

Confidence issues  
and  
Hypnotherapy



Dr. Manish Potli

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## Confidence issues 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 clair audiently.

*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 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 annus, it is said to be red in colour and has four wheels or spokes which represent the basic wants of life which are material in nature. The four spokes symbolises the force with which the energy rotates ,the words which correspond to this chakra are LAM.

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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?

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Sorry. Presently we are making Hypnotherapy audio sessions only in Marathi, Hindi and Indian English languages. You have to know and understand the language to get benefited by Hypnotherapy. You should know the meaning of each word and sentence spoken in the Hypnotherapy audio sessions. If you are not able to understand, you may not get your relevant results. **If you don't know the languages, please don't order.**

### The Myths of Hypnotherapy

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

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

Wrong! My guess would be that all medical practitioners would agree on the health benefits of relaxation. Relaxation helps to bring about a homeostatic balance – a balance within the system, of mind, body and soul, emotionally and physically. The problem is that a lot of doctors say to people “you need to learn to relax” but they never really give them the tools for knowing “how to relax”.

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

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

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

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

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

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

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

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

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.

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

I have heard some very religious people talk of hypnosis/Hypnotherapy as the 'devils work'. Remember that anything can be used positively and negatively. It's not the hypnosis that might be at fault, it's the operator. It's whether a person is professional and ethical. There are many doctors who use hypnosis. I'm not so sure that they're in league with the devil. After all, hypnosis is a naturally occurring, beneficial, positive state.

### Summary

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

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## Confidence issues and Hypnotherapy by Manish Patil

### Confidence issues and Hypnotherapy

**Use self hypnosis to become more sociable and enjoy life!**

Does standing in a crowded room or attending social functions make you feel nervous? Do you have trouble figuring out what to say when you first meet someone? Do you find one-on-one conversations difficult and end up tongue-tied as a result? Maybe you have just moved recently and are finding it hard to make new friends, or maybe you just want to open up and spend a few more nights out on the town.

**Being sociable doesn't always come naturally.** Issues of self-esteem or social anxiety can prevent us from being the social butterfly we truly want to be. Sometimes experiences in our past make it difficult to trust people and prevent us from getting out or letting people in.

Being sociable can be hard. **It can be difficult meeting new people, and even harder to make really good friends.** Add to this personal doubt, insecurity, or fear and you might just find yourself spending most of your free time alone.

The good news is that becoming more sociable isn't as hard as you think. If you have a desire, even a hint of wanting to be more socially free, you've already made great progress. With the help of hypnosis / hypnotherapy **you can get in touch with the feelings that prevent you from socialising and put them at ease.**

Hypnosis uses powerful relaxation and visualization techniques to take your mind right into the social scene without leaving the safety and comfort of your own home. With each listen to this self hypnosis audio session, **you can find more strength and confidence** carrying over into your social encounters.

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

- Speak confidently in any social setting!
- Meet new people and build a network of friends!
- Let go of your fear and become the life of the party!

When you carry a calm confidence and an approachable demeanor **people will be drawn to you.** Next time an invitation or opportunity comes your way, you can draw on your to guide you through your conversations and **build a satisfying social circle.**

This Hypnotherapy audio session will guide you on a relaxing journey toward social confidence. Your unconscious fears and apprehensions can fade into the background as a new social butterfly begins to emerge.

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You can be more sociable with the power of hypnosis!

**Buy Be More Sociable 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](http://www.hypnotherapy.eorg.in) now.

### Boost your Ego

Let self hypnosis guide lead you to a more balanced life!

When you think of the word 'ego' what comes to mind? Do you think of someone egotistical and self-centered? Do you picture a person with an over-inflated sense of self-importance? Or maybe you think of something that hurt your confidence and left you with a bruised ego? Are there any positive thoughts that you associate with it?

Unfortunately most discussions of the ego surround negative scenarios like these, when in fact your ego is a very special and important thing. Think of your ego as your inner guide. **It is the person you are at the core, your source energy and motivation.** A healthy and balanced ego will lead you to do all that you are capable of and to be the very best person that you can be. If your ego has somehow been wounded or left underdeveloped then chances are you're missing out on its valuable and powerfully gifted guidance.

**Do you lack confidence or self-esteem?** Are you struggling with how to balance your family life and career? Does something from your past haunt you or prevent you from moving forward? By boosting your ego you can find the peace and harmony your life requires. **Within you is an untapped resource that can help you develop a strong, centered sense of being.** Inside your creative unconscious your ego is awaiting a much-needed boost.

Imagine what it would be like to:

- Move forward in life and accomplish your goals!
- Have more self-respect and determination!
- Let your inner guide lead you to happiness!

**Hypnotherapy is a form of deep relaxation that unlocks the hidden potential of your unconscious (subconscious) mind.** In the comfort of your own space you can release whatever has kept you from feeling and doing your best. You will no longer feel defeated or stuck in the past. You will be able to give your ego the energy it needs to lead you to your natural state of well being.

This Hypnotherapy audio session will allow you to **recharge your batteries, feel calmer and more connected to your inner self.** Your best advisor in life, the one that truly can guide you to all that you desire to be, is within your reach.

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Use Hypnotherapy to boost your ego and *find peace within!*

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### Overcome Shyness

Shake your shyness with the help of Hypnotherapy!

Meeting new people can be extremely difficult when you suffer from shyness. **Not all of us can talk to total strangers with ease.** Shyness can leave us tongue-tied and struggling to keep the conversation going. Because of shyness we sometimes assume everyone is bored or not listening. The truth is that shyness affects more people than you might realise. The person you admire may not necessarily be as socially active as you think.

So how do they seem so comfortable and calm? How are they able to communicate so effectively? What makes them seem sincere and interesting? They aren't automatically smarter than you are and they may not have a ton of experience making friends either. What they have is self confidence. They radiate this throughout the room when they speak. They listen, nod, make eye contact and generally make others feel comfortable. **Fortunately for you, these skills can be learned.**

But you still have to get over that initial fear, the fear that leaves you standing in the corner at social gatherings staring into your drink. This fear has you making small talk from time to time, but never building lasting relationships. How long have you suffered in silence and spent Saturday night alone? **If you want to overcome your shyness and shed your inhibition, you can.** You can be the life of the party and let your personality shine through.

Imagine what it would be like to:

- No longer avoid social gatherings!
- Make conversation and friends with ease!
- Be the shining star of the party!

**Hypnotherapy can help you overcome shyness and social anxiety.** This deeply relaxing technique uses your creative unconscious (subconscious) to open your mind to new ways of thinking. You can let go of whatever it is that prevents you from being the relaxed, confident person you know and want to be.

This Hypnotherapy audio session can help you find the confidence you need to overcome shyness. Shyness can be a thing of the past.

**You can overcome shyness with the help of Hypnotherapy!**

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### Public Speaking Confidence

**Stand up and be heard - with the help of Hypnotherapy!**

All eyes are on you. Every person in the room is listening intently, waiting for you to speak. The silence is immense, almost deafening, as you attempt to gather your thoughts into words. Instead, fear holds your tongue captive and you start sweating. You are unable to speak and you can feel the audience becoming uneasy. If only you could stop your heart from pounding so loudly in your chest, then maybe, just maybe, you could hear yourself think.

**It's natural to feel nervous when you're the focus of so much attention.** Public speaking, in front of large groups of people, or small groups, can be extremely intimidating. For some people the fear of public speaking trumps all others, making it seem impossible to overcome. **But deep down you want to share your thoughts on this subject.** People respect your opinions and outlook, which is why you were chosen to speak.

Yet somehow, regardless of your preparation and expertise, when it comes to public speaking, you freeze. **Are you afraid you will make a mistake, say the wrong thing, stumble over your words?** What if people laugh or are just not interested? What if they can tell how nervous you are about public speaking? Will that seem unprofessional? The truth is that most of them won't even notice, and if they do, would understand and feel the same way. **They are there to hear you speak, not to judge your performance.**

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

- Enjoy the excitement of public speaking!
- Stand tall and strong in front of your audience!
- Share your thoughts proudly and freely!

**Hypnotherapy can help you to associate public speaking as a positive experience.** Instead of feeling terrified as you approach the podium, you can revel in the anticipation and excitement of the moment. Your creative unconscious (subconscious) mind is very adaptable. With the right suggestions you can overcome your fear of public speaking and take steps toward freedom.

This Hypnotherapy audio session will leave you feeling relaxed and at ease, **giving you the extra bit of preparation you need for confident public speaking.** Your ability to concentrate will improve as you learn to communicate calmly and effectively, hallmarks of powerful public speakers.

**Let Hypnotherapy guide you to public speaking excellence!**

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## Confidence issues and Hypnotherapy by Manish Patil

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### Super Self Confidence

Develop super self confidence with the help of Hypnotherapy!

It's happened time and time again. Every event seems clouded by doubt and displeasure because of low self confidence. **How can we stand tall in a room full of people** when our minds are racing and every move feels forced and uncomfortable?

Occasionally we catch a glimpse in the mirror and our thoughts turn to the way we look rather than focusing on our surroundings. Or someone makes a witty comment and we struggle to respond. In our mind we think everyone is focused directly on these flaws we perceive to be so immense. **Life just isn't fun** when you have low self confidence and think and feel like this.

**Everyone has insecurities, but some of us struggle with this more than others.** We may have doubts about our physical attractiveness, or are unhappy with a particular aspect of our appearance. Others may fear they don't measure up to others intellectually or dislike the way they sound when they speak. Regardless of what fuels these unhappy emotions we are left feeling defeated and unsure of ourselves. **When we lack self confidence our lives suffer as a result.**

**Self confidence is just a state of mind.** Self confidence is a way of thinking that brings conviction to our conversations and security to our smiles. The power of self confidence is undeniable and magnetising. With a confident air you can have an entire room listening to you speak. Even if your topic isn't particularly captivating, *you* can be.

**With self confidence you generate a positive energy that radiates charm.** Men and women alike want to be around people who embody this strength and display confidence. Being this confident is easier than you think.

Imagine what it would be like to:

- Feel more comfortable and relaxed in social situations!
- Delight in newfound friendships and relationships!
- Believe in yourself and achieve your full potential!

**It is time to stop holding yourself back.** You deserve to walk with your head held high and have confidence in your stride. By listening to this self hypnosis audio session **you can release your insecurities and experience a new way of thinking and feeling.**

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## Confidence issues and Hypnotherapy by Manish Patil

Hypnotherapy is a form of creative relaxation which helps you to replace the doubts that flood your unconscious (subconscious) mind and result in unpleasant thoughts and feelings. With repeated listening you can begin to feel confident, stronger and more secure than ever before.

**Super self confidence is possible with Hypnotherapy!**

**Buy Super Self Confidence 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](http://www.hypnotherapy.eorg.in) now.**

### Boost your Self Esteem

**Discover new abilities and realise your true potential!**

Inside all of us is a desire to accomplish more, to live more profoundly and experience each day to the fullest. Yet, for many of us those desires stay locked deep inside, crowded out by our fears and overshadowed by our doubts and low self esteem. This self-defeating behavior becomes such a part of our existence that we barely notice that we suffer from low self esteem. **Telling ourselves not to bother, or that we are destined for less than spectacular, seems normal.**

But with greater self esteem you are capable of so much more. If you can stop holding yourself back for just one minute you might see all the possibilities that lie ahead. **Just picture yourself doing the things you've dreamed of before.** Would you go out for that job you always wanted? How about approaching that certain someone you've wanted to speak to? What about taking that trip and embarking on a new life journey? **Your opportunities are endless when you have high self esteem and truly believe in yourself.**

So why is it that we constantly tell ourselves no? Why do we insist that we're not good enough, strong enough, or smart enough to do and be what we want? We may have been told these things as children or been given signals of such as we developed our sense of self over the years, but guess what - those messages were wrong. Their purpose was to deny you of all you dream and desire. **The only person holding you back now is you. It's about time you make a move.**

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

- Find your true path and follow it everyday!
- Be proud of who you are and confident in your abilities!
- Change the way you see yourself and the course of your life!

**All Hypnotherapy is hypnosis.** If you want to bring about changes in your thinking and boost your self esteem, then you can. By giving your unconscious mind the tools it needs to unlock your hidden potential, **you can experience a more fulfilling and happy life.**

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## Confidence issues and Hypnotherapy by Manish Patil

This Hypnotherapy audio session will help you to relax deeply and open the door to renewed positive thinking and higher self esteem.

**Boost your self esteem with the help of Hypnotherapy!**

**Buy Boost your Self Esteem 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](http://www.hypnotherapy.eorg.in) now.

### Gain More Self Respect

**Gain self respect and start believing in yourself, with Hypnotherapy!**

Do you find it difficult to say no to others? Do you allow them to take advantage of you, even though you know you should probably stand up to them? Do you often feel that others are better than you? Do you wish you could stand tall and feel equal to those around you?

**When we lack self respect we often run around exhausting ourselves** by trying to do everything for everyone else. We feel it would be selfish if we put ourselves first, or refused to do someone's bidding. **A person with self respect simply values and believes in themselves**, and tends to show others the same care and compassion too. Self respect gives us the power to be able to truly help ourselves and others.

It doesn't really matter how you lost your self respect. Perhaps you never had it. **Self respect doesn't always come naturally** and your upbringing may have encouraged you to put yourself at the bottom of your priorities. Or the painful and negative experiences we sometimes have in life can lead to us losing respect for ourselves. Either way, a low level of self respect is something we have learned, and that means we can *unlearn* it! **Self respect is a belief and a feeling, and those are things we can change.**

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

- Feel good about setting firm boundaries that respect everyone, most of all yourself!
- Be free from self doubt and undignified, self-destructive behavior!
- Feel the deep sense of inner peace that comes from truly believing in yourself!

**Self respect is a choice we make**, but it's often an unconscious choice. By inducing a state of deep relaxation, self hypnosis allows us to speak directly to the unconscious mind, encouraging it to make our automatic thoughts more self affirming and respectful. This in turn can **give us a sense of personal strength and moral confidence** that allows us to lead a more fulfilling and happy life.

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## Confidence issues and Hypnotherapy by Manish Patil

By listening regularly to this Hypnotherapy audio session, you can begin to steadily build your self esteem. Using a combination of **Hypnotherapy and NLP techniques**, the changes you choose to make are cumulative, so the more regularly you listen; the more powerful the changes can be.

**Set yourself free by increasing your self respect with Hypnotherapy!**

**Buy Gain More Self Respect 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](http://www.hypnotherapy.eorg.in) now.

### Boost your self-confidence Quickly

**Quickly build self confidence before stressful events**

Do presentations, meetings, social events – whatever, stress you out and test your self confidence?

Do nerves make you self conscious, stumble over words, or perform below par?

Low self confidence can make life tricky and sometimes downright unpleasant. You don't get the best from opportunities and you may even avoid situations because you simply don't believe you can cope as well as others do.

This Quick Confidence Booster hypnosis session does what it says – it hypnotically builds your confidence, allowing you to be more relaxed and capable in situations that were previously challenging.

All you need to do is pop on your headphones at your mobile/computer, or plug into your CD or mp3 player. You will listen to a short introduction designed to shift your thinking about confidence, and then experience a wonderfully relaxing, self confidence building hypnosis session that will dramatically increase your faith in your own abilities and improve your performance in the situation itself.

The *Quick Confidence Booster* will lead you through a powerful hypnotic rehearsal, preparing your mind and body to respond the way you want;

- **be calm and sound confident**
- **remain relaxed and self assured**
- **appear in control**

**This professional hypnosis session will deliver a deep and lasting boost to your self confidence, freeing you from self doubt and confidence crises.**

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### How to build confidence for children

#### A Hypnotherapy story to help a child develop confidence and self-assurance

How do you help a timid child be bolder and more willing to try new things and engage with new people?

How do you go about building confidence for children beyond encouraging them to "be brave"?

These questions can trouble parents, teachers and caregivers who see that a child seems scared to get involved in things, or worried about talking to people, even other children. Not engaging, for whatever reason, can lead to a child becoming isolated, or falling back in their development, and just not having as much fun as a kid should!

Of course, every child is an individual, and their personality and temperament may be naturally shy and reserved. Not everyone is outgoing and boisterous, and that doesn't mean they have a problem. Adults who care for children need to be sensitive to these differences. But children, like adults, can also come under negative influences that make them shrink back, regardless of their natural temperament.

#### The shortage of resources for building confidence for children

There are innumerable resources available for adults who feel they lack confidence, but a child may not even know how to describe how they feel, never mind find help. Adults who seek to help them can find loads of advice on parenting skills, but, great as these may be, they focus on what the *adults* do. There is very little that a child can use, for themselves.

**Except for stories.**

#### A Hypnotherapy story can help a child feel ready for anything

*Confidence for children* is an Hypnotherapy audio session created especially for young children. Children love nothing more than a good story, and a good story is the most powerful learning aid there is.

The Hypnotherapy audio session consists of an entertaining story full of magical elements that a child can recognize and relate to. There is no moralizing or preaching – just fun! But the essential principles of true confidence are embedded in the story, and the listening child will easily pick up and absorb these principles while enjoying the story.

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And because children love nothing more than a good story unless it's hearing the same story again, there will be plenty of opportunity for them to embed these principles even further.

**Buy Confidence for children Hypnotherapy audio session and boost your child's self-assurance with the help of Hypnotherapy!** Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Get the confidence to speak out in class

Fear and self consciousness in the classroom really holds you back. Not only do you miss out on participating as much, your learning is impacted and - perhaps even more importantly - you just don't enjoy it!

If you fear speaking out in a group then the classroom experience can be paralyzing. Every time the tutor looks up to choose someone you can feel like a rabbit in headlights - terrified in case you are chosen.

### Being more confident makes you a better learner

The more anxious you become the harder it becomes to learn anything. Strong emotions swamp and hijack the thinking brain.

In addition, you may reduce your ability to learn effectively by feeling too anxious to ask questions.

Being calm and relaxed in class means you can absorb what is being taught and learn quicker because your focus is not on your own emotions but outside of yourself - on the learning itself.

This session will get you feeling relaxed, confident and calm in class.

**Buy Confidence in Class Hypnotherapy audio session and enjoy greater confidence the next time you are in the classroom with the help of Hypnotherapy!** Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Be confident with men you find attractive

#### Learn to relax and even flirt with that special man

You find him really cute and what's more you really like him! The trouble is when he's around you go all tongue tied, blush or act all 'weird' and fake around him.

It may be that you've found yourself getting agitated, anxious, self conscious or shy when talking to men. Especially if you are attracted to them.

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## Confidence issues and Hypnotherapy by Manish Patil

The more important we feel someone is, the more anxious we tend to feel. However too much concern about how you are coming across prevents you being natural and spontaneous. To be confident with men you are attracted to, all you need to do is relax. This is a world away from feeling tongue tied or as if you keep saying the 'wrong thing'.

### Learn to relax and be yourself with men you like

When you start to relax with men you find attractive your natural qualities can shine through so he can make his mind up about the 'real you'. After all, if he's worth having a relationship with, he had better like you for who you are!

This '*Confidence with attractive men*' Hypnotherapy audio session will program your mind to feel relaxed and comfortable around that special guy. You will learn what men find attractive in women and will use your natural hypnotic ability to get you naturally relaxed with that cute guy.

**Buy Confidence with attractive men Hypnotherapy audio session and enjoy going for someone you really want with the help of Hypnotherapy!** Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Be confident with women you find attractive

### Learn to relax and even flirt with that special woman

You find her really cute and what's more you really like her! The trouble is when she's around you go all tongue tied, blush or act all 'weird' and fake around her.

It may be that you've found yourself getting agitated, anxious, self conscious or shy when talking to women. Especially if you are attracted to them.

The more important we feel someone is, the more anxious we tend to feel. However too much concern about how you are coming across prevents you being natural and spontaneous. To be confident with women you are attracted to, all you need to do is relax. This is a world away from feeling tongue tied or as if you keep saying the 'wrong thing'.

### Learn to relax and be yourself with women you like

When you start to relax with women you find attractive your natural qualities can shine through so she can make her mind up about the 'real you'. After all, if she's worth having a relationship with, she had better like you for who you are!

This '*Confidence with attractive women*' Hypnotherapy audio session will program your mind to feel relaxed and comfortable around that special woman. You will learn what women find attractive in men and will use your natural hypnotic ability to get you naturally relaxed with that cute woman.

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## Confidence issues and Hypnotherapy by Manish Patil

Buy Confidence with attractive women Hypnotherapy audio session and enjoy going for someone you really want with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Confident Dancing

You know what it's like everyone seems to be getting down onto the dance floor and having a great time to a great song but you feel frozen to the spot.

Suddenly self consciousness, embarrassment and even fear lock you into inaction. Others try to get you up dancing but you feel you just can't.

#### Self consciousness

Maybe you feel like you've got two left feet, no sense of rhythm or that you'll look ridiculous and everyone else looks as if they know what they are doing.

The more pressure people put onto you to get up and dance the more anxiety you can feel when it comes to dancing.

#### Missing out

But dancing is one of life's great pleasures and should be uninhibited and joyful.

Dancing is a spontaneous physical expression of emotion and enjoyment, the more relaxed, spontaneous and confident you feel when you dance the more you enjoy it.

#### A form of communication

The feeling is that all eyes are on you when you dance but of course the truth is other people are just enjoying the moment or focussing on their own experience.

When you really merge with the dancing experience then feelings of separateness disappear and you feel a sense of collective connection just as the sea is made up of separate drops but all the drops together, in unison, go to make up something together-dancing is about connecting to a force of spontaneity greater than your individual experience.

Of course the more you dance the better you *can* dance.

There is also another wonderful benefit to confident dancing. It's a great way to connect with people. We communicate verbally with others but when you dance you communicate on a whole other level.

#### The dancing trance

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When you have fun dancing then you go into a kind of natural trance state where time seems to disappear-this is how people 'dance the night away.' Everything else in life seems to fade away when you have a great dance and that's one of the attractions of dancing.

Actually learning new dance moves develops the same parts of the brain that improves social confidence! So regular enjoyable dancing can make you more confident *generally* with other people and is a great way of overcoming shyness in *all* areas of your life. When you start to feel so much more confident dancing you'll notice all kinds of knock on benefits.

When you were very young there was a time before you ever learned to be self-conscious, when you could play and interact with life and the world in a direct, spontaneous way-imagine that freshness of experience!

**Buy Confident Dancing 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](http://www.hypnotherapy.eorg.in) now.**

### Face your class with confidence and teach your heart out

Well, there you are, a teacher. Now everybody expects you to know your subject inside out. And to be able to stand up in front of a class and impart your knowledge to them, effectively and confidently. After all, that's what you're trained to do, are you not?

### Why you may not feel as confident a teacher as you would like

'Professions' are funny things. There are lots of them. Doctor, Lawyer, Accountant, Teacher. These titles make us think that these nouns actually *signify* something. So when you get that diploma that says you are a 'teacher', you feel that this means that you have become some new kind of person, that you are expected to behave in a certain way to match up to your important title.

Many 'professional' people, including teachers, experience considerable anxiety in their professional roles, feeling that they are a 'fraud' and will be found out. This is because, inside, you know that you are just 'you'. 'Teacher' is just a label which has been applied to you, not a description of what you are, or what you can do.

### Being a confident teacher comes from focusing on your students

Worrying about what you are, and how you are coming across, and whether your 'front' is good enough for you to 'get away with it', means that your attention is turned towards yourself. And when you are focused on yourself, it is very difficult for you to do what is best for *others*.

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## Confidence issues and Hypnotherapy by Manish Patil

If your students are to get the best from you, your attention needs to be fully and completely on *them*. What do *they* need from you, and how can you best give it to them, so that they can effectively learn what they need to learn?

### Use Hypnotherapy to switch your focus and be a fully confident teacher

Switching your focus away from yourself and onto your students is more than a matter of willpower. It calls for a fundamentally different mental attitude - a new mindset. Hypnosis is by far the most effective tool you can use to build a new mindset for yourself and develop your confidence in your teaching.

*Be a Confident Teacher* Hypnotherapy audio session is designed to take all the effort out of this process. By letting yourself become deeply relaxed and entering into the transformative process (a lesson in the best sense of the word), you will find that it is much easier than you thought to change how you see your teaching role.

As a teacher, you will certainly recognise some of the processes which are used in *Be a Confident Teacher* - but you may never have experienced them in quite this way before. Using this session regularly will give you a new confidence - and a new set of tools you can use to teach at your best.

**Buy *Be a Confident Teacher* Hypnotherapy audio session and let your students see and feel the difference** help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Use Hypnotherapy to learn dating skills at an unconscious level

#### To be truly confident dating, your relationship skills need to be deeply embedded

When you go on a date, be it a first date or not, there are two things you need to truly be yourself and connect with your date:

1. **The ability to relax enough to be funny, playful and sincere** - you can read all the dating tips you want, but if on your date you get so nervous you clam up, those tips aren't going to help one bit.
2. **The skills to make your date relaxed and interested in you** - Making use of the right relationship skills help your date feel much more relaxed and open, and give you a chance to really connect with them.

#### This is why hypnosis is the perfect way to learn dating skills

Reading up on dating advice and tips are useful preparation, but are they going to help you when you're on a date and the pressure to 'perform' is high? Usually, people find all those well intentioned thoughts and plans vapourise when they're on a date, and they're right back to their 'old' self quicker than your date can call a cab home.

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## Confidence issues and Hypnotherapy by Manish Patil

Hypnosis allows you to rehearse your dating skills *before* going on a date, so that they will kick in automatically when you're there. So you're nervous about making a mistake or saying something goofy? Just mentally rehearse recovering gracefully from it and move on to something new. When the date happens, you'll be relaxed and safe in the knowledge you've a strong mental blueprint for how to be a fantastic date.

### Here is a combo of the 5 specially selected downloads in the Confident Dating Pack

- **Instant Rapport** - make that connection happen the instant you meet your date.
- **Dating Confidence** - allow yourself to relax, even on a first date, and let your confidence show.
- **Flirting Confidence** - get experience delivering the signals that tell your date you're interested in them.
- **Feel More Attractive** - when you feel more attractive, your date will find you more attractive.
- **Making Small Talk** - small talk, the fundamental social lubricant, is how you put your date at ease and start to have fun with them.

**Buy Confident Dating Pack Hypnotherapy audio session** and live a happy dater's life with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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- Confidence issues and Hypnotherapy
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- Hypnotherapy for children
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- Increase personal skills
- Increase sports performance by Hypnotherapy
- Learning help with Hypnotherapy
- Manage difficult people with Hypnotherapy
- Manage grief loss with Hypnotherapy
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- Overcome fears and phobias by Hypnotherapy
- Pain relief with Hypnotherapy
- Personal development due to Hypnotherapy
- Personal fitness by Hypnotherapy
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- Relaxation by Hypnotherapy
- Self confidence by Hypnotherapy
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- Thinking skills and Hypnotherapy

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- Chinese recipes
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- Cornbread recipes
- Couscous recipes
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- Diwali sweets
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- Drinks
- Egg recipes
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- General basic condiments
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- General recipes
- General salads
- General soups
- Grain salads
- Grains dishes
- Health recipes
- Hummus recipes
- Ice cream recipes
- Idli recipes
- Indian dishes
- Japanese dishes
- Lasagna dishes
- Leftover recipes
- Malaysian recipes
- Meat-analogues recipes
- Mexican dishes
- Microwave cooking
- Microwave work lunches
- Muffins recipes
- Okra/Bhindi recipes
- Onam Festival
- Pakistani recipes
- Paneer Dishes
- Pasta recipes
- Pasta salads
- Pickles & Chutney recipes
- Pies recipes
- Pilafs recipes
- Pizza recipes
- Polenta recipes
- Potato dishes
- Potato salads
- Potato recipes
- Puddings
- Pulses & Lentil recipes
- Punjabi recipes
- Quick breads
- Raksha bandhan special Indian sweets
- Rice recipes
- Risottos recipes
- Salad Dressings
- Salads
- Salsas
- Sandwiches
- Sauces
- Seafood
- Shakes and Sips
- Snacks
- Snacks recipes
- Soups
- South Indian nonveg recipies
- Stews recipes
- Stocks recipes
- Stuffed vegetables
- Stuffings recipes
- Tofu recipes
- Tomato recipies
- Variety breads
- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
- Yeast breads (made by hand)