

Enjoy life with Hypnotherapy



Dr. Manish Patil

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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.

Now let us look beyond ourselves and earth and look at the entire universe, what do we see new galaxies, solar systems, suns being created and destroyed amongst the countless objects in what we

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can see of the universe. Thus you will realise that the forces of Creation, Protection and Destruction are prevalent in the entire universe and control everything in existence.

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

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

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

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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 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.

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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.

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

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

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

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

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

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

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

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

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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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Enjoy Life with Hypnotherapy

Focus on what really matters in life with a little help from hypnotherapy.

Everybody wants to enjoy life, of course. That seems obvious. And what can prevent you from enjoying life, other than life's troubles and tribulations?

Two things. The first is, if you get bogged down too heavily by those trials and tribulations, life can really lose its savor, and it can feel difficult to get any pleasure out of *anything*. The second is, through no particular fault of your own, you may have acquired a set of attitudes and behavior patterns that just make life harder anyway.

But hypnotherapy is a great way to lift some of these loads, and get you in the right frame of mind to get more out of what the world has to offer you and have more fun. Take a look at our range of hypnosis Buy s designed to help you enjoy life more and see what takes your fancy.

Have fun!

Make your eyes the eyes of a child

Let hypnotherapy rejuvenate your perspective and be child-like, not childish

Remember what it was like to see the world with the eyes of a child, where everything and anything was possible?

Where does that go and can you get it back?

We've all been children and experienced being in a world full of wonders and mysteries and fun (and horrors too, sometimes). We've travelled the path from knowing nothing about anything to knowing something about a few things or even a lot of things. And from being unable to do anything at all to having a wide range of skills.

So how come the world seems so dull and dreary so much of the time? You're still living in the same world, and it's as amazing and remarkable as it ever was. It's not as if you know everything there is to know, is it? Yet somehow life seems to get stuck in a set of rigid patterns. You do the same things every day, see the same people, have the same conversations. Like the world has shrunk in on you.

Why do we give up using our child's eyes?

Well, the answer is that we like to feel safe and secure, and you soon learn in life that safety seems to be quite closely tied to predictability. So you tend to choose those situations, those actions, that you

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can more easily predict and control. So you can be safe. This is not a fault, but that safety can cost you - more than it should. You suppress your innate spirit of adventure, your curiosity about the world, about *what else is out there?*

Fortunately, that childlike attitude of fresh curiosity you were born with hasn't been destroyed. It's still there. It's merely that you haven't *used* it for so long that it has become rather atrophied. It's in need of a bit of gentle rehabilitation, like a leg that's been in plaster for a long time, so that you need to retrain it to walk properly when the plaster comes off.

Hypnotherapy is an ideal way to restore your ability to see as a child does

Eyes of a child Hypnotherapy audio session is a Hypnotherapy audio session created by psychologists that will 'rehabilitate' your capacity for fresh engagement with the world in the most delightful way.

As you relax and listen repeatedly to your **Eyes of a child Hypnotherapy audio session**, you'll notice a number of subtle yet powerful changes happening within you. You'll find that you

- learn how to easily 'step out' of your normal restricted view
- begin to feel much less stiff and rigid and fixed
- start to develop a more playful, experimental approach while being appropriately 'adult' when this is required
- become much more sharply and appreciatively aware of colors, shapes, textures, sounds, tastes and smells
- have so much more fun!

Buy **Eyes of a child Hypnotherapy audio session** and refresh your vision of what life can be. Visit www.hypnotherapy.eorg.in now.

Find your passion and transform your life

Let Hypnotherapy reveal what you're really here to do

Do you leap out of bed every day full of passion and enthusiasm for all the activities that lie ahead of you?

Or, has your life become a plodding round of dullness and drudgery to pay the bills and meet the obligations that leaves you bored and unsatisfied?

It wasn't always like that, was it? When you were a kid you used to bounce out of bed because you just couldn't stay there a moment longer when there were so many exciting things to do. You had wild dreams of being an explorer, an actor, an adventurer, a missionary, a pirate, a dancer, a firefighter -

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anything was possible. There were things you loved to do so much you would, if allowed, spend the entire day doing nothing else.

How passion gets worn down as we grow up

Okay, it's different for kids, and different for those lucky kids whose parents encouraged them to try new things and develop new skills so that they could find their unique path in life. Lucky or not, we all have to grow up and take on adult responsibilities. That's not a bad thing, but there is a risk that devoting ourselves exclusively to fulfilling our obligations can crush our souls and drain the meaning from life.

We can literally *forget* that there are things we care ardently about. Or we can conclude that it's *just impossible* to do what we'd really love to do and still be a responsible adult.

Why we need passion to get the most out of life

But we *need* passion in our lives. When we feel that drive and enthusiasm, we can give ourselves wholeheartedly to what we are doing, and find it worthwhile. We will put in long hours. We will battle every obstacle. We will do what it takes. *Somehow*. The satisfaction and joy we get from feeling that we are *doing what we are meant to be doing*, giving full expression to our unique talents and skills, is incomparable.

Can you get it back? Can you put the meaning back into life?

What do you love to do?

If you sit down cold turkey and try to think what you'd really love to be doing or how on earth you could do that in your present circumstances, it can feel a bit forced and unnatural. The long-established patterns of your daily life will hold you in their grip, convincing you that this is how things must be and there's no point arguing. What you need is something to take you 'out of the box'.

Hypnotherapy can help you rediscover what really matters to you

Find your passion Hypnotherapy audio session is a Hypnotherapy audio session created by psychologists that will do just that.

As you set time aside regularly to relax and listen to your **Find your passion Hypnotherapy audio session**, you will discover how the powerful hypnotic processes that you experience begin to transform your life. You will notice

- fresh new ideas bubbling up in your mind
- ever more powerful recollections of past enthusiasms and interests
- creative ways to actualize your plans come easily to you

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- more opportunities to engage in new pursuits present themselves
- a new zest for life blazing within you

Buy **Find your passion Hypnotherapy audio session** and discover what *you* can do. Visit www.hypnotherapy.eorg.in now.

How to enjoy life's journey - as it happens

Use Hypnotherapy to get more out of your life experience right now

Just how much fun are you getting out of your life's journey right now?

Do you find that concentrating on the future means you often miss out on what life offers in the present?

The writer Tim Parks tells a witty tale of what happened to him when one of his novels was short-listed for a major prize. Even though he himself and all the bookies were pretty certain his book had no chance, he spent all his waking hours between getting the phone call and the announcement of the winner mentally rehearsing a highly polished (and of course very modest!) acceptance speech. ALL his waking hours.

Nobody ever got to hear this wonderful piece of oratory. He didn't win.

During those long intervening weeks he could think of nothing else. He could not focus on his work, his family, his friends, his many other interests. They might as well not have existed. He lost the present for the sake of a future moment - a moment that never came.

That time never comes back.

Enjoying life's journey doesn't mean making no plans

Of course, this salutary story does not mean you should never think about or plan for the future. Dedicated pursuit of your self-chosen goals is one of the major sources of satisfaction in life. And sometimes - even quite often - you have to make sacrifices in the present to achieve something you want in the future.

But it's easy to get so caught up (even if you're not in line for a major prize!) in what's going to happen tomorrow, next week, next year, that what's happening today, right in front of you, just passes you by. If you become overly focused on the future, friendships can wither, relationships suffer, children grow up without you noticing, and even if your anticipated future materializes - you know you have missed something.

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As with so many things in life, we need to find a middle way. A full, rewarding life certainly includes striving for and achieving important goals. But it also includes being able to relax and savor the many joys that life offers you right now - often without any effort on your part at all. And that means you need to be able to give the 'happening world' your full attention too.

Hypnotherapy can help you rebalance your perspective on life's journey

Enjoy life's journey Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists that will help you reconnect with your ability to live in the present without losing your capacity to work for the future you want.

As you relax and listen repeatedly to your **Enjoy life's journey Hypnotherapy audio session**, you'll notice that you

- become adept at 'stepping back' from your concerns and entering a profound state of relaxation
- start to develop a wider perspective on what brings real value and significance to your life
- find yourself really noticing and appreciating the small and large miracles of every day
- become more effective when you are future focused
- really start to enjoy life more

Buy **Enjoy life's journey Hypnotherapy audio session** and make sure you don't miss out. Visit www.hypnotherapy.eorg.in now.

How to be the life and soul of the party

Use Hypnotherapy to stop being a wallflower and give your party spirit wings

Do you look on people who are the life and soul of the party with envy? Do you spend your time at parties lurking in the background and feeling like a 'spare part'?

Parties can be brilliant fun for everyone, or flat and awkward if they are missing the secret ingredient. All you need is a couple of people whose mission is to get everybody around them to enjoy themselves - and who know exactly how to do that. You could invite those people and hope they turn up, but it's even better to be one yourself.

Being the life and soul of the party can be learned

Party-professionals are not born with some special talent that the rest of us miss out on. Of course, some people find socializing naturally easier than others, just as some people prefer their own company, or the company of only a select few. But that doesn't mean they can't party, because making any occasion go with a swing is a matter of *attitude* and *actions*.

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Concentrate on others if you want to be the life and soul of the party

If seems counter-intuitive, but you have to stop worrying about *you* and start focusing on *other people*. Party-professionals want to have fun too - but they know that the best way to enjoy yourself is to get *other people* enjoying themselves.

So your *attitude* needs to be "I want everyone to have fun". And then your *actions* must lead to that end. And there's the rub! How exactly do you set about getting other people to enjoy themselves? What if you don't have those skills, or don't think your skills are good enough? Are you doomed to stay on the sidelines forever?

Hypnotherapy can help you quickly master the arts of party making

Good news.

Anything that another person has learned to do, *you* can learn to do.

More good news.

The quickest and most effective way to develop and master new skills is with Hypnotherapy. Hypnotherapy puts your brain into its most powerful learning state, and helps you make deep and lasting changes at the level of the unconscious mind. This means that even things you have never done before, or even thought that you could do, can become second nature to you.

Life and soul of the party Hypnotherapy audio session is an Hypnotherapy audio session developed by psychologists that will help you absorb, master and integrate the specific know-how and mindset of the true party zinger.

As you listen and relax repeatedly to your **Life and soul of the party Hypnotherapy audio session**, you'll notice a number of changes happening in your thoughts, emotions and behaviors. You'll find that

- you feel more confident and at ease in all kinds of party situations
- you look forward to parties more than you used to
- it's getting steadily easier to get into interesting and fun conversations
- creative ideas for what to do come to you more easily
- you enjoy yourself a lot more - and so do the people around you

Buy **Life and soul of the party Hypnotherapy audio session** and look forward to a transformed social life. Visit www.hypnotherapy.eorg.in now.

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How to rewrite your own life story

Hypnotherapy can help you take a whole new look at what you're really about and who you really are

Is your 'life story' a sad tale of disappointment and woe, in which you feature as the victim, or as the hero who wasn't?

Are you sure it's 'true'?

Humans are storytelling creatures. We make sense of the world through telling 'stories' about it. Nowadays we call those stories 'scientific theories', but they are still essentially stories. Just better grounded.

And we make sense of our own lives by telling a story about ourselves.

"I was born in such and such a place, in the hard times that followed such and such an event, and my parents struggled to raise their kids. I was the youngest, and they didn't have much time for me, and my dad wasn't home much anyway, so I rather ran wild..." and so on.

Life stories do contain some facts

Of course, some of our personal story is also grounded in fact. You can usually determine 'facts' like when you were born, or how many children there were in the family, and in what order they were born, and where the family lived or how they supported themselves. Evidence for external events like wars, disasters, economic recessions (or recoveries), changes of government, and so on can usually be tracked down and checked.

But the rest of it, the story of what the facts *mean*, what they say about us, we make up. We build an interpretation of events constructed out of what we think we remember and our emotional response to those supposed memories. The word 'supposed' is used deliberately. It's illuminating to attend a family event where everybody is reminiscing. They 'remember' the same events very differently - sometimes to the point of punches being thrown.

The consequences of an unfairly biased life story

The story we tell about ourselves matters, because this is our 'identity'. A deep part of our sense of who we are. And so the content of the story matters too. If you are telling yourself a story about what a failure you are (because this is your interpretation of those supposed memories), this isn't going to make you feel very good about yourself. And if you don't feel good about yourself, how can you make the most of your life?

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A story about your inadequacies, moreover, isn't necessarily a story you made up all by yourself. People who have had a harsh upbringing, where they were constantly criticized and put down and told they would 'never amount to anything', often tell themselves a story of being a failure not because they know this to be true but because *that's what they heard all the time*. So they're telling themselves someone else's story about them.

The consequence is the same. Because they *believe* the story, they don't go for opportunities that come their way, they hold themselves back, they don't believe that good things can ever come to them, so they don't even try. And, of course, that confirms the truth of the story, so they believe it even more, and many good things that they could have had pass them by. It's tragic.

But the good news is that, whatever happened to you in your life so far, however sad and downbeat your story, *you are not stuck for ever* with a life story that imprisons you.

You can write a story that liberates you.

How?

Hypnotherapy is a great way to come up with a better, fairer life story

Your life story party Hypnotherapy audio session is an audio Hypnotherapy audio session developed by experienced psychologists to help people escape from the limiting effects of an overly negative narrative of themselves and their lives.

As you relax and listen repeatedly to your **Your life story party Hypnotherapy audio session**, you'll notice that you;

- develop a wider perspective on your personal history
- pick up on important things that had previously been 'edited out'
- include positive elements and not just negative ones
- take a fairer, more balanced view of your own role in events
- begin to feel much more hopeful and positive about your future

Your life story party Hypnotherapy audio session and make sure you tell yourself a good one. Visit www.hypnotherapy.eorg.in now.

Live in the moment. That means now.

Do you know how to live in the moment? Does it feel like a long time since you last stood still and lost yourself in a beautiful sunset, or watching kids play in the park? Is your life too full of worries for you to 'justify' such pointless activities? Do you bow to the cultural mantra that says if you're not doing something useful you're useless?

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The real meaning of living in the moment

'Living in the moment' is an expression we've all heard, but what does it mean, exactly? You may think of it as something that 'enlightened' people do, Zen Buddhists and hermits, for instance. Not ordinary people, who have to get on with the nitty-gritty and earn their daily bread and make a success of their lives.

When you live in the moment, you allow yourself to experience life directly. You notice what is in front of you, right now. You see the colours. You hear the sounds. You smell the scents - or stinks! Your senses are open to the world without value judgment. When you live in the moment, the question 'Will this get me a promotion?' suddenly stops being so important.

It is your right to be able live in the moment

And the fact is, we have *all* experienced what it is to live in the moment. Because we have all been young children, lost in wonder at the amazing world around us, utterly unconcerned with what we are going to get out of it.

And this ability to see the world with fresh eyes is a resource which we lose at our peril. If we allow ourselves to become trapped in routine ideas and routine behaviors, we lose flexibility and adaptability. And we risk becoming exhausted and burnt out.

You can recover your power to live in the moment

Stop and smell the roses Hypnotherapy audio session uses the power of Hypnotherapy to take you deep inside yourself to the source of your own innocent vision. You will discover how to relax deeply and let go of the responsibilities that weigh upon you for a while.

Stop and smell the roses Hypnotherapy audio session will help you reclaim your birthright of direct experience and rediscover how to live in the moment in the way that's just right for you.

Buy **Stop and smell the roses Hypnotherapy audio session** and see the world with new eyes. Visit www.hypnotherapy.eorg.in now.

Use your inner mind to find the meaning of life - your life

If you've ever wondered about the meaning of life, you are not alone. For thousands of years we've all been asking:

Why am I here?

What is my life for?

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Where am I going?

What is the point?

Family, teachers, religious leaders, and influential members of society may all have influenced you (positively and negatively) as you began to ask these questions about the meaning of your own life.

And the fact that you are reading this now indicates that you are not altogether satisfied with the answers you have had so far, and are wondering if there is more. Or maybe you used to feel that life was full of meaning for you, but now find yourself lost and adrift.

Why is it so important to find meaning in life?

Although many people understand that you've got to have the basics (food, shelter, work, social connection, for example) in order to have any kind of a life, it's less commonly appreciated that a sense of meaning is also actually *vital* to our well-being.

We *need* to feel that our lives have a purpose and a direction that's worth striving for, worth devoting ourselves to. If we don't find this meaning, we can become depressed, or try to hide the emptiness from ourselves with drink, drugs, sex, shopping, etc.

The meaning of life - a cruel joke?

It's easy to become cynical. The aforementioned drink, drugs, sex and shopping can all give you the *illusion* that there is some meaning to what you are doing, because of the intensity of the experience. But as soon as you come down from the high, that emptiness encroaches again.

There is an answer

Victor Frankl, famous psychiatrist and writer, survived the hell of the concentration camps and made a study of what really makes it possible for people (including himself) to come through such experiences. In his powerful book *Man's Search for Meaning* he identifies *meaning* as the prime driver, more important even than pure survival, and has this to say:

'Ultimately, man should not ask what the meaning of his life is, but rather he must recognize that it is he who is asked.'

He recognised that the 'meaning of life' is not a ready-made commodity that you can pick off the shelf. You make the meaning by how you live.

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How Hypnotherapy can help you find the meaning of life for yourself

Nature has dictated the needs that we must satisfy to live well. And nature has also endowed us with the resources to get those needs met. The most dramatically powerful resource you have is your own unconscious mind. **The Meaning of Life session Hypnotherapy audio session** will show you how you can let your own unconscious mind be your tutor.

The Meaning of Life session Hypnotherapy audio session will get you deeply relaxed and in a state where your mind can really open itself up to the possibilities of living with meaning, right where you are now. It will help you stop looking in the wrong places and concentrate your attention where you can build your own true meaning.

Buy **The Meaning of Life session Hypnotherapy audio session** now and set out on the most important voyage of discovery you will ever make. Visit www.hypnotherapy.eorg.in now.

Life's a whole lot better when you have more fun!

Anticipation of a good laugh produces feel good chemicals and reduces stress - Hypnotherapy can help make having fun a habit

Do you look enviously at other people enjoying themselves? Do you wonder where the fun has gone in your life?

That may seem a daft question - surely enjoying yourself isn't some sort of skill that you need to learn, it just happens doesn't it? But if you wait for fun to 'just happen' it generally doesn't. Having fun probably doesn't appear on your to do list because there are more important things in life?

The pressure to 'do something useful'

It's true that in our competitive, high achieving world, we all face a lot of pressure to be seen to be engaged in useful activities. Of course we all have our various obligations to fulfill, but this devotion to 'being useful' leads us to push other things that we might like to do into the background. And this is a mistake.

Why you should aim to have more fun

Because, in spite of the widespread denigration of 'non useful' activities, we know quite well that healthy, well-functioning individuals have a *balance* in their lives. We feel good when we can usefully contribute in our families and societies. But we also feel good when we relax and have fun, alone or together. This recharges our batteries, and actually energizes us so that we can be more effectively 'useful'.

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The science behind having fun

Research has shown that not only does the anticipation of having a good laugh boost the body's production of beta-endorphins (the so-called 'feel good' chemicals in the brain), it also measurably *reduces* the level of the stress hormone cortisol. (1) So actively setting out to have good experiences that make you laugh will have a measurable effect on your health.

If you've fallen into a pattern of focusing on your obligations to the exclusion of all other concerns, or if you're just in the habit of waiting until someone else suggests a fun activity, it can feel rather daunting to contemplate exactly *how* to set about having more fun in your life.

Hypnotherapy can help you significantly raise the level of fun in your life

Have more fun Hypnotherapy audio session is an audio Hypnotherapy audio session which has been specifically designed to make this transformation easy - and fun! This delightfully engaging session will transport you into your 'inner world' - your unconscious mind. This is where you create new 'templates' to guide you in what to do in the world, and this is the best place to bring about a transformation in the levels of enjoyment that you can experience.

As you enter ever deeper into a state of profound trance, you will find that you;

- take a whole new look at your life
- develop a new attitude to the importance of having fun
- begin to find new ways to bring more fun into your everyday life
- start to look forward to putting it all into practice as soon as you can

Buy **Have more fun Hypnotherapy audio session** and discover just how much you can enjoy yourself. Visit www.hypnotherapy.eorg.in now.

(1) American Physiological Society. "Anticipating A Laugh Reduces Our Stress Hormones, Study Shows." *ScienceDaily* 10 April 2008.

Try new things and open up your life

A Hypnotherapy audio to help push past your personal boundaries

When you were very young and I mean *really* small you had no sense of limitation. You hadn't been taught that you were 'not the type of person who can.....' or that your skills lay in one area but not in another. Concepts of limitations had not been 'learnt into you'.

In fact possibilities were endless. Once we label ourselves (perhaps as a result of other people labeling us) as 'bright' or 'not so bright' or 'under-confident' or a 'people-pleaser' etc then we tend to

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unconsciously behave in ways that confirm the label we carry inside. When were these labels stuck on?

Learnt limitations can be un-learnt

Maybe you think you are 'not musical' or 'no good with people' or 'can't do languages'. Yet your brain has almost infinite learning capacity. People carry to their graves all kinds of untested and unfulfilled potentials.

This **Try New Things Hypnotherapy audio session** will get you thinking again and in powerful ways. If you spend a few seconds now thinking about what you are 'good at' and also stuff you have been conditioned to believe you are just no good at then that will give you an idea of how many limiting labels you've acquired.

Start a sport, learn a musical instrument, speak in public, learn to speak a new language - do things that are 'just not you.' Amaze yourself and the people around you and open up so many more possibilities for yourself.

Try New Things Hypnotherapy audio session will get you motivated to leap out of your safety zone (which is another word for prison!) and trying new things confidently to infinitely extend the sense of who you are.

Buy **Try New Things Hypnotherapy audio session** now and experience what life has to offer you. Visit www.hypnotherapy.eorg.in now.

No regrets! How to be free of self-recrimination

A powerful Hypnotherapy audio session to stop you wallowing in the past and start learning from your experiences and move on

Do you spend more time looking regretfully backwards than hopefully forwards? Are you constantly tormented by thoughts of "what if?" and "if only...?"

When things go wrong, it's totally natural and normal to spend some time going over what happened in order to understand it and learn from it. You ask yourself "Was I to blame?" or "Could or should I have done something differently?" You learn what you can and you move on. But sometimes you can get so caught up in focusing on the losses and errors of your past that you can't really 'get going' on your future.

No regrets? If only!

It's as if you get stuck in a fantasy of what life *would have been like* if only that particular thing had not happened, or you had not made a certain blunder, or those good times had not ended, or whatever it

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was that's now eating you up. And of course that 'other life' has a sort of glow about it, so much more appealing than the actual life you now feel condemned to lead. No wonder you are consumed with grief for what you have lost.

The real meaning of regret

Because that's what constant regret about the past is - unprocessed grief. You may be experiencing it as anger, with yourself or others, or shame, or self-blame, or any number of other negative emotions. When we lose what our lives 'would have been', it is very much like a bereavement, and grieving is a process by which we separate ourselves from what has irretrievably gone and begin to face the future again.

What it takes to live life with no regrets

Grief and regret are not instantaneous processes. They take time, but they don't take forever. So if you find yourself after a significant length of time still caught up in bitterness, it's time to take stock and see what can be done to free yourself from the grip of the past. Liberation comes in two ways. It involves interrupting the *habits* of regret, the automatic thoughts, and developing a new *vision* of what the future can be.

Hypnotherapy can help you let go of regrets and look to the future

No regrets Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists which will significantly ease your path to a life free from unnecessary regrets. Powerful hypnotic suggestions will ease you into a profound trance state - the ideal 'learning state' for the brain. You don't have to work out what to do - you can just sit back and effortlessly absorb the transformative process as it manifests around you in trance.

Almost without noticing how you are doing it, you will find that you just naturally begin to

- recategorise events from your past
- feel a great freeing up of energy and enthusiasm for life
- focus on the here and now
- create a new purpose and meaning for yourself in line with your values

Buy **No regrets Hypnotherapy audio session** and discover how you can make so much more of life. Visit www.hypnotherapy.eorg.in now.

To release the power of yes - say yes!

Saying yes to life's opportunities is what opens up your life. And that makes you more interested - and more interesting. You don't have a crystal ball to tell you what's around the next corner, or what all the consequences will be of any choice you make. So saying yes means taking a chance. But the more

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yeses you can say, the greater the likelihood that the resulting experiences will bring you positive benefits.

The search for certainty inhibits the power to say yes

When you consider that nobody has, has ever had, or ever will have one of those crystal balls, it's surprising that we are not more comfortable with living with the general unpredictability of events. From the way so many of us hang back from the opportunities that come our way, you would think that there really *was* a way to be certain that things would always turn out well. And we only say yes when we're certain.

Certainty is no guarantee

But, of course, even when you are *absolutely certain* that a particular course is going to have good results, history is littered with examples of such certain choices going wrong too. So, even though it's natural for us to seek certainty, finding it *still* doesn't guarantee the outcome. What this means is that we really need to pay attention to *why* we don't say yes more often, and check that it is not just a hopeless quest for certainty.

Other factors that keep you from saying yes

We can be holding back on saying yes for other reasons, of course. It is not usually the practical issues involved in any choice which hold us back and limit our lives. Apart from the illusory certainty, we can also be influenced by other factors, such as our ideas about our identity, or self-worth, or capabilities. If you notice yourself thinking 'I am not the sort of person who...' it may be time to stop and ask 'Why ever not?'

What will you discover when you say yes more often?

As soon as you ask yourself questions like that, you step out of your comfort zone. There may be adventures out there, but it sure is a bit scary! What if your saying yes revealed that you *are* the sort of person who...? Would you *have* to go and do it (whatever it is)? What will people think? Isn't there an easier way to cross this barrier?

Saying yes brings more freedom

Fortunately, saying yes to more things in life (providing they are not illegal or immoral) doesn't mean that you *have* to go through with any of them. Being ready to say yes means that you actually have *more* choice. It means that instead of locking up energy in keeping barriers between you and new challenges and experiences, you *release* that energy so you can engage with enthusiasm and power in what life offers you.

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How Hypnotherapy can help you release the power of yes

And there is a way to make crossing the barrier to yes easier. For centuries, we've known that mental preparation makes all tasks easier to accomplish. And there is no better form of mental preparation than Hypnotherapy.

The power of yes Hypnotherapy audio session is a Hypnotherapy audio session which is akin to an athlete's coaching program. It works on the mind. Using powerful hypnotic techniques, it will help you develop the attitude of someone who really knows how to make the most of life.

Listening to **The power of yes Hypnotherapy audio session**, you will learn how to enter a highly focused, yet deeply relaxed, learning state. Your mind will feel clear and calm. You will discover how to use your own imagination as a powerful tool to really transform your life. You will learn how to ignite and sustain your motivation and get going. And you will remember what you learn.

Buy **The power of yes Hypnotherapy audio session** and start opening up *your* life. Visit www.hypnotherapy.eorg.in now.

Get out and see the world - you won't regret it!

You may have noticed a publishing bandwagon rolling along in the bookshops. Umpteen volumes have appeared with titles like *Seventy Dishes You Must Eat Before You Die*. Just think of a subject, and somebody will have written a book about the absolutely essential experience to have of it before you pop your clogs. And so it is with travel. Where would *you* like to go before it's too late?

More importantly, what's keeping you at home?

Travelling isn't necessarily a breeze for everyone

People speak lightly of travel in the modern age. We can circle the globe in far fewer than eighty days, if we choose - though even eighty days would only allow a whirlwind tour! Getting around is much easier, and cheaper, than it used to be. Ordinary people think nothing of going on vacation in foreign countries. So regular travelers may be puzzled at the notion that some people find travel daunting.

But actually quite a lot of people are not very keen on the idea of travel. Exhortations to 'see the world' can raise all kinds of anxieties in you. Most of these worries fall into one of three categories. The thought of dealing with so many unknown contingencies can be too daunting. Or you may have heard worrying information about the destination. Or you might have had bad experiences in the past and fear a repetition.

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Staying at home can mean missing out

So it can just seem easier and more sensible to stick with what you know, and where you know. But there's always that niggling sense that maybe - just maybe - you are missing out. You know that the world is an inexhaustible treasure trove. And you may be wondering just how you can get over these limitations and really enjoy what the world has to offer you.

Hypnotherapy can help you really enjoy travel and see the world

See the world Hypnotherapy audio session is a Hypnotherapy audio session based on a deep understanding of the psychology behind our limiting beliefs and fears. Everybody has acquired unconscious patterns (positive and negative) by which we lead our lives.

See the world Hypnotherapy audio session allows you to connect with your own unconscious patterns regarding travel, and to modify them in a positive direction.

As you relax deeply and enjoyably to **See the world Hypnotherapy audio session**, powerful hypnotic suggestions will take you on an amazing interior journey into your inner world, transforming your relations with the outer world as you go. Thoughts and fears which formerly held you back will become a springboard from which you really can leap into a whole new world.

Buy **See the world Hypnotherapy audio session** and make sure you get your chance! Visit www.hypnotherapy.eorg.in now.

Seize the day and make the most of your life

Develop the unstoppable motivation to stop dreaming and start acting

Time is precious. You could live your whole life as if there is an infinite amount of tomorrows so everything can wait till later. Some day there will be no more.

Seize the day every day!

People who make things happen, who seize the day act as if time is at a valuable premium, aren't thinking: 'I'll do that later' or 'I might just do that one day!'. If something is worth doing it's worth doing or starting right now unless there are real reasons (not get outs and excuses) not to start it yet.

The laziness of youth is a rehearsal for the decrepitude of old age.

Seizing the day - which means seizing this moment is about developing a powerful sense of urgency around your projects and plans. Your sense of urgency is what gives dreams the life blood to come alive and work for you.

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This session will inspire you to act instead of just dreaming and to seize the moment because no moment comes again.

Start living your life as if your mean it!

Buy **Seize the Day Hypnotherapy audio session** and come out of life's waiting room Visit www.hypnotherapy.eorg.in now.

Stuck in a rut? Time to get out!

Hypnotherapy can help you change your life

Has your life got stuck in a rut that you feel you'll never get out of?

Are you sick and tired of the same old same old?

Routine and predictability have their merits, of course. We wouldn't feel particularly comfortable or happy living in a state of chaos where you never knew what was going to happen, or what you should be doing. So we do devote a substantial part of our energies to working out how to set up our lives so that we have some level of control and can plan ahead.

Indeed, many people draw immense satisfaction from getting their lives to conform as closely as possible to their particular notion of how life 'should be'. And it's also the case that some of us need and want a lot more routine in our lives than others.

But there can come a point when our quest for control, and predictability, turns from being a barrier keeping chaos out to being more like a prison keeping us locked in, wondering if we'll ever get parole. You can have too much predictability. Too much of doing the same things over and over. Seeing the same people over and over. Nothing new to stimulate and challenge you.

Why getting out of a rut can feel so hard

The trouble is, even when this realization dawns on you, it's not exactly an easy thing to change! It's human nature to *get used to things*. We may no longer get much joy out of our surroundings, or our activities, but they're *comfortable*, we know how to deal with them, almost without thinking. Change requires *effort*. Not only that, but you can't *guarantee* the result. And that thought can be very daunting.

So how do you get over the inertia that prevents action and put the spark back in your life?

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Hypnotherapy is a powerful way to bring about change

Stuck in a rut? is an audio Hypnotherapy session created by psychologists that uses the power of Hypnotherapy to help you make vital changes at the deepest levels of your unconscious mind.

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

- a subtle yet powerful change is taking place deep within you
- you begin to look at your life with very different eyes
- you start to notice more ways in which things really could be different
- you set about experimenting with what will work for you
- your life takes on a new sense of meaningful, purposeful excitement

Buy *Stuck in a rut?* **Hypnotherapy audio session** and get your life moving again. Visit www.hypnotherapy.eorg.in now.

Enjoy your life with self Hypnotherapy

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- Be More Sociable by Hypnotherapy
- Clinical Hypnotherapy
- Communication skills and Hypnotherapy
- Confidence issues and Hypnotherapy
- Cure addiction by Hypnotherapy
- Depression help with Hypnotherapy
- Enjoy life with Hypnotherapy
- Fun Hypnosis
- Health issues and Hypnotherapy
- Healthy eating by Hypnotherapy
- Hypnotherapy and anti-aging
- Hypnotherapy and emotional intelligence
- Hypnotherapy and Parenting skills
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- Increase sports performance by Hypnotherapy
- Learning help with Hypnotherapy
- Manage difficult people with Hypnotherapy
- Manage grief loss with Hypnotherapy
- Manage personal finance by Hypnotherapy
- Motivation-inspiration by Hypnotherapy
- Overcome fears and phobias by Hypnotherapy
- Pain relief with Hypnotherapy
- Personal development due to Hypnotherapy
- Personal fitness by Hypnotherapy
- Pregnancy childbirth and Hypnotherapy
- Relaxation by Hypnotherapy
- Self confidence by Hypnotherapy
- Self esteem in Relationships
- Sex problems and Hypnotherapy
- Solve sleep problems by Hypnotherapy
- Stress management by Hypnotherapy
- Thinking skills and Hypnotherapy

Recipe series e-books of Manish Patil

- Basic recipes
- Bean salads
- Beans recipes
- Bread machine recipes
- Breads
- Breakfast
- Breakfast recipes
- Brinjal/ Baingan recipes
- Brownies recipes
- Cakes
- Cakes recipes
- Capsicum recipes
- Casseroles recipes
- Cauliflower/ Gobi recipes
- Chicken Dishes
- Chili recipes
- Chinese dishes
- Chinese recipes
- Chocolate recipes
- Christmas recipes
- Chutneys
- Cookies recipes
- Cornbread recipes
- Couscous recipes
- Daal recipes
- Desserts
- Dinner pies
- Dips and spreads
- Diwali sweets
- Dosa recipes
- Drinks
- Egg recipes
- Frozen Desserts
- Fruits recipes
- Fruits dishes
- Ganesha Festival recipes
- Gazpacho recipes
- General basic condiments
- General desserts
- General recipes
- General salads
- General soups
- Grain salads
- Grains dishes
- Health recipes
- Hummus recipes
- Ice cream recipes
- Idli recipes
- Indian dishes
- Japanese dishes
- Lasagna dishes
- Leftover recipes
- Malaysian recipes
- Meat-analogues recipes
- Mexican dishes
- Microwave cooking
- Microwave work lunches
- Muffins recipes
- Okra/Bhindi recipes
- Onam Festival
- Pakistani recipes
- Paneer Dishes
- Pasta recipes
- Pasta salads
- Pickles & Chutney recipes
- Pies recipes
- Pilafs recipes
- Pizza recipes
- Polenta recipes
- Potato dishes
- Potato salads
- Potato recipes
- Puddings
- Pulses & Lentil recipes
- Punjabi recipes
- Quick breads
- Raksha bandhan special Indian sweets
- Rice recipes
- Risottos recipes
- Salad Dressings
- Salads
- Salsas
- Sandwiches
- Sauces
- Seafood
- Shakes and Sips
- Snacks
- Snacks recipes
- Soups
- South Indian nonveg recipies
- Stews recipes
- Stocks recipes
- Stuffed vegetables
- Stuffings recipes
- Tofu recipes
- Tomato recipies
- Variety breads
- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
- Yeast breads (made by hand)