about it. How can you get to feel differently about the value of your personal views? How can you get from believing to *feeling* that you have a right to be heard?

The real challenge - going *inside* to learn to speak out *outside*

When you start asking questions like that, you have arrived at the point of understanding that you are really attempting to challenge the *conditioning* that led you to feel less than confident about expressing your opinion. Some people spend a lot of time asking themselves how they got to be this way, but understanding why it happened (though interesting) is not as useful as learning how to do it differently.

If you want to feel good about speaking your mind when up until now you have always felt reluctant about it, you need to establish a new mindset in yourself. In other words, you need to practise some *self-conditioning* which will counter the conditioning you have received from the *outside* world. So, by definition, that self-conditioning has to come from the *inside*.

Hypnotherapy can help you feel confident about expressing your opinion

The most effective way to fire up a powerful program of self-conditioning is to make use of Hypnotherapy and activate the resources of your unconscious mind. **Express Your Opinion Hypnotherapy audio session** is a hypnotic training session which will teach you how to do this easily and effectively.

Express Your Opinion Hypnotherapy audio session will show you how to enter a deeply relaxed optimal learning state (the state of mind in which we are most receptive to learning new ideas). It will guide you through a process of reassessing your entire approach to expressing your opinion, and give you the resources you need to build real confidence in your ability to say what you think.

Buy Express Your Opinion Hypnotherapy audio session and discover what you have to say to the world with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Language Learning Success

Make learning a new language easier with the help of Hypnotherapy!

Learning a new language is completely different than learning to speak your native tongue. As children we have time to develop our ability to speak while our minds soak up words and meanings like little sponges. As the years have gone by **your natural language skills have become rooted in your automatic mind**. The words we speak now come easily and we are able to express ourselves without hesitation on most occasions. Now, as you desire to speak an entirely new language, there

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may be some obstacles in your unconscious mind that struggle to define and replace these foreign sounds with real meaning.

Yet, you know your mind is still capable of learning new things. You do this naturally every day. Whether it is memorizing the names of a new group of people, learning new processes at work, or just reading a book, you are always in a constant state of self-education. So then, why do these other tasks seem so natural and learning a new language so complex? It's simply because we have developed a way of learning these things through tried and true measures. There is no unconscious struggle to discern meaning; it's merely a process. **Learning a new language can be much the same thing.** We just have to remove our unconscious roadblocks and develop a new way of seeing things.

Hypnotherapy can help you to remove these obstructions and take on your new language with ease. In the deeply relaxed state of Hypnotherapy we can learn new ways of thinking, learning, and behaving. This is because our unconscious mind is where all our automatic functions are triggered. Through Hypnotherapy the unconscious mind is encouraged to **accept this different language and opens us up to new ways of thinking.**

Imagine what it would be like to:

- Become confident in your ability to learn and speak with ease
- No longer struggle to remember new words and their meanings
- Feel natural as you communicate using your new language

No one can become an expert in a foreign language overnight, but **Hypnotherapy can help open your mind and learn a new language more readily.** With dedication to your studies and regular listening to this **Language Learning Success Hypnotherapy audio session**, you'll find it comes much more easily.

Improve your language learning skills with Hypnotherapy!

Buy **Language Learning Success Hypnotherapy audio session** and give yourself the best possible chance to learn languages with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Develop great listening skills today

There is no better friend than a friend with great listening skills. Being listened to makes you feel interesting, valued and cared for.

Think how you feel when you are talking to someone but you know they are not really listening. They might be smiling but their eyes are wandering; they look bored or their conversation is disconnected from what you've just been speaking about.

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Real listening skills involve actively listening to someone to show them they are important and interesting enough for you to remember what they have told you. The skill of knowing how to make people feel special and worthwhile is priceless and people will love you for it.

In our hurried, crowded and busy times the ability to be able to give great quality attention through advanced listening skills is becoming rarer.

Good listening skills develop emotional connections

It's possible to be with someone physically but not emotionally. People will like, respect and connect with you better if you know how to truly make them feel listened to and understood.

To connect with someone you need to naturally build rapport with them. Part of how you do this is to actively listen to them.

Having great listening skills enhances your social confidence because you stop focusing on yourself and direct your attention onto the other person - the opposite of self consciousness.

Listening skills make you more confident

When you truly listen to someone you increase their confidence, which is why they love it, but you also become more socially confident yourself.

Socially anxious people tend just to focus on themselves during social times or if they do think about others it's only to imagine what these other people might be thinking about them! So the focus is still towards the self.

To actively listen you need to relax and be receptive and having great listening skills will mean that people are able to relax with you.

This **Be a Great Listener Hypnotherapy audio session** is going to program your instincts so that great listening skills become second nature to you. You'll also benefit from the deep and healthy relaxation.

Buy **Be a Great Listener Hypnotherapy audio session** and become the person people want to be with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Meeting people made easy

Use this Hypnotherapy audio session to learn how to relax when meeting people

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Out of all social occasions, meeting people must be the most nerve-wracking. Whether it's on a date, at a party, or just being introduced to someone, meeting people can cause anxiety in the most confident of us.

And it's not surprising really; after all we all want to make a good first impression. Meeting new people is a chance to show your best qualities, so how come they so often desert you?

When meeting new people you want to be yourself, but nerves get in the way

'Being yourself' is a nice idea, but when you get anxious, it makes it extremely difficult. You become more self-conscious and thinking about the other person becomes harder.

Hypnotherapy can keep you calm and outwardly focused when meeting new people, which gives you the freedom to act normally and truly be yourself.

Buy **Meeting People Made Easy Hypnotherapy audio session** and you will be astounded the next time you have to meet someone new. Give it a try - you'll soon see the difference the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Stop nervous talking and really enjoy conversation

Do you ever feel like your nerves make you sound like a gibbering idiot? You know you are doing it but you just can't stop! It's as if the worst thing that could possibly happen would be to run out of conversation.

Of course you know that people who can be silent project more confidence and strength than those who feel they have to nervously chatter, but that knowledge doesn't help you when actually having a conversation.

Nervous talking creates a nervous impression

The fact is that talking or gibbering about nothing (or going round in conversational circles) doesn't create a good impression and doesn't make you feel too good either. Nervous chatter always *seems* like nervous chatter.

Nervous talking tends to be fairly empty of decent content. So if you find yourself talking without your brain being engaged then it's time to calm down with others. Because this will make you appear less intelligent than you really are.

Of course you may find that sometimes you do the opposite when feeling under-confident or nervous; you clam up and say very little. Either way this session will get you feeling calm enough to know when to speak and when to listen.

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Relaxing with those silences

The worst horror for many nervous talkers is the scary spectra of silence. But silences are an essential part of conversation. When you learn to relax with conversational silences you'll come to appreciate them and so will the people you are talking with.

When you relax more during conversation you no longer feel compelled to bamboozle people with an avalanche of words. This means you give them responsibility for *their* own thoughts and words so they can think and speak. Because not all the responsibility is, or should be, with you to keep conversation going.

This **Stop Nervous Talking Hypnotherapy audio session** uses relaxing Hypnotherapy to improve the way you feel and communicate in times where, before, you would have been inclined to go into nervous motor mouth mode.

Buy **Stop Nervous Talking Hypnotherapy audio session** and start to enjoy conversations properly with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Say no, mean no, and make sure others understand!

Use Hypnotherapy to teach your body and mouth to say 'no' together

Saying yes can often just feel easier than saying no, which is what many 'manipulators' rely on to get their way (whether they realise this or not!).

Most people who have problems saying no simply don't like the idea of confrontation, or just want to avoid the anxiety that for them is attached to refusal. That's why the 'Saying No' session is focused around changing your approach to how you refuse.

It will help you stay calm and relaxed, whilst making a choice that is best for everyone involved.

It will help you make sure you aren't rushed into making decisions you would regret, and will ensure you will avoid agreeing to things that will result in you being over-stretched and exhausted.

Saying No Hypnotherapy audio session will help you put balance back into your relationships and enjoyment back into your work.

Buy **Saying No Hypnotherapy audio session** and enjoy the feeling of a calm, powerful "No" with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Master small talk and make more friends

Learn to delight in the art of small talk

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Communication skills and Hypnotherapy by Dr. Manish Patil

When you're out at a party, or at a bar, do you find it difficult to talk to strangers, or even friends you don't know that well?

Some people consider small talk unimportant but being great at small talk means being confident socially. And being confident socially means you can make friends quicker and enjoy life more.

Small talk is human grooming

Small talk is a way of grooming. All animals need to groom each other - chimps are best known for this - but we humans (on the whole) prefer small talk. Small talk puts others at their ease and paves the way for talking about more weighty or 'deep' matters. Gentle, enjoyable small talk 'paves the way' for other topics of conversation.

From small talk comes big talk

People need to feel comfortable to talk about things that really matter to them. Small talk allows people to ease into the right frame of mind to disclose other, more seemingly important matters. So talking about the weather or TV or whatever is a way of ensuring that others things *can* be talked about. Without small talk you may never *get* to the big talk.

When you master small talk you master rapport building. Small talk is the social glue that connects you to others.

Small talk may be big talk in disguise

Being adept at small talk also means you can talk in parallel. The patterns of small talk will actually often unconsciously mirror the patterns of what is really going on in peoples' minds. So you can learn to read people when you effectively engage in small talk. You can also use your own small talk to seed ideas you want to develop further once the conversation becomes more in depth. This session will give you a method of doing that and get you truly relaxed socially.

Buy **Master Small Talk Hypnotherapy audio session** and become truly socially skilled with the help of self Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Learn how to speak clearly with assurance and confidence

A Hypnotherapy audio session to help you take full control of your verbal communication

Clear communicators don't mumble, swear, hesitate, go off track, repeat themselves, use 'filler' words, whisper or shout. If you're mentally ticking off one or more of these traits in your own communication, you might benefit from up-skilling your verbal communication.

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Back at school, educators are taught to look out for and support children with speech difficulties such as lisps or stuttering. Maybe your speech is clear enough for close family or friends but you struggle to be understood at work or in social situations.

Where speaking more clearly would bring serious benefits

In a work environment, for instance, it may be fine for a very junior person not to have particularly good diction. But what if you want promotion? What if you need to make presentations or even just speak out in meetings? If you notice that other people speak much more clearly than you do, you may feel at a disadvantage.

Not speaking clearly can be tricky to deal with

And it may feel like an embarrassing disadvantage. Here you are, an adult, and you can't speak properly? That's not something anyone would feel comfortable admitting to. So you may hold back from going for those opportunities, even if you know you could be great, for fear that how you speak will let you down.

It's easier than you think to learn to speak more clearly

However, you *can* learn to speak more clearly and use your voice well to communicate better in all sorts of situations. You can start right away. You can seek out examples of good speakers on TV or on the web and set about emulating them. Even more importantly, you can take advantage of the unique power of Hypnotherapy to help you make fast yet lasting changes in your own habitual speech patterns.

Hypnotherapy can help you master the art of speaking clearly

Speak Clearly Hypnotherapy audio session is a Hypnotherapy audio session designed to help you take full control of your powers of verbal communication and go as far as you want with it.

Setting aside time to listen to **Speak Clearly Hypnotherapy audio session** and to carry out the speaking exercises it suggests - will be one of the best things you've ever done for yourself. You will learn the three essential areas to focus on for better speech, and how to extend your range and control. You will discover how important (and easy) deep relaxation is for good communication. And you will receive powerful suggestions to integrate what you learn into your instinctive templates for communication.

Buy **Speak Clearly Hypnotherapy audio session** and let's hear what you have to say with the help of self Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Stand Up for Yourself

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Use Hypnotherapy to relax deeply and practice letting your voice be heard clearly and confidently

'If you are not for yourself then who can be?' Do you sometimes feel that people walk all over you, take advantage and treat you as if you don't have a point of view? You may end up seething inside and feeling hard done by but having to pretend everything is ok really.

Or you may fear that if you say something that someone else doesn't like you'll end up feeling guilty.

But, of course standing up for yourself is a form of honesty. And if people are treating you badly then telling them so in no uncertain terms can help them examine their own behavior and hopefully become more thoughtful when dealing with others. Trying to keep the peace and preserve other people's egos isn't always the best way of encouraging them to become more decent human beings.

Standing up for yourself means putting your ideas forward, being relaxed and confident 'stating your case' and being prepared to 'fight your corner' if necessary.

But it takes confidence to stand up for yourself. Maybe you never learned to or were always put down and told your ideas didn't count for much; made to feel that you don't have a point of view.

Perhaps you learnt that 'nice' people don't argue or it's always selfish to want things for yourself.

Maybe you hate confrontation and panic if any one feels unhappy. You want to keep the peace. But the problem with feeling you need to be a 'people pleaser' is that it's not actually possible to please everybody all the time and you end up hardly ever pleasing yourself.

The fact is that sometimes in life whether you upset someone or not has to take a back seat to what you are actually trying to do. Imagine if a pilot didn't tell the co-pilot that they were flying dangerously during a flight through fear of upsetting them! This is an extreme example but make the point that other people's egos need to take a back seat sometimes when we are focused on getting things right on projects and so forth.

If people push you around being nice to them won't get them to like or respect you. 'You can't turn a lion into a vegetarian by throwing veggie-burgers at it!'

But people should *know* what I'm feeling!

Or maybe you have been falling into the 'mind reading' trap. Maybe you haven't been standing up for yourself because you feel that people surely don't need to be told to treat you with respect-surely they must know how you feel. Why? The truth is if you don't say anything when something is wrong 99% of people will just assume that's alright with you. People need to be told; don't expect them to read your mind.

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Standing up for your self can make you a nicer person

You can stand up for your self when people try to take advantage *and* be a nice and decent person. In some ways you are a nicer person when you stand up for yourself because you are being more honest with people; more direct.

Hypnotherapy as an unconscious motivator

Hypnotherapy is the perfect way to feel stronger, more relaxed and confident in those times when you need to stand up for yourself. Remember standing up for yourself doesn't mean becoming a tyrant or aggressive. When you truly stand up for yourself you are clear calm and respectful but above all firm. You decide just what your position is on something and you stick to it.

When you feel more naturally able to stand up for yourself then your going to find that you have a greater sense of control over your own life. You'll be less at the whim of how others just happen to decide to treat you.

This **Stand Up for Yourself Hypnotherapy audio session** will encourage standing up for yourself to feel increasingly natural rather than a big deal.

Buy **Stand Up for Yourself Hypnotherapy audio session** and start feeling liberated and stop being pushed around with the help of self Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Stop Apologizing

People who over apologize are seeking reassurance. This presents as over-neediness and can be irritating for the person being over-apologized to.

It takes a decent honest person to stand up and say they are sorry *if* they have clearly done something wrong and trying to blame others all the time and never accepting responsibility is an unpleasant trait. But being too apologetic can undermine your status as a person making you seem under-confident, self deprecating and weak.

If you apologize all the time your apology actually loses it's power of meaning. If your late or you have done someone else a real disservice or been mean then, of course, you should sincerely say sorry to be decent but you don't need to keep apologizing over and over. Over apologizers also excuse other people. It's not your role to apologize for others it is, of course, down to them.

Apologizing for existing-branding yourself a victim

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Some people apologize almost for their own existence on the planet. They put themselves down and blame themselves for all kinds of stuff. I have even heard people apologize because the weather didn't turn out as expected. If you do this you are sending out the signal that you are a victim and should therefore be treated like one.

Your purpose in apologizing is to acknowledge your mistake and thereby reposition yourself as a responsible, reasonable and sensitive person. But if you constantly bring up the past and keep groveling and begging forgiveness you just make others uncomfortable and the apologizing becomes something you do as an attempt to make yourself feel better and reassured rather than for the benefit of the person you are actually apologizing to.

Furthermore if you keep on apologizing people will assume you are not competent, cannot do things or are bad at your job. Are these impressions you want to make in other peoples' minds? If you keep saying sorry it can also appear as if you have something to hide; that you are masking something else why would you be so apologetic all the time?

Over apologizing may have developed as a form of self-protection. If you were severely blamed or criticized in the past you may have unwittingly started using apologies as a way of saying to any potential blamers: 'Look don't hurt my I'm sorry ok!' It may be understandable why this developed and became habit but it is self-defeating. In fact others are *more* likely to blame you if they feel you are already blaming yourself.

This **Stop Apologizing Hypnotherapy audio session** will give you a wonderfully relaxing experience and encourage your mind to gently absorb greater levels of confidence so you no longer feel the need to over apologize-you'll feel as if you have more 'right to be alive.'

Buy Stop Apologizing Hypnotherapy audio session and give yourself the right to be alive with the help of self Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

How to stop arguing all the time - easily

Do you find yourself constantly getting into arguments? Do people always seem to be disagreeing with you, so you find yourself constantly having to defend your point of view? Do you find that quite ordinary conversations often deteriorate into slanging matches? Have you become concerned that arguing is endangering your relationships? Do you wonder what it would be like not to argue all the time?

When you stop arguing you feel better - literally

Well, not arguing all the time will soon measurably change your life. Argument gets us all worked up - so we produce more stress hormones. Although this can give you quite a buzz (and that's why some people actually *like* arguing), the long term effects of high stress levels on your heart and your blood

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pressure and your immune system are pretty serious. So stopping arguing will actually make you feel *physically* better

Less argument means less stress

But it's not just the stress *hormones* that will go down. The stress *itself* will decrease. Arguing with those around you, even when you genuinely have good cause, is stressful. Even when you are vigorously defending a view that you are sure is right, you are also aware, at some level, that your relationship with the other person is being damaged. If that relationship is important to you, you will have been feeling stressed.

The effect of constant argument on relationships

Arguments will occur in every relationship from time to time, of course, but if you have *regularly* been having arguments, it won't have escaped your notice that this is not good for relationships, and some may even be damaged beyond repair. When you stop arguing, you give yourself a real chance to rebuild and strengthen the relationships that matter.

Is it really a good idea not to argue?

But stopping arguing can feel scary in some ways. It can feel like abandoning your principles. If you are a person with strong convictions, it can feel like a betrayal if you don't automatically defend your views, or point out the flaws in other people's positions. You may also wonder if other people won't see you as weak if you avoid arguments. Such considerations can make it feel hard to let go of the need to argue.

Of course, the truth is that not arguing with someone doesn't necessarily imply that you agree with them. And when you become free of the compulsion to argue about everything, you actually become free to argue, when necessary, about the things that really do matter. Which means, in fact, that you can honor your principles *more* effectively.

How to erase a long standing habit of arguing with Hypnotherapy

Changing a lifetime's habit of arguing can feel daunting, but you can dramatically ease the process by letting Hypnotherapy come to your aid. Hypnotherapy is the most effective method of working with the unconscious behavior patterns that are so hard to change by willpower alone. **Stop arguing Hypnotherapy audio session** is a Hypnotherapy audio session which focuses exactly on what is needed to become free of the compulsion to argue.

Stop arguing Hypnotherapy audio session uses a combination of hypnotic approaches to lead you comfortably and effortlessly into a powerfully focused state in which a new paradigm for dealing with disagreement and conflict becomes established in your mind. It's like creating a new blueprint that

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your mind will then automatically use in future when faced with situations which formerly led you into destructive argument.

Buy Stop arguing Hypnotherapy audio session and begin to enjoy the benefits of a more peaceful (and peaceable) life with the help of self Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Note

In one research study conducted at Stanford University Medical School, heart patients were asked to recall an incident that had made them angry (such as an argument). While they were doing so, their hearts started pumping at least 5% less efficiently. Cardiologists view a drop in pumping efficiency of 7% as severe enough to cause a heart attack! Even more importantly, the patients admitted that when they *recalled* the angry times, they felt only half as angry as they had felt in the actual time itself. (Ironson et al (1992), 'Effects of anger on left ventricular ejection fraction in coronary heart disease'. *American Journal of Cardiology*, 70.)

How to stop complaining, right now

When you really want to stop complaining all the time, Hypnotherapy can help you easily make the switch

Have other people complained that you're always complaining?

Do you suspect that perhaps complaining has become a habit for you rather than a reasonable response to what's wrong in life?

The British are very bad at complaining. It's in the national character to look on the bright side. When you ask them how they are, you'll often get the response, "Mustn't grumble!" And they don't grumble. The trouble is, not grumbling can lead to someone taking advantage. Shoddy products, poor service, unpleasant behavior, official incompetency, etc all persist because people don't complain *enough*.

On the other hand, if you take up arms against everything that's wrong with the world (and there's plenty wrong with the world, let's face it), you can find yourself doing nothing *but* complain. Pointing out what's wrong and demanding that it be put right is a perfectly appropriate response in certain contexts. But if you do it *all the time* there are some unfortunate consequences.

The consequences of excessive complaining

You've probably noticed these already. It can make you feel pretty down, for example. There is just so much that's wrong, everywhere, and no matter how much you complain, it just isn't possible to get it *all* put right. It becomes harder to appreciate all the good things that are also out there. And too much complaining can make people shun you. Never mind that you're right, you're just not fun to be with.

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Communication skills and Hypnotherapy by Dr. Manish Patil

Complaining can become a habit

The thing is, making a complaint when you perceive that something is wrong can become a *habit* without you noticing. When you made your first complaints, you carefully chose what to protest about, and to whom, and how, in order to get very specific results. But you probably no longer do that. You have an 'auto-complainer' that comes out with your criticisms to whoever is within earshot.

What's the best way to switch off an 'auto-complainer'?

Use Hypnotherapy.

Hypnotherapy can help you easily stop complaining so much

Stop complaining Hypnotherapy audio session is a Hypnotherapy audio session created by experienced psychologists that will help you easily and quickly transform your 'auto-complainer' into a fully manually controlled 'risk/benefit analyzer'.

It won't turn you into an unbearable Pollyanna-type who refuses to see anything wrong anywhere in the best of all possible worlds. But it will enable you once again to consciously choose your battles and to relax with the imperfections of life at other times.

After relaxing to this download a few times, you'll notice that

- you feel much calmer and less stressed generally
- interactions with other people are more relaxed and fun
- little things no longer irritate you so much
- you have more energy to devote to what's important to you

Buy **Stop complaining Hypnotherapy audio session** and enjoy a more balanced view of life with the help of self Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Develop your Communication Skills by Self Hypnotherapy

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