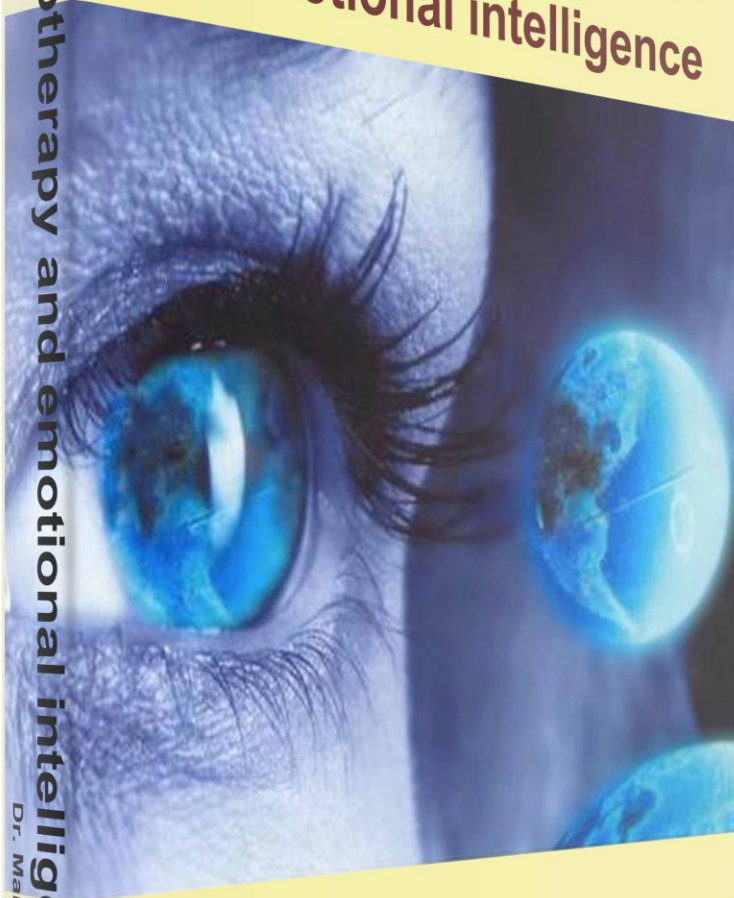


Hypnotherapy and emotional intelligence

Hypnotherapy and emotional intelligence
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

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

Therefore it is most important to approach the sub-conscious when you are in a relaxed state, this state is either just before sleep at night or immediately after a deep soothing sleep when the senses are in a numbed state,

This state of deep relaxation can be created through the practice of Hypnotherapy, and can be used to fulfill your deepest wishes and desire. The exploration of the sub-conscious is the greatest journey one can ever undertake and everything pales in comparison to this adventure.

The Power of Suggestion

The entire Universe is made up of vibrations, and amongst these vibrations Suggestions are the most powerful vibrations on our planet. We are living in a world of Suggestions, right from conception through infancy, childhood, youth, adult life and old age our life is nothing but what is molded by Suggestions which bombard us throughout our life.

Saint German has aptly defined Suggestion as “the temporary implanting of the will of one person on the brain of another by a purely mental process”. He further states to make his point “A servant executing an order is acting under Suggestion; he obeys his desire to earn his wages. A man in love, complying with the wishes of his sweetheart submits to a will foreign to his own. A professor teaching and repeating every day the same precepts to his pupils, imposes his will upon them. A father reproving his son for some error, strives to instill his own principles to obtain better conduct, a mother who coaxes her child tries by her caresses to attain the same result, a wife who by her numberless means of persuasion, manages her husband, implants her will in him.

The orator, who captivates his audience, acts in the same way. Everything is but Suggestion in this world, at least in the old fashioned acceptance of the word. No sleep is required for this kind of Suggestion”.

It are these Suggestions which ultimately shape our Karma, one is therefore advised to be careful what kinds of suggestions he offers. We have to take extreme care in dealing with infants and children because we have to realize that we are molding their minds.

Suggestions in most of the cases is the imposition of will, one has to be careful in this regard. The power of Suggestion is marvelous, and miracles can be achieved through it. A whole new world will open up if we understand the power of Suggestions and how to implement them correctly.

Samadhi through Self Hypnosis

The most advanced stage in self-hypnosis, is what is called in Hindu Spiritualism as the state of Samadhi. This state is extremely rare and difficult for common man to achieve, but not impossible to achieve. In the highest stages of Self Hypnosis the subject can project his consciousness anywhere he desires, even out of the atmosphere of the earth at any time he desires. This is called the transcendental state of consciousness or super-consciousness, in such a state the barriers which rule us those of time and space cease to exist and become the unknown. In such a state the physical

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body remains in a inert state, but the etheric or astral body springs into action .This etheric or astral body becomes the vehicle of the subject, and can travel anywhere in time and space.

This highest state of hypnotic trance though it might seem difficult can be achieved by the dedicated student of self-hypnosis, and also through the practice of **Meditation of Silence**. The consciousness can be directed at first to do astral travel, and then later on after some experience has been achieved, this transference of consciousness may be directed to travel into the past and the future. In such states one can describe what has happened, what is happening and what will happen. In this state one can see clairvoyantly and hear clairaudiently.

In this highest state of self-hypnosis or Samadhi one acquires extra sensory perception, and may even acquire certain unknown supernatural powers. In such a state the normal senses become heightened, and one experiences the feeling that he is the consciousness, this is the state where there is no difference between the material and the immaterial and everything becomes one and merges with ones consciousness, this state has been described by great Yogis "as I am you are me" which signifies that the state of Duality has disappeared.

The Three Forces of God

The entire universe of which we individually and collectively along with everything else are a part of which is popularly called god is governed by three forces -Creative, Protective and Destructive, also called Bramha, Vishnu, Mahesh.

These are the three forces which are present everywhere and in everything in the entire universe and everything contained in it is but a play of these three forces, everything is controlled by these three forces. There is nothing else but these three present in everything in creation. The sum total of these three forces is called god.

Now if we look at ourselves we can clearly see the play of these forces and how they govern our lives, one may be in a creative frame of mind one day and create something new like a painting or a house or anything else, then on day one might be in an protective frame of mind to protect what one believes to be his rightful property or his birthright, then one day one might be in a destructive frame of mind to punish those whom he believes have harmed him in any way or taken away what he believes to be rightfully his.

These three roles are interchanged in every ones lives daily, you just have to look at your mood at any given moment to know what mode you are in that particular moment. If you look around you carefully you will observe people with varying degrees of predominance of one particular force over the other.

Now look further at societies and countries and you will find entire societies or countries with the predominance of one of the three forces of nature, there are countries which are engaged in creative pursuits like inventions in medicine or computers or any other pursuit for the betterment of mankind, then there are other countries which are engaged in protective pursuits to protect their territory or their rights and those countries which are forever engaged in destructive pursuits to gain more territory or power. Here i must add that these countries also use the other two less dominant forces in

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pursuit of their goals which may be Creative, Protective or Destructive but the predominance of one particular trait is always there.

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

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

The three aspects of god keep the balance in the universe, they are interlinked and when there is imbalance 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 how 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.**

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

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

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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.

Meditation of Silence

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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.

Does Hypnotherapy work for everyone?

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It's important to remember that everyone has his or her own unique experience of hypnosis & Hypnotherapy. What one person feels may be entirely different from the next. Many people shy away from the use of Hypnotherapy because they don't understand how or why it works, or fear they cannot be hypnotized. **How ever acceptance and implementation of the given instructions is very necessary to get benefited.**

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

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

How safe is Hypnotherapy? Should I be worried?

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

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

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

Will Hypnotherapy make me act strangely?

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

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

What Types of Changes Can I Make Using Hypnotherapy?

You can change the way you think about yourself and even change your physical health and appearance through directed hypnotic methods. Have more confidence, lose weight, or stop smoking after just 3 weeks of daily Hypnotherapy. You can boost your immune system and have more muscle mass and better looking skin.

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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.**

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

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

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

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

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

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

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

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

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

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

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

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

Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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

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

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

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

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

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

Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

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

In which languages can I get my Hypnotherapy audio sessions

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

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

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

The Myths of Hypnotherapy

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I have heard some very religious people talk of hypnosis/Hypnotherapy as the ‘devils work’. Remember that anything can be used positively and negatively. It’s not the hypnosis that might be at

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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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Boost your emotional intelligence and enhance your relationships

Update your brain with new patterns of behavior with this hypnosis audio

You've got a fantastic education and a long string of qualifications - what will set you above others with equally impressive resumes? High emotional intelligence or 'EQ' is what will differentiate you from your peers. No matter how academically smart you are, if you don't understand yourself and can't relate well to others, you will struggle until your EQ catches up with your IQ.

5 core elements of Emotional Intelligence

- self awareness - understanding your own emotions, your strengths and improvement opportunities, your values and how you impact on others
- self-regulation - being able to manage your own emotional states and adapt to changing environments
- social skill - working well with others
- empathy - considering other people's feelings and the impact of decisions on them
- motivation - being able to push yourself towards achieving harder or new goals

To boost your own emotional intelligence, all you need to do is download this hypnosis audio and pop on your headphones at your computer, or plug into your CD or mp3 player. You will listen to a short introduction to expand your thinking about emotional intelligence, and then experience a relaxing hypnosis session that will lay down new patterns of behaviour that will lift your EQ over time.

The *Emotional Intelligence Hypnotherapy audio session* will prepare your mind and body to:

- get control over unhelpful emotional responses
- recognise others' emotional states to improve relationships
- understand your own emotional states in order to gain more influence over them

Buy **Emotional Intelligence Hypnotherapy audio session** now and begin to enjoy better relationships with yourself and others with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Accept things as they are – and take the first step to real change

Hypnosis can help you come to terms with what can't be changed

Can you accept things unemotionally without constantly kicking against reality?

Do you cling to a rose-tinted view of life, or constantly wish things were different?

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Life can sometimes seem like a constant stream of disappointments and knockbacks, and there's no doubt about it, none of us like it when we don't get what we want or hope for. When you suffer a loss or a setback, whatever its nature and whether it's over a small matter or a critical matter, it's natural to be distressed or angry, it's natural to grieve over what has been lost. For a time.

But what you do *next* is absolutely crucial.

What happens when you can't accept things

It's tempting to argue with fate, for instance. "How can this have happened to me?" "This should never have happened!" "I won't have it!" Sometimes, of course, our rebellion can pay off, and we can get things changed, fuelled by our anger and sense of injustice. But things happen that aren't affected by our protests, even if they are 'unfair'. And in that case, railing against the skies, however 'right' it feels, can only fuel bitterness and despair.

And that's not all. Constantly focusing on how harshly fate has treated you locks you into a 'victim' mindset, making you blind to good things in life, and blind to new opportunities for positive developments that come your way.

Rose-tinted spectacles hinder you from accepting things

Another temptation is to cling to a rose-tinted view. "Things aren't nearly as bad as they seem!" One can argue that this is a positive and encouraging attitude, and surely better than saying "Things are much worse than they seem!" but the fact is that both rose-tinted and blue-tinted spectacles are deceptive. They both lead you to make important decisions based on information which is *wrong*. And that can have disastrous consequences.

Clearly, finding a middle path, where you can look the facts squarely in the face and deal with reality as it actually is, is going to serve you better in the long run. But how do you go about changing what may be a long-established and deeply-rooted way of responding to life's difficulties?

How hypnosis can help you learn to come to terms with reality

Accept things as they are is an audio hypnosis session created by psychologists that uses the power of your unconscious mind to bring about beneficial changes in how you think and behave.

Taking time out to relax deeply and listen regularly to the powerful hypnotic suggestions incorporated in this download will allow you to

- find an inner core of untroubled calm within yourself
- update your instinctive responses to the events of life
- significantly enhance your ability to find creative solutions
- let go of anything that's holding you back

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- take control of your imagination and make it work for your good
- discover how much more enjoyable life can be

Download *Accept things as they are* - and find out how much things can change.

Get back control over anger

A 'big picture' hypnosis download to improve your anger management skills

Effective anger management is one of the most important emotional skills you can learn.

It is quite apparent how anger can damage relationships, and that is bad enough. But anger has also been shown to be terribly damaging to the heart, especially in men.

When you become angry, the pumping efficiency of the heart drops, often seriously, leading to arterial damage, making anger management one of the most important emotional skills.

Understanding trance is the key to anger management

Hypnosis for anger management is so effective because it works on the 'same level' as anger.

When you are extremely angry, you are in an emotional trance state, where the validity of other peoples' opinions no longer applies. Just like in a dream, you are able to hold bizarre opinions which afterwards, can seem stupid even to you!

But during the anger trance, you believe fully in the anger's view of things.

To get control over anger, you have to break this trance before it gets a chance to get going.

Anger Management will help you break out of the anger trance, stop it ruining your relationships, and damaging your health.

You will gain the flexibility to remain calm and objective in the sort of situations that would have made you angry, and enable yourself to create mutually beneficial outcomes.

Click on the button below to download the *Anger Management* hypnosis session now and regain control of yourself

How to be kinder to others - and to yourself

A relaxing hypnosis audio to help soften your sharp edges

Do you find the world a generally harsh and judgmental place?

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Are you a victim of your own tough stance?

Criticism, blame, intolerance, impatience, generalizing, ignorance and negativity are not the character traits of a kind, nurturing society, yet we all show these traits to some extent.

When you're on the receiving end you know exactly how *unfair* and how *unkind* the judgments other people make about you can be. They just don't know the full story, do they? They jump to conclusions, they assume things, they generalize about you from some trivial detail. And they often go for the most negative interpretation possible.

It hurts. And sometimes we treat ourselves just as harshly.

Jump to slow conclusions and be more kind to yourself and others.

But of course this is a two-way street. You too may be a bit prone to rush to judgment about others, to make harsh comments about people's actions, or way of life, to react with anger and rejection when you really don't know the full story. And while you can't make other people be nicer to you or to each other, you certainly can do something about how kind you are yourself.

Hypnosis can help you develop a true spirit of kindness

Be kinder is an audio hypnosis session developed by psychologists that will help you tap into the deep well of kindness and compassion that is your true heritage as a human person.

As you relax and listen repeated to your download, you'll notice a subtle yet powerful transformation taking place. You'll find that

- you develop a deeper awareness and appreciation of all that's good in life
- your relationship with yourself begins to soften and become gentler
- you become more sensitive to the complex history that lies behind each person who crosses your path
- you reach out more to others, respectfully and sensitively
- you feel more at peace with yourself and the world

Download *Be kinder* and nurture your own spirit.

Overcome birthday blues - you've got plenty to celebrate!

Looking forward to your birthday (not)? Wish you could abolish birthdays? Why do we celebrate birthdays anyway? You can see why we might celebrate a *birth*, and that tradition is ancient and universal, but why celebrate the *anniversary* of the event, every year, year after year? In western societies it's virtually obligatory - people think you're a bit weird if you don't treat your birthday as a special occasion.

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Are birthdays only for children?

The origins of birthday celebration are lost in the mist of time and anyway make little difference to the issue at hand. We live in a culture where we expect and are expected to make much of our birthdays, and most of us do, without thinking about it very much. As children, we mostly look forward eagerly to our birthdays, anticipating surprises and presents and parties. But things start to get complicated as we get older.

Growing up changes how we see birthdays

As time goes on, we start to accumulate different associations to the idea of reaching certain age milestones. There are the legal milestones, for instance - the age at which society *permits* you to drink, or drive, or vote, or marry. There are developmental milestones, like puberty, less clearly tied to a specific birthday. We also gradually become aware that the more birthdays we've had, the fewer remain. We are getting older.

Personal experiences strongly influence birthday feelings

On top of these factors, there is the lived experience we have had of actual birthdays. We remember how we were treated. We remember if we were happy or sad. Birthdays which fell in times of grief can end up being associated almost exclusively with that loss. And when we look at the totality our lives, with all the challenges and difficulties we face, we may sometimes wonder what there is to celebrate, exactly?

Your birthday - what it really means

But your birthday is not a calculator that you use to measure out your life and see how far you've got, or what you've got left. Your birthday is an opportunity to remember that being alive is a prerequisite for doing *anything*, feeling *anything*, celebrating *anything*. Your life is the ultimate unsolicited 'gift'. You didn't *ask* for it. You didn't *earn* it. Some gifts are hard to accept, and life too can be hard to accept sometimes!

So, whatever you feel about your birthday right now, and whatever is happening in your life, your birthday can be a powerful reminder that, in fact, each and every day is a 'gift' you haven't asked for, and haven't earned, but you have it in your hands to make what you will of it.

And what *will* you make of your birthday, when it comes? What would it be like to let go of the blues and really celebrate the wonder of being alive?

Using hypnosis to overcome birthday blues and really celebrate

Overcome birthday blues is an audio hypnosis session that will take you into a different realm of being to discover the real truths and treasures of celebrating a birthday.

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Overcome birthday blues accesses the unconscious levels of your mind to allow you to create new understandings and new associations that will transform your feelings about having another birthday - and get you really looking forward to marking the occasion in the way that's right for you.

Download *Overcome birthday blues* and discover what you really have to celebrate.

Control your emotions so you can trust them to help you

An hypnosis audio to calm your emotional brain and differentiate real and perceived threats.

Have you ever got really worked up about something and then done or said something that you later bitterly regretted? Did you wonder what came over you? Or why you couldn't control your emotions? Have you noticed that this sort of situation is more likely to occur with certain kinds of emotions, such as anger, or jealousy? Have you begun to worry about how often it happens?

Understanding emotions and emotional control

Everybody has emotions. Emotions are chemical signals fired off by your nervous system in response to what's going on around you. They let you know how you feel about things - happy, angry, sad, excited, jealous. Whatever it is. And they don't lie. These instant, instinctive responses of your body to the world are always truthful. But not always right!

The evolution and purpose of emotions - keeping you safe

Why have we evolved emotional responses? Well, the flow of these chemicals through your body, triggered by events and situations around you, gets you *doing something*. You'll notice that the word 'emotion' contains the word 'motion', that is, *movement*. Emotions are there to induce *action*.

Basic survival depends on being able to recognise and respond to a threat. If our lives are threatened, we need to fight, or run away. This is our most fundamental emotional response - our 'fight or flight' mechanism. It sends a rush of adrenaline around the body, raises your heart rate, stops your digestion, makes your palms sweat. It's quite uncomfortable, but very effective - in the right circumstances.

Too much emotion overwhelms your judgement

Emotional arousal, in pursuit of its goal of getting you into action, also has an apparently counter-productive effect. If the level of arousal goes beyond a certain point, you literally can't think straight. The neo-cortex (basically, the part of your brain responsible for rational thinking),

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is a relatively new development in human evolution. The amygdale, which is the driver of emotional responses, is much 'older'.

In a crisis situation, when the amygdale identifies a 'threat' and triggers an emotional response, it will cut off the neo-cortex and operate at a purely emotional level. In this state, you will see everything in very black-and-white, all-or-nothing terms. You will be absolutely certain of the 'rightness' of your position, and nobody attempting to 'reason' with you will get anywhere. Sound familiar?

Why the neo-cortex gets sidelined by emotion

At first sight, it's a puzzle why our inbuilt defence mechanism shuts down thinking capacity in a crisis. Surely this is when we need it most? But in the primitive life or death situations in which this mechanism evolved, 'thinking about things' would not be very useful. Snap decisions and instant action are what is called for.

So if the amygdale senses a threat to *life*, it shuts down all other processes (appetite, digestion, sex drive, immune system - and thinking) and focuses on immediate survival.

Primitive emotional responses don't match the times

And now you're wondering what's the matter with your amygdale. Nobody is threatening your *life*, are they? (I hope!) The good news is that your amygdale is functioning just as it should. But the *world* in which it is functioning is now very different. There may not be a sabre-toothed tiger waiting to pounce on you, but if your boss is about to haul you over the coals, you may *feel* just like your ancestor suddenly seeing the tiger.

What's happening is that your amygdale is responding to the sense of *threat*. It's a primitive mechanism, and can't distinguish one type of threat from another. It's just threat. To distinguish between threats, and respond appropriately, you need your neo-cortex, with its reasoning powers.

But how do you prevent your neo-cortex from being put out of action by emotion?

How to put your neo-cortex in control of your emotions

Emotions are a very valuable part of being human, and enrich our lives immensely. Without them, we would be dull robots indeed. But they can run away with us unless we learn to keep them in check. A happy balance between reason and emotion can be struck by learning how to calm down emotional arousal. This allows you to have your feelings and still be able to think clearly.

Using hypnosis to create a new 'template' for controlling emotion

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Hypnotic relaxation is your fastest route to calming down all kinds of emotional arousal. *Control your emotions* will allow you to experience and master the art of deep relaxation - which will *automatically* reduce arousal.

Control your emotions gives you the tools you need to become the 'master of your ship' - able to access all the drive and energy you need to take action, but also able to determine just what action is *really* appropriate calmly and objectively. You will build up a new instinctive template for response to crisis and challenge which makes the best use of your emotional responses.

Download *Control your emotions* and take charge.

Dealing with Guilt and Shame

Ease away feelings of guilt and shame using hypnosis to help you take a new view

Excessive guilt is a terrible burden to bear, stopping you from forgiving yourself and ties you to the past, making the future frightening and uncertain. No-one would say that a little guilt, or rather conscience, is a bad thing, but when guilt takes over it can make life incredibly hard.

Guilt is trained in, so it can be trained 'out'

Guilt is most often a learned pattern from when you were younger, and can interfere with the development of emotional intelligence, leaving the person less able to determine where the limits of their responsibility lie. That is why dealing with guilt can be so difficult.

It also makes you less able to distinguish between guilt or shame, and regret, which is a crucial difference. Regret allows you to learn and move on; guilt just holds you in the past.

The *Dealing with Guilt* download will help make the process of guilt clearer to you so you can refuse to be controlled by it.

'Dealing with Guilt' will help you...

- Determine more accurately what is within your responsibility and how to deliberately choose to let things go
- Stop going over and over things in your mind.
- It will enable you to avoid being manipulated by those who use guilt on you (although people sometimes don't even know they are doing it)
- it will improve your relationship with yourself as you establish your own standards and live up to them, instead of other peoples'

Download *Dealing with Guilt* now and enjoy more and more freedom from excessive guilt...

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Don't be embarrassed

Learn how to replace embarrassment with calm and comfort in situations that have been previously difficult

Most of us have been embarrassed at some time or another. That sickening feeling of awkwardness and self consciousness can trip you up and make what should be good times difficult; even traumatic. Blushing, stammering and that horrible over awareness of your every movement all merge to make embarrassment extremely uncomfortable.

Embarrassment stops you being able to think and prevents you acting naturally, with the over-riding feeling that the attention is all on you. Being embarrassed easily and often can prevent us forming close ties and friendships and regular embarrassment can also get in the way of job and career satisfaction.

The feeling that we are no good and what we have to say isn't worth saying. Where you're embarrassed you feel clumsy and foolish, caring too much what others think and imagine that they must be judging you harshly.

We need to be aware of how we come across..... but not as much as you think

Of course we are all social creatures and it is good to be aware of how we come across *sometimes* and to *some* extent.

Constant embarrassment stops you from truly living, putting your views across and acting spontaneously. But embarrassment has to be specifically linked to *specific* types of situations. For example, there will be some people you are more embarrassed with than others - you could tell your friends about your embarrassing incident without shame, but

During this session we are going to start the process of replacing embarrassment in specific situations with calm and comfort. This will mean you get to be able to think clearly again and act naturally in those times.

Just think when you feel unembarrassed and relaxed you're whole life will expand and be enriched.

Download *Don't Be Embarrassed* now and start truly living.

Overcome envy and free yourself to be happier

"Envy is the art of counting the other fellow's blessings instead of your own." Harold Coffin

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Envy hurts - and it hurts you. Although envy is directed at others it turns around and damages the sufferer. To live with bitterness toward others just because they possess what you think you want is a travesty of what it means to be human.

We are happier when we can be pleased for others while counting our own blessings. Appreciating what we have, rather than lamenting what we don't leads to a much more pleasant life.

Envy is a type of greed

No matter what you achieve in life, there will always be someone to envy. No matter how rich, good looking, intelligent or lucky you are there is always someone who may seem to have a bit more.

Really envy is a very targeted specific type of greed. Two people can envy each other simultaneously for different things!

Get better, not bitter

You can be ambitious and driven to succeed without being envious and resentful of others. Because no matter how much someone seems to have in life we are all of us temporary. Money, possessions, talents, looks and youth are only on temporary loan and life is too short to look at what others have to the detriment of your own well being.

The grass is always greener on the other side and someone else's life can always *seem* better. If you feel insecure a lot of the time then other people may seem to have a better deal than you. But rather than wasting energy in resentment, those without envy use their spare focus to play what ever hand they have been dealt to the best of their ability. Playing a poor hand well can only happen when stop wishing and start acting to improve our own lives.

Avoid envy caused by brain washing

We are conditioned to want certain things through the media and peer pressure but to really direct your own path in life you need to decide what it is you as a unique person, really want. You may decide it's very different from what you have been led to believe or what you envy in others.

Envy is about separation

When we envy others we work against them rather than feeling connected to people around us. Your success should enrich and improve the lives of other people. When we feel we want to improve the lives of communities and groups rather than just being out for ourselves these feelings of separation diminish. Your friend's success becomes your success and vice versa.

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The best person to envy is the person without envy because they have something really worthwhile. But rather than envy them we can emulate them and learn how to relax more when relating other people to ourselves.

Download *Overcoming Envy* now and enjoy the hypnosis whilst learning a valuable life long attitude.

How do you feel? - Expressing your emotions, your way

It's strange that, in a highly publicly emotional age, so many people find it difficult to express emotion. We are surrounded by images of people being emotional. Every news item includes an excited journalist asking someone who's just come through some trauma or triumph, 'How does it feel?' So why do so many people struggle with emotional expression? How can you learn to express emotion freely and appropriately?

Representations of emotion are confusing and misleading

There's a curious gap between the emotions displayed on TV and on public occasions and the private emotions of individuals. When you look at emotional expression in the media, whether it's the news or a drama or a sitcom, you could be forgiven for thinking that emotions are rather extreme things. Everybody seems to be going over the top! What have these melodramatics got to do with what *you* feel every day?

Are other people leading a more emotionally rich life than you?

Of course, you have to bear in mind that representations you commonly see in the media tend to focus on the unusual, the out of the ordinary. The 'ordinary', by definition, isn't 'news'. Nor is it 'drama'. Ordinary, everyday emotions, like ordinary, everyday life, rarely feature. This has the odd effect of creating the impression that 'other people' are leading much more dramatic and interesting lives than we are ourselves.

Learning the wrong lessons about emotional expression

And it creates the impression that other people are much better at expressing their emotions. And much more demonstrative overall. This can leave you feeling ill at ease about your own emotions, and even less likely to express what you feel. If, on top of that, your upbringing downplayed emotions, or taught you that certain emotions are 'bad', it is not surprising that emotional expression can seem like a minefield.

Best avoided.

The high cost of not being able to express your emotions

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But there is a high cost to emotional shutdown. You have to pretend, to yourself and others, that you don't feel things. Or that you feel something other than what you really feel. You can reach a stage where you are no longer sure *what* you really feel. Constant pretence and denial leads to a lack of authenticity - not being 'real'. It can feel as if nobody knows the real 'you'. That's very lonely. And it can make life very flat and dull.

What happens when you learn to express yourself more freely

Conversely, when you break out of these confines and rediscover how to feel what you feel and show what you feel in appropriate ways, life suddenly gets a lot more interesting! When you start to openly express positive emotions like joy, fascination, love, humor, enthusiasm, etc, you become instantly more appealing and attractive to other people.

It's not just about positive emotions, either. Everybody experiences negative emotions like anger or jealousy or boredom too. There is nothing 'bad' about these feelings, in themselves. They are just your response to certain situations. When you can handle them appropriately, and acknowledge them in constructive ways, your life becomes rounder, fuller, more mature. Your self-respect and self-understanding grow.

But where do you start?

Using your unconscious mind to acquire emotional freedom

Express your emotions is an audio hypnosis session which utilizes the innate capacities of your unconscious mind to bring about beneficial changes in your life. It will take you into a profound state of relaxation - the state in which we learn best - and help you begin to explore your real potential for emotional expression.

The powerful hypnotic suggestions you will hear in *Express your emotions* will make it easy for you to absorb and integrate new patterns of behavior in ways which are appropriate to your specific situation. You will find that you feel more and more at ease with yourself - and therefore relaxed about expressing what you feel when it's right to do so.

Download *Express your emotions* and discover a whole new world of feeling.

Express Your Love

Hypnosis can help free you to say how you feel more eloquently

Do you hesitate to come out and express your love to the people who matter to you?

Do you tell yourself that 'they know', or do you perhaps feel embarrassed and exposed?

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It can sometimes feel hard to say "I love you", even when you do. We're funny creatures, we human beings. We all want to love, and be loved. There's nothing better than feeling that you matter deeply to someone, and that they matter to you. But we can get pretty hung up on exactly how we go about letting our loved ones actually *know* how we feel about them!

Of course, there's many different ways to show love. The way you pay attention to someone, or look out for what's important to them. The way you contribute to their well-being through what you do. And these subtle and concrete ways of caring for someone are the very bedrock of a good relationship. But... but... there's something very special about hearing the words. And getting the occasional surprise reminder!

Why it's sometimes hard to express your love

There are lots of reasons why people can find it difficult to express their deepest feelings. If you grew up in a family that didn't go in for displays of physical affection, for instance, you might find that 'love gestures' feel a bit alien to you. Or if you got teased or ridiculed for your feelings in the past, you might be wary of letting them show. Or you could just have got so 'used' to your relationship that it doesn't seem necessary any more.

Whatever the reason, it's possible to become more expressive about your love for someone, and the rewards will certainly justify your efforts.

If you're not in the habit of saying how you feel, it can feel hard to imagine yourself doing it. But there is a powerful and simple way to help yourself.

Hypnosis can help you relax with sharing your feelings

Express your love is an audio hypnosis session created by psychologists that will quickly help to free you up so that you can tell the one you love how much they mean to you in the way that works best for you.

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

- reconnect deeply with your feelings for the ones you love
- become more aware of how important they are to you
- feel less concerned about yourself and focus more on them
- relax more and more with the idea of sharing your feelings
- become more creative and inventive with ways to show you care

Download *Express your love* and make sure your loved ones know they are loved.

Beat the Everyday Blues

Hypnotherapy and emotional intelligence by Dr. Manish Patil

A hypnosis audio to gently let go of pervasive worry and relax into better everyday mood

We all feel down or 'blue' sometimes, and is perfectly normal. Maybe you've had a fantastic holiday and the hum-drum of everyday life is a stark contrast to sipping cocktails on a verandah whilst watching the sun-set. Or maybe you're particularly tired after a period of caring for others whilst you are not in 100% health.

The every day blues happens to just about every one once in a while. It might hit you, seemingly from no where and you feel a bit down, or perhaps it's the weather or time of year. No matter why you sometimes get the blues it would be useful to learn how to get out of it quickly.

The blues is not depression.

We are not talking about clinical depression where you feel hopeless and downcast for weeks on end but just feeling down maybe a bit more than you'd like once in a while. If you feel terrible much of the time then you may be depressed and need to talk to someone who can advise you how to get the best possible help. If you think you might be depressed then you could look at our Depression Treatment Program for a full depression recovery program.

When you're feeling blue, you might beat yourself up for 'no reason' and have negative thoughts telling yourself you're no good or have failed in some way or that 'nothing ever works out or will work out!'

A way out of the blues

Feeling low is often a result of too much worry. Worry is actually energy consuming and when you have worried too much you can actually wear yourself down from it which is the 'down' feeling of the blues.

When you're down it's good to have a strategy rather than just putting up with it. This download can help you form a strategy to get you out quickly and change your mood again to one of being more up beat and optimistic.

Download *Beat the Everyday Blues* now and relax while you learn how to let go of exhausting worries and niggles.

Forgiveness: let hypnosis help you forgive today

Learning to forgive can feel like one of life's harder lessons. So many seemingly-logical objections arise such as "why should I, after what they did to me?"

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However, long lasting bitterness, resentment and hate is so damaging, not only to your enjoyment of life, but to your health. Bitterness chews you up inside and spoils your time on this Earth.

Forgiving someone doesn't mean tolerating or excusing the bad that was done. But the shock, even horror of what happened needs to register only *for a while*. After that you need to move on from it for your own peace of mind.

Don't let resentment color all of life

The worst kind of bitterness is when a person is treated badly by one person but then starts to resent *all* people. This kind of negative over-generalizing is called 'globalizing' and you need to be aware that you don't start to unfairly 'tar everyone with the same brush'.

And as for thoughts of revenge there is a wonderful old saying: '*Do unto others what is worthy of you, not what is worthy of them*'. This encourages us to treat people in accordance with our own values and character regardless of what they have done.

Imagine when you can think about the events in question and feel calm and even indifferent. What a relief! How much more space you'll have in your mind and life. When you truly forgive and move on you can put the past behind you and get on with life.

Download '*Forgive and move on*' and feel better now.

Improve your mood instantly and effortlessly

Relax deeply and quickly and cast off black moods

Whether you're grumpy, annoyed or feeling low, trying to make yourself feel better (in the wrong way) can be counter-productive. Many people try to improve their mood by striving to figure out why they feel bad. This is a dead-end strategy, as are many other common approaches.

Relax deeply and gain perspective on what's making you feel bad

The *Improve your mood* download will first relax you deeply, then move your mind and body into a different state, where your emotions and hormonal balance will help you feel better.

It will enable your unconscious mind to bring forth a new, more relaxed, more upbeat emotion. You will enjoy deep, peaceful relaxation, and experience the old mood drifting away from you. You will get a refreshing break, and gain perspective on whatever was making you feel bad.

It is well known that laughter releases endorphins in the brain, nature's 'feel good' chemicals. The power of hypnosis will help you feel so much better, so quickly. Plus, you will learn practical information about what does and doesn't work to improve your mood.

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To feel better now, download *Improve your mood* below and begin the day again!

Improve your impulse control today

Develop the powerful ability to control your own impulses with this hypnosis audio

You may have noticed that lack of impulse control can get you into all sorts of trouble. Generally speaking, the more problems you have controlling your impulses the more difficult and complicated your life becomes.

Our impulses tend to make us greedy, insensitive and thoughtless. Impulse is driven by emotion and the more emotional we become, the less clearly we are able to think.

A lack of impulse control can make us say things we regret, be addictive, go for short term 'advantage' despite long term losses and eventually wreck your life and that of people around you.

There is often a little voice at the back of your mind that tries to tell you that maybe it's not such a great idea to binge on that cream cake, pursue that married person, swear at the boss or whatever, but the emotional impulse swamps straight clear thinking.

There are enough forty year old children around. To truly develop we need to gain effective impulse control.

Self mastery though impulse control

Every living thing has certain needs and we are born with the resources to meet those needs. Amongst other things, we have needs for food, sex, rest and drink.

The front top part of your brain (the prefrontal lobes) are responsible for impulse control and seeing possible consequences to immediate actions. This part of the brain isn't properly 'wired' until the age of around twenty which partly explains why teenagers are so often impulsive with little thought to consequences.

What marks us humans out from animals is a part of the brain called the neo-cortex. If we don't use this as a guide to our decision making processes at least some of the time then we are not using what nature has given us - we are not *meant* to be purely impulse driven creatures.

Developing the ability to delay gratification enables you to mature as a human being and lead a more productive and happier life.

So impulse control is really about self mastery. If you are always at the beck and call of emotionally charged impulses then you are like a ship in a storm with no one at the helm.

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This session will encourage help you to find it much easier to control your impulses.

Download *Impulse Control* now because sometimes it's good to follow an impulse

Stop being irritable and rediscover how to enjoy life

Do you sometimes feel driven to the brink of murder by your irritation with the trivial annoyances of daily life? You are not alone.

Victor Meldrew, the main character in British television comedy series *One Foot in the Grave* has a place in the British psyche on a par with that held by, say, Homer Simpson in the US. He is the original 'Mr Grumpy'. Made redundant when his job was 'automated', Victor, along with his long-suffering wife Margaret, is determined to enjoy life.

Getting in a rage over nothing

But everything conspires against him. The smallest molehills of suburban annoyance grow into insuperable mountains of frustration and send him into paroxysms of helpless rage. Of course, he is played for laughs - and brilliantly so. But there is a real edge to this comedy, because we have all been there. We all know what it is like to find ourselves in a rage over something that, on the face of it, isn't worth getting excited about.

In a classic episode, Victor and Margaret and a kindly but very tedious friend are stuck in a traffic jam. The entire episode takes place in their stationary vehicle - making it a sort of microscope through which every tiny niggle of frustration and irritation is mercilessly magnified a thousandfold. We might fall off our chairs laughing, but we cannot fail to recognise what Victor's real trouble is. And it is no laughing matter.

The real roots of your irritation

The fact is that high levels of irritability, losing one's temper over every small thing, is not a problem but a symptom. Victor doesn't need anger management classes - although he might get some real benefit from learning how to relax more. Victor's real problem is that there are gaping voids in his life. These are obvious to the audience, but Victor himself is blind to them. He just thinks the world is against him - and gets in a rage.

Why you can't cope with small annoyances and frustrations

His reaction is a common one - you may recognize it in yourself. If you find yourself getting unreasonably angry on a frequent basis over ostensibly little things, you might find it useful to ask yourself *why* you have so little 'spare capacity' to enable you to brush off annoyances. Could it be a signal that your energies are being drained, like Victor's, to block unmet needs? If so, what are those needs?

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How can you go about uncovering what lies beneath your irritability?

How to overcome irritability and raise your tolerance levels

Stop being irritable is a highly focused audio hypnosis session which you can safely use at home. It is a two-pronged process for addressing the physical impact of high irritability (like hypertension, poor sleep, compromised immune system) *and* the underlying causes.

When you listen to *Stop being irritable*, you will naturally find yourself unwinding and relaxing - thus reducing the tension brought on by irritability. At the same time you will learn to use your own intuition to pinpoint what is at the root of your own irascibility and develop creative responses.

Download *Stop being irritable* and begin to enjoy a new inner peace.

Overcoming Excessive Jealousy

No-one who has experienced extreme jealousy needs to be told what it can do to a relationship.

Whether you are the jealous partner, or are on the receiving end, jealousy can devastate a relationship.

And although if you are very jealous, you know what you are doing is wrong, it is often impossible to stop.

The power of your imagination

All jealousy is caused by an over-active and misused imagination. Creating scenarios in your mind of what your partner is thinking or doing is the perfect way to torture yourself. Yet however horrible it feels, it can be almost compulsive - it can feel impossible to keep the jealous thoughts from your mind.

Using hypnosis, jealousy can be seen for what it really is. Hypnotherapy for jealousy will enable you to escape from the clutches of this relationship-wrecking parasite.

'Dealing with Jealousy' will help you get control back over the workings of your imagination so it stops feeding you images of the worst happening. Your partner will be astounded, (and probably overjoyed!) at the new relaxed, realistic you.

Download *'Dealing with Jealousy'* now and experience immediate relief from the effects of jealousy on you and your relationship...

Let go of the past and free yourself to enjoy your future

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Hypnosis can help your mind let go of the past and set you free to make the most of your life

Do you regularly get lost in sad or bitter thoughts about past events in your life?

Does it often seem like it's not worth trying because it will only all 'turn out badly again'?

We human beings are always looking for patterns in our experience. It's how we make sense of the world. "*This* is like *that*," we notice, and then we proceed to treat '*that*' as if it was actually '*this*'. This system works pretty well for most things and has been a driver of our evolutionary success as a species. It helps us to decide more easily what course of action to take in the face of new situations and experiences.

Why is it sometimes so hard to let go of the past, even when you try?

But in individual cases you can sometimes get a problematic mismatch between '*this*' and '*that*' - as if a sort of 'system error' occurs in your mental software. This typically happens when strong emotions are involved. You will be most sharply aware of, and will most vividly remember, things about which you have strong feelings. And those patterns will therefore influence your choices more strongly than others.

So if certain troubling or sad events or situations in your life history were also highly emotional for you, they can loom rather large in your mind and make you hyper-sensitive to similar seeming patterns in the present. You make a link between things in the past and things that *feel similar* in the present - even if they are not really similar at all. As if you are 'tarring everything with the same brush'.

For example, someone who was previously in a very unhappy relationship may find themselves inexplicably getting feelings of fear or anger like those they used to have in the old relationship, even if their current relationship is good. They make a faulty link between the old and the new situation based on a learned pattern of relationship ('it sucks') which can then cause unexpected difficulties in the current relationship.

To let go of the past, you need to change how you feel about it

Of course, you can't 'unhappen' what happened in your past. So are you doomed to live with such faulty links and their undesirable consequences for ever? Are you stuck with going over and over what happened and wishing it was otherwise?

No, because, although you cannot rewrite history, you *can* change how you feel about it. And you can do this by taking the *emotional charge* out of the memories. This involves making an emotional shift inside yourself and finding a healthier, more positive perspective on those past events.

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And the easiest and most effective way to make such a change is by using hypnosis - a wonderful tool for comfortably modifying apparently 'locked in' behaviors and attitudes, one which evolution has given you alongside your 'pattern match' system. It's what you might call the 'system tools' for dealing with the 'system errors'.

Hypnosis can help you see your past in a new light

Let go of the past is an audio hypnosis session created by psychologists which will transform your battle to escape your history into a wonderfully comfortable experience of inner transformation that will bring new freedom and energy to your life.

As you use this download regularly, you will begin to notice more and more that you

- think less and less frequently about sad or painful past events
- spend more time focusing on your present and future life
- feel more detached and at ease when old memories do come to mind
- sense a great boost of energy and enthusiasm for life
- enjoy yourself more

Download *Let go of the past* and set your future free.

Stop being ashamed today and free yourself to live life to the full

Hypnosis can help you let go of shame and get ready to move on

Are you so ashamed of yourself that you worry others can see what a bad person you are?

Do unbearable feelings of shame and guilt constantly overwhelm you?

Feeling bad about your actions (what you did, or didn't, do) isn't necessarily or always 'a bad thing'. After all, we are all fallible human beings. We get things wrong. We act out of malice, or jealousy, or greed, or anger. Or sometimes out of sheer thoughtlessness. We can all too easily accidentally or deliberately hurt each other. It would actually be a bit strange if we didn't feel ashamed about such things.

The value of being ashamed

The regrets and guilt we experience over our actions serve a purpose. They get us to learn from our experience, and to strive not to repeat damaging behaviors. We're always going to be fallible, but we can improve. However, for this to work, we have to take positive action to do better, and we have to come to terms with what we did.

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If we don't do this, if shameful feelings go on for too long and are not dealt with, they become counterproductive. Instead of making us 'better people', they merely lock us in an internal prison of 'badness' from which we can't escape.

How other people can make you feel ashamed

You can get locked in this prison by other people, too. If you are constantly told by others that you are bad, that you don't deserve to exist, that you are a waste of space, that all the problems are your fault, you can literally be brainwashed into believing it's all true, and you are irredeemably rotten to the core. This can get you constantly worrying that other people can see what an awful person you are.

If you are locked in this prison of guilt and shame, even though it is invisible to others, it can seriously wreck your life. It is hard to relate naturally and constructively to other people from a position of guilt. You can't give of your best, on the one hand, and on the other, you dread having your 'awful secret' laid bare. This can lead to depression, anxiety and terrible loneliness.

It's no way to live. But how do you escape?

Hypnosis can help you escape from the chains of shame

Let go of shame is an audio hypnosis session developed by psychologists that will help you deal effectively with the fallout of guilty regret and move on with your life.

As you repeatedly relax and listen to this powerful download, you will find that you increasingly

- come to terms with the totality of your life
- understand the things that have happened to you from a new perspective
- feel differently about your role in events that you have felt bad about
- appreciate your true value as a human being
- stop seeing life in such black and white terms
- enjoy life so much more

Download *Let go of shame* and get ready to live life to the full.

Overcome greed and enjoy what you have

There is an old saying: 'Any man who lives just for himself isn't a man and isn't living.'

Greed for money, fame, respect, sex, attention, food, self importance, emotion is all the same - it's all greed. To be happy, it is vital to be able to distinguish between needs and greeds.

Greeds vs Needs

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We all have needs. For example we all need to feel safe and secure, accomplished, recognized by others, we all have needs to give and receive attention, to have a sense of status and to feel valued by and connected to others. But how much do you really need? And if you can suspend greed then you can enjoy what you have without spoiling it by always wanting more.

You can become rich without greed

You can become successful and makes lots of money and do lots of good things with that money *without* a greedy attitude or you can have very little but live, feel and think greedily.

If you are very greedy for something then fulfilling your want will not satisfy your greed. The more you get the more you want. Trying to satisfy greed is like trying to fill a pitcher of water when it has a hole in the bottom. It doesn't matter how much you pour in - you have to keep pouring.

Greed steals from you

Living too greedily stops you living life to the full because you are constantly hounded by the need to satisfy your own impulses.

Greed has become an old fashioned word but it is still a fact we can get by on a lot less of all kinds of thing than we crave.

As the great English Victorian explorer Sir Richard Francis Burton said: 'Conquer thyself, till thou has done this, thou art but a slave; for it is almost as well to be subjected to another's appetite as to thine own'.

We can become greedy not just for money or fame but attention, recognition, we can even become greedy for the buzz we get from doing good things for others. When greed lessens we can truly give in a giving spirit to life, the world and others.

And remember the old adage that 'you can't take it with you.' There is an old saying that nothing really belongs to you which you could lose in a ship wreck. In the end we all only have ourselves.

This session will help you think about things in a more balanced way because when we become less greedy every body gains.

Download *Overcome Greed* now and feel much happier with what you've got.

Overcome road rage quickly with hypnosis

Hypnotherapy and emotional intelligence by Dr. Manish Patil

WHY does road rage occur? How come the calmest of us can turn into a monster in the car? Does anger simply overcome all our better instincts, or is road rage a symptom of our hectic lifestyles?

Whatever the cause, there is only one solution: *change the way you respond to other drivers.*

You've tried thinking nice thoughts, listening to calming music, maybe even car aromatherapy! And none of it has worked.

How hypnosis works for road rage

The most accurate description of what happens in road rage is that you go into a trance state. Regardless of what you are like outside the car, as soon as you get rolling, the red mist comes down and anger takes over.

This is a hypnotic state in itself . And it has 'attached' itself to driving, so that your car acts as what we call a '*post hypnotic suggestion*'. That just means that you are conditioned to respond with anger when in your car. It's the same as hearing an old piece of music and feeling the way you did back when you first heard it.

Hypnosis is so effective for road rage because it works on the same level as the anger. Quickly and comfortably you will train your brain to respond with calmness and self-control when driving - safer for your own health and your passengers' !

Get *Overcome Road Rage* now by clicking the buttons below and look forward to calmer, more relaxing journeys...

Note: Overcoming Road Rage must NOT be listened to when driving

Let go of self-blame and learn how to forgive yourself

When you think back on actions and situations that you truly regret in your life, do you find yourself being overcome with a sense of having failed as a human being? Do you feel that, if other people were to find out what you had done, they would know that you are a really bad person, and would not want anything to do with you? These are very common feelings to suffer before you learn to forgive yourself.

In fact, the very notion of self forgiveness may seem right out of reach. You may consider what you have done to be, literally, unforgivable. And if other people could not forgive you, how can you forgive yourself? You may come to believe that you more than deserve all the suffering that comes to you as a result. That forgiving yourself would itself be unforgivable.

Sitting in judgment on yourself? Why it all seems so clear

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When you feel that things you have done were really bad (whether this is objectively true or not), your sense of identity takes a real knock. It's a fundamental human trait to want to think well of yourself, and to want to be a 'good person'. Faced with your own 'bad' behavior, you start doubting your capacity to be 'good'. You *must* be fundamentally bad. Otherwise, how could you have done that despicable thing?

You can't contemplate self-forgiveness if your brain is out of order

Although this reasoning seems very persuasive, it is actually based on false logic and emotional black-and-white thinking. It's hard to see this when you are caught up in the powerful emotions of regret and guilt. Emotional arousal sends powerful chemical signals round your brain, cutting off access to the frontal cortex (the base for rational thought), and activating the amygdale (the base for emotional responses).

Emotional arousal + rumination = negative spiral

When the amygdale is 'in charge', your emotional reactions seem 'absolutely right'. You lose your ability to see shades of gray, or understand complexities. Everything seems very simple. Bad or good. Right or wrong. Nothing in between. On top of this, if you constantly focus on the negative stimulus (your guilt), you stir up even more emotional arousal, thus reinforcing a negative spiral of self-blame.

Calming down is the very first step towards self forgiveness

Leaving aside the emotionally charged question of whether you are 'bad' or 'good', what would happen if you were to *calm down* the emotional arousal that has been stirred up by guilty feelings and regrets? What would happen if you could think calmly and clearly about things, using all your powers of rational thought? Well, you won't know unless you try it. And how are you going to do that?

Hypnosis can calm you down and give forgiveness a chance

Forgive yourself is an audio hypnosis session that you can use for two separate purposes. Firstly, you can use it to learn how to effectively calm down emotional arousal so that your brain is free to think clearly, uncluttered by emotion. Carrying long term guilt and blame is highly stressful, and just taking the time to learn how to relax deeply will benefit your mind and body in so many ways.

Secondly, relaxing and listening to *Forgive yourself* will allow you to calmly reconsider the actions and situations which rouse such painful feelings in you. You remain in control at all stages. You are the one who will decide what you will actually do. And you can relax in the knowledge that you will make your decision in a state of emotional calm.

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

Hypnotherapy and emotional intelligence by Dr. Manish Patil

The new perspectives laid before you in *Forgive yourself* will help you move on to a new stage in your life, where you can learn deeply from your past, and free yourself from unnecessary guilt and blame.

Download *Forgive yourself* and discover how you can build yourself a better, wiser, more compassionate future.

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