

Cure Depression by Hypnotherapy

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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.

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Now let us look beyond ourselves and earth and look at the entire universe, what do we see new galaxies, solar systems, suns being created and destroyed amongst the countless objects in what we can see of the universe. Thus you will realise that the forces of Creation, Protection and Destruction are prevalent in the entire universe and control everything in existence.

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

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

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

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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. **However acceptance and implementation of the given instructions is very necessary to get benefited.**

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

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

How safe is Hypnotherapy? Should I be worried?

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

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

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

Will Hypnotherapy make me act strangely?

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

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

What Types of Changes Can I Make Using Hypnotherapy?

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

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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

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imagination plays a large part in hypnosis. **However, please ensure that you supervise your child's use of any Hypnotherapy audio sessions.**

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

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

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

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

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

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

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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 other. However, if your sessions are for very different, distinct problems, it might be more useful to listen to one session until you are feeling positive results and then start using another as and when you feel ready.

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

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

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

We suggest a maximum of two hypnotherapy sessions per day, (that complement each other). 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.

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

Some people say they have trouble relaxing and fear it may impact their ability to benefit from hypnotherapy. The best advice is to try not to think so much and just go with the flow and do as directed. Let it all happen naturally and just lay back (or sit back) and listen to what is being said and do as directed. If you're being asked to concentrate on a certain part of your body, just follow and keep your focus.

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

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

Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

Every Hypnotherapy audio session we give is recorded by the name of the beneficiary provided in the order form. It is made to benefit that person only. If any other person uses it he will/may not get any benefit as all the instructions are given by that beneficiary name. Also it is legally prohibited as the session is made for your and only your personal use. This is intended to protect our intellectual 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.

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In which languages can I get my Hypnotherapy audio sessions

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

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

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

The Myths of Hypnotherapy

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

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

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

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

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

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

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

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

Wrong! Generally, hypnosis is a state of heightened suggestion. Generally, people won't do anything which goes against their personal values or beliefs. What you have to remember about hypnosis is that it's not sleep and you're aware of everything that's happening around you. If someone tells you to

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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!

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

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

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

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

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

Hypnosis Myth #7 – You're asleep or unconscious when in hypnosis.

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

Hypnosis Myth #8 – You'll become dependent on the hypnotist/Hypnotherapist.

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

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

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

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

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

Summary

The word 'hypnosis or Hypnotherapy' usually conjures up certain images in people's minds, and these stereotypes are sometimes hard to overturn. I hope this article has helped you to understand a bit more about hypnosis, and hopefully debunked some of the myths that surround it. The real truth is 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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Cure depression with Hypnotherapy

Depression self-help is not a contradiction in terms, but a strategy for recovery. However you are affected by depression, whether you are a sufferer, or a relative, friend or carrier of a depressed person, there is much you can do to influence and improve your situation.

Our depression self-help hypnosis downloads tackle issues ranging from coming off antidepressants to coping with a depressed relative. And in pride of place is our ground-breaking full depression treatment program.

Depression afflicts us when, for whatever reason, a gulf opens up in our lives and we realize that we can no longer continue living in the way we did before. In many cases, it goes away by itself after some time. But in some cases it can persist, and then it's really vital to understand the physiological and psychological impact - and what exactly to do about them.

If you or someone you know is affected by the blight of depression, one of hypnotherapy audio sessions will make a huge difference.

Fast, effective depression treatment is possible

Learn how depression works, and break the cycle of depression with gentle hypnotic relaxation.

When we see depression clients for the first time, we find they are exhausted, terrified, and confused. They are exhausted from all the worry and poor sleep, they are terrified that there is something terribly wrong with them that they will never be able to fix, and they are confused by all the conflicting information they are getting on depression.

Our clients ask questions like:

- "Why is this happening to me?"
- "What is wrong with me?"
- "Am I ever going to get better?"

The good news is, we can treat depression quickly

How can we do this?

The only reason we can do this is because we work from a relatively new piece of research that few people within the psychological community know about yet.

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When you understand this new approach, depression loses its power to confuse and scare you. We know what depression is, and you can too. (And it's nothing to do with chemical imbalances, as you had probably guessed).

From this understanding, we have developed a careful blend of psychological techniques from cognitive therapy, behavioral therapy, interpersonal therapy and hypnosis. We know it is teachable because we train other professionals to use it too.

Coming out of Depression - get a break today

Why is it when you are depressed you simply can't see any way out? Why do things always appear at their worst, even if you know things look better at other times?

The reason is that depression exhausts your brain, and so makes you interpret reality in black or white, extreme and negative ways.

Depression is exhaustion brought about by an incredibly stressful or emotional time. Over-worrying and over-analyzing, inward-looking negative rumination all cause and maintain depression.

One way to get a quick break from this onslaught is to get deep relaxation. This can give your brain the rest it needs and partially restore your depleted resources. Regular relaxation can help lift depression as part of a wider depression treatment program.

'*Coming out of depression*' is designed to help you feel positive and strong about your future as depression starts to fade from your life. You can consider '*Coming out of depression*' as a tool to aid your recovery.

Important: This hypnotic session is in no way designed to replace appropriate depression treatment from a suitably trained psychotherapist.

Buy **Coming out of depression Hypnotherapy audio session** and start feeling better today with the help of self hypnosis! Visit www.hypnotherapy.eorg.in now.

Feel good coming off antidepressants

Choosing to come off your antidepressants is a momentous decision, and one that you are surely not taking lightly. Of course, you want to feel good about it, and to feel confident that you can handle the process. You are no doubt looking forward to life without antidepressants - but may also feel concerned about how you will cope. It's good to know that you *can* come off antidepressants safely and successfully.

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In coming to your decision, you will have thought about whether and how much antidepressant has helped you. You will be aware of any side effects you have experienced and how these affected you. You may be concerned about possible withdrawal symptoms.

Coming off antidepressants takes time - so give it time

Whatever led to you taking antidepressants in the first place, and whatever kind of antidepressants you have been prescribed, it is very important to consult your physician about how best to manage the process of coming off them? On no account should you simply stop taking them. Antidepressant drugs build up in the body, and stopping suddenly could result in very unpleasant symptoms. Your body needs time to adjust.

The two sides of safe withdrawal from antidepressants

There are two aspects to coming off antidepressants successfully and safely. One is managing the physical process of reducing the drug dosage and adjusting to the lower levels of the drug chemicals in your body. Your physician is the person best placed to advise you about this, and to work out a dose reduction plan suited to your individual needs. This may take several weeks or months, so it's important to be patient.

Helping yourself come off antidepressants successfully

The second aspect of successful antidepressant withdrawal is ensuring that the *context* in which you stop taking the drugs is as supportive of your recovery as possible. It may be helpful to think about this before you start the actual process of reducing your dosage. What will help you make the best possible transition to an antidepressant free life? What kind of support can you put in place for yourself?

Exercise and diet can facilitate your withdrawal program

Did you know that research has shown that a regular program of exercise can be just as effective as (and sometimes even *more effective* than) an antidepressant in addressing and averting the symptoms of depression? (1). How can you ensure that you get a good regular dose of enjoyable exercise that will help you keep mind and body in healthy balance?

Of course, a healthy mind and body needs more than exercise. Have you thought about what diet changes could benefit you? This is another area where your doctor or dietician could help you plan lifestyle changes that will support your determination to come off antidepressants successfully.

Hypnosis can help you reach your goal of coming off antidepressants

These are just two elements of the context in which you will carry out your plan, and attending carefully to them can significantly improve the likelihood of successful and safe withdrawal. Keeping

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up your determination to become free of antidepressants will also be an important factor, and staying focused on your goal will be that much easier if you activate all the inner resources available to you.

Coming off antidepressants Hypnotherapy audio session will teach you how to easily access and activate your unconscious ability to adapt very successfully to change. Using deep relaxation and guided imagination, you will find that it gets easier and easier to find creative solutions to challenges, and to hold fast to your determination to reach your goal.

Coming off antidepressants Hypnotherapy audio session will also give you a range of new strategies you can use to come right out of depression and keep it at bay in future.

Buy **Coming off antidepressants Hypnotherapy audio session** and begin to enjoy life again with the help of self hypnosis! Visit www.hypnotherapy.eorg.in now.

How to survive living with a depressed husband

Have you got a depressed husband or partner? It's not easy, is it? The constant low mood, the negative response to everything you say (or do), the lack of communication, the rejection of socializing or having fun, the loss of interest in sexual intimacy (or even just having a cuddle!), the black pessimism about every single thing - it's enough to drive you into a depression of your own!

Depression is a common experience

Living with a depressed husband can be one of the trickiest challenges a wife can face in the course of a marriage. And depression is a common affliction - about one in four people will experience one or more episodes of depression in the course of a lifetime. When you care deeply for someone, it is very hard to see them go through the experience of depression - and even harder to know how to go about helping them.

Depression is not necessarily the end of a relationship

A wife is not a therapist, and your role in your husband's recovery, while possibly vitally important, is nonetheless quite different from that of a doctor or therapist. While your husband is dealing with depression, he is quite literally unable to 'think straight' and may find the emotional strain so great that he just 'shuts down'. This does not mean he no longer cares for you or about you - just that he is unable to handle any more emotion.

What a wife needs to remember about her husband's depression

Facing this kind of reaction from a depressed husband has led many a wife (and their husbands) to conclude that the relationship is over, and indeed many marriages founder during a period of depression. But this is not at all inevitable if the wife can keep a number of essentials in mind. In particular, it is vital to remember:

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- depression is usually a temporary phenomenon and even without treatment will normally lift within a year
- the assurance of your steady love, in spite of everything, can give your husband courage and motivation to come through depression, even if he cannot express his appreciation or even denies it
- staying well and strong in yourself allows you to be a beacon of hope for your husband and a sign that life without depression is possible
- you are not *responsible* for your husband's depression, nor for his recovery

How you can help yourself cope with your husband's depression

There are a number of things you can do to ensure you do stay as well as possible and don't get sucked into depression yourself. The most important is to look after *yourself*. This means eating properly, getting enough exercise and rest, and doing things that *you* enjoy and that bring *you* satisfaction and pleasure. In fact, making sure that *you* are okay could be the most helpful thing you can do for your depressed husband.

And there's a very good way to make the whole process easier for yourself.

Living with a depressed husband Hypnotherapy audio session is an audio hypnosis session designed specifically for the wives and partners of depressed men. Based on the most up to date understandings of a) how depression works and b) how men and women differ in their responses, this session uses the power of hypnosis to help you *build* and *maintain* your personal resilience in the face of these difficult times.

You will learn how to enter into a state of profound relaxation - in itself a highly welcome relief from the pressures and strains of the situation. And you will discover how to inspire hope in yourself (and your husband) that together you can make it through.

Buy **Living with a depressed husband Hypnotherapy audio session** and help him by helping yourself with the help of self hypnosis! Visit www.hypnotherapy.eorg.in now.

How to come through living with a depressed wife

Don't let living with a depressed wife get you down

Are you struggling to cope with your wife's depression and wondering what to do for the best?

Do you worry about getting sucked in yourself because of your wife's difficulties?

It's really not very easy to live with anyone who is depressed, and if this person is your wife, there is an added complication because this is the person with whom you have the most intimate relationship.

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Watching someone you love struggle in the pit of depression is torture. And it seems there is not much help available, not only for her, but for *you*.

It's natural to want to fix things, to try to find a cause for the black cloud that has enveloped her life, and to dispel it. And it's very frustrating to find that your best efforts at this often seem to come to nothing, and even to be unwelcome. You are doing your best, and it's hard to feel that this is not appreciated. The resulting strain and tension between you only adds to the burdens you both face (and is very depressing).

What a man can do to be a real help to his depressed wife

So is there anything you can do beyond just grin and bear it, hoping that the depression will go away by itself eventually?

Well, yes, there is.

First, you can learn about how the patterns of depression impact on a person's ability to function well and enjoy life, and how one can get trapped in a vicious circle. And you can learn about the approaches which have been shown to be most effective in helping someone recover.

Second, you can inform yourself about the differences between the way women and men handle emotional difficulties, and use this knowledge to support your wife more effectively as well as keeping yourself in good shape.

Use hypnosis to get yourself in the right frame of mind to help

And the quickest way you can get started on both of these is to set aside some private time to listen to **Living with a depressed wife Hypnotherapy audio session**, a powerful audio hypnosis session put together by experts in the field which focuses directly on how husbands or partners can deal with this situation.

Listening to this download will enable you to relax deeply and rest from the strain you are under. At the same time it will provide you with essential information about depression and help you build the resources to really help yourself and your wife come through this trial.

You will learn:

- how depression gets perpetuated
- what works to lift depression
- how to stay strong and well yourself
- how to nurture and protect your relationship at this time

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

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Cure depression with Hypnotherapy by Manish Patil

Buy **Living with a depressed wife Hypnotherapy audio session** and look forward to the lifting of the clouds with the help of self hypnosis! Visit www.hypnotherapy.eorg.in now.

Get help with managing bipolar disorder by using calming hypnosis

Learn what triggers emotional storms and how to lessen their impact with this hypnosis audio

Are you struggling with managing bipolar disorder?

Does it sometimes feel like you're completely at the mercy of unpredictable, dramatic mood and energy changes?

Firstly, bipolar disorder is a serious condition and it is important to have expert medical advice. If you have received a diagnosis and been prescribed medication, you should not make any change to your healthcare routine without consultation. If you have not been diagnosed, but suspect you are bipolar, you should see a doctor, as similar symptoms can occur in other conditions.

Emotional hurricanes make managing bipolar disorder hard work

That said, we can all agree that life with bipolar disorder is a pretty major challenge. Everybody's moods fluctuate but when you have 'manic depression' the highs and lows are so much higher and lower, with good moods where you feel like you rule the world and bad moods where you feel like the world has completely crushed you.

Typically, when those euphoric moods get going, you feel like you can do anything, like there cannot *possibly* be any bad consequences of what you do. You lose all sense of perspective and rational judgment, leading you to behave in ways which have disastrous results. People have even been known to give all their money away, and end up penniless and homeless or rack up massive credit card bills.

When the downward swing starts, it all heads off in the other direction. Everything is terrible and the whole world is against you and what's the point of getting up in the morning, or indeed anything? Once again, you have lost your perspective.

Learning to read storm warnings

Although *other* people can see the signs of these moods coming on, and developing into full blown emotional hurricanes, it can seem as if there's no way for you yourself to tell that it is happening and that it's time to take preventive action. But overwhelming and insurmountable though these patterns might feel, it *is* actually possible to get more control, to learn to spot the danger signals, and take action to avoid getting derailed - *again*.

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As well as taking your doctor's advice on practical ways you can better manage and look after your mental health, you can train your brain to alert you when certain warning signs appear, and to take appropriate steps to protect you. And there is a simple, powerful way to carry out this training.

Hypnosis can help you get more control of your moods

Managing bipolar disorder Hypnotherapy audio session is an audio hypnosis session developed by psychologists. Using powerful hypnotic techniques, it will help you move from being the mere plaything of uncontrollable mood swings to being a real agent in your own life and master of your own wellbeing.

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

- are becoming more skilled at relaxing really deeply
- can more easily discern when you are in a healthy state of inner balance
- sense an ever deeper commitment to looking after yourself well
- identify and look out for the 'red alert' signs that indicate the onset of a bipolar episode
- get better and better at responding quickly and appropriately to those signals to bring yourself back into balance
- enjoy having an increasing sense of healthy control of your life

Buy **Managing bipolar disorder Hypnotherapy audio session** and live well with the help of self hypnosis! Visit www.hypnotherapy.eorg.in now.

Beat the winter blues and light up your life

Hypnosis can help you get more out of life even when it's cold and dark

Do you spend the winter months wishing you could beat the winter blues?

Are you affected by SAD (Seasonal Affective Disorder)?

You don't have to have a diagnosis of SAD syndrome to find the colder, darker months of the year somewhat more challenging to get through than the brighter, warmer times of spring and summer. We all need light, and being deprived of it is bound to affect us. But it is true that some people find it particularly difficult and may need to take extra measures to help themselves, like making use of a light box to simulate natural light.

Controlling thought patterns can dispel the gloom

But whether or not you choose to use technology to improve your experience of winter time, you can make a massive difference to yourself by learning how to take control of what happens in your mind in these times. When we are finding life hard, we tend to fall into negative thinking patterns that can

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Cure depression with Hypnotherapy by Manish Patil

make us feel even lower than we would anyway. So it's very useful to know what to do when this happens.

Hypnosis can help you make the most of the winter months

Beat the winter blues Hypnotherapy audio session is an audio hypnosis session developed by psychologists that will quickly and effectively teach you how to re-train your unconscious thought patterns to be calmer, more optimistic, and more rational during the winter months.

As you listen repeatedly to your download (perhaps while resting near your light box or other bright light source), you will find that

- you relax more and more deeply each time
- your mind becomes clearer and lighter
- you learn how to spot and stop incipient negative thoughts
- your mood becomes more optimistic and stable
- you feel much more upbeat and positive

Buy **Beat the winter blues Hypnotherapy audio session** and make the glooms a thing of the past with the help of self hypnosis! Visit www.hypnotherapy.eorg.in now.

Live your life Depression free

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- Clinical Hypnotherapy
- Communication skills and Hypnotherapy
- Confidence issues and Hypnotherapy
- Cure addiction by Hypnotherapy
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- Enjoy life with Hypnotherapy
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- Health issues and Hypnotherapy
- Healthy eating by Hypnotherapy
- Hypnotherapy and anti-aging
- Hypnotherapy and emotional intelligence
- Hypnotherapy and Parenting skills
- Hypnotherapy and Relationship problems
- Hypnotherapy and weight loss
- Hypnotherapy for children
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- Increase job skills by Hypnotherapy
- Increase personal productivity
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- Increase sports performance by Hypnotherapy
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- Stocks recipes
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- Stuffings recipes
- Tofu recipes
- Tomato recipies
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- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
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