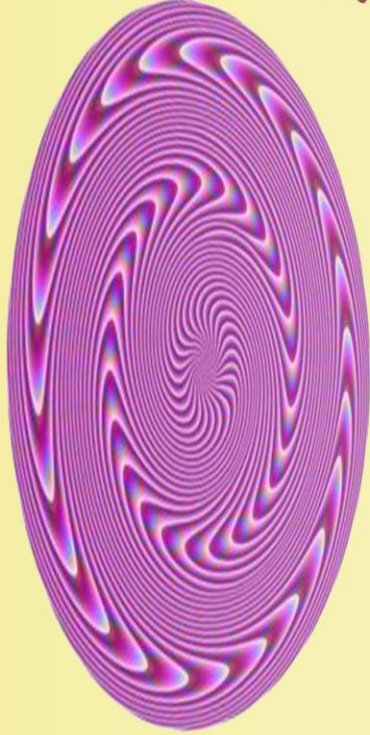


Hypnotherapy
and parenting Skills



Dr. Manish Patil

Hypnotherapy and parenting Skills
Dr. Manish Patil

Copyright © Manish Patil. All Rights Reserved forever.

This ebook is for your personal non commercial use only. You cannot distribute this ebook by yourself. If you want to distribute this ebook, you should give the url www.manish.eorg.in to your friends etc. from where they can download the ebook.

If you want resale rights (Resale the book as it is. Without any changes) of this eBook, please contact Manish Patil at manish@eorg.in priorly. You cannot change the contents of this ebook in any condition.

If you want to print its hard/paper bound copy, please contact Manish Patil at manish@eorg.in before printing.

If you are doubtful regarding anything, please confirm with Manish Patil at manish@eorg.in in advance.

Hypnotherapy is considered as an Alternative Medicine system or complimentary method of treatment in many countries. So Treatments by Hypnotherapy also should be considered as Alternative treatment. Use as per the rules of your country, state, Location etc.

Limits of Liability / Disclaimer of Warranty

The authors and publisher of this book and the accompanying materials have used their best efforts in preparing this program/e-book. The authors and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this program. They disclaim any warranties (expressed or implied), merchantability, or fitness for any particular purpose. The authors and/or publisher and/or distributors shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages. As always, the advice of a competent legal, tax, accounting or other professional should be sought. If medical advice or other professional assistance is required, the services of a competent professional should be sought. This e-book is only for educational purpose. The authors and publisher do not warrant the performance, effectiveness or applicability of any matter links or sites listed in this book. All matter and links are for information and education purposes only and are not warranted for content, accuracy results or any other implied or explicit purpose.

This manual is copyright protected and contains material protected under Indian, International and Federal Copyright Laws and Treaties. Any unauthorized copying, distribution, recompiling, selling, adding or eliminating the matter of this eBook, reprint or use of this material in part or full is prohibited and will be punishable at maximum. Strictly subject to Dhule, Maharashtra state, India jurisdiction.

Earnings Disclaimer

The earnings that you actually experience will depend on the amount of labor that you put into your efforts as well as your ability, experience, education, market trends, search engine algorithms, and many more personal and external factors. We do not guarantee or otherwise promise that you will earn any particular amount of money. That said, it is possible to make money online. Thousands of people are doing it every day, and we hope that this report can help you join those ranks!

**To see other e-books written or given by Manish Patil, visit
www.manish.eorg.in**

Hypnotherapy and parenting Skills by Dr. Manish Patil

Hypnosis

Hypnosis is an altered state of consciousness. There are arguments for and against it being a 'special' state but having hypnotized thousands of people in one to one situations I know this 'special' state exists. It is true that suggestions can be given and acted upon in normal waking consciousness but suggestions are far more effective when delivered to a person in an altered state brought on by a hypnotic induction.

People sometimes shy away from hypnosis but often this is because they misunderstand what it actually is. Much of the misunderstanding of hypnosis comes from stage shows and the way that it is portrayed in the media. Stories about hypnosis only tend to make the news if there is a problem or if it is misused.

In reality hypnosis works very simply. In a professional one to one situation hypnosis is achieved by using various techniques to guide the client in to deeper levels of relaxation. It is often a gentle progression from waking consciousness into a deep level of mental and physical relaxation, rather than a flashy click of the fingers that you might see on TV or in stage shows.

When you are in a hypnotic state you will still be aware of your surroundings even as you drift into deeper states. It can sometimes feel as though very little is happening and that you can open your eyes at any time and be wide-awake. This is because being under hypnosis doesn't feel unusual. It doesn't create a special feeling and so people often don't realize when they are under hypnosis.

Being in an altered state of consciousness or in a hypnotic trance is actually something you will experience naturally many times in your life. For example, just before you fall asleep each night and before you are fully awake in the morning you are in a trance state that everyone on the planet experiences. These morning and evening trance states are called the hypnogogic and hypnopompic states. Daydreaming is another naturally occurring trance state that is familiar to all of us and one that is similar to being in a light state of hypnosis.

When you are in a deep level of mental and physical relaxation you become receptive to suggestions and accepting suggestions is the key to using hypnosis as a therapeutic tool. A post hypnotic suggestion is a suggestion given that will be acted upon at a later time. For example if a post-hypnotic suggestion is given that "as soon as your head touches the pillow each night, you will find it easy to go into a deep relaxing sleep." When a suggestion like this is accepted by your unconscious mind the next time you go to bed and your head touches the pillow you will indeed find it easy to go to sleep.

We spend most of our time in our conscious thoughts and only sporadically tap into our unconscious mind when we daydream or get creative ideas. The only other time we spend in our unconscious thoughts is when we are sleeping, when our conscious mind has switched off. Learning to connect with your deep unconscious mind through hypnosis can help you in so many different ways to achieve goals, find your creativity, or overcome difficulties.

The treatment method where your problems are treated and cured with Hypnosis is called Hypnotherapy

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

Hypnotherapy and the Sub Conscious

If you desire something desperately, will strongly and act accordingly then even the gods cannot stop you from having what you desire. But you must keep in mind that this desperate desire should be combined with deeds. You must keep in mind that faith without desire is of little use as is desire without faith.

The way to acquire your strongest desires is through the practice of Hypnotherapy. Yes great wonders can be achieved through Hypnotherapy. When you induce hypnosis by yourself and get into a hypnotic trance without the help of a hypnotist then it can be said that you have induced **self-hypnosis**. It is said "As you think so you become". The practice of self-hypnosis is based on this principle. One must remember that self-hypnosis is a double edged sword. A man is after all a bundle of habits good and bad, it is difficult to check and change undesirable habits but Hypnotherapy makes it easy and possible. Before embarking further and getting into the practice of Hypnotherapy it is advisable to ask the following questions of yourself

- Are you determined to fight and eradicate a bad habit or to develop a good one?
- Do you have faith in hypnosis and Hypnotherapy?
- Do you know the art of hypnosis and Hypnotherapy?
- Do you possess the patience and the perseverance necessary to walk along the path of hypnosis and Hypnotherapy? If your answer to all these questions is yes then you can safely proceed.

In Hypnotherapy the most important thing is to be very clear and precise about your objectives, what you want to achieve must be directly in your sight. There should not be any indecisive about it, the objective should always be exact and specific, so that you can attack it point blank and in full force.

The next step in treatments by Hypnotherapy is the access to the sub-conscious mind. The duplicity of the mind is well known, and it forms the basis of the self and hetero-hypnosis, if the normal mind takes a suggestion, holds it fast, then the suggestion percolates to the sub-conscious, and in due course of time it is materialized. Please keep in mind that once an idea is impressed upon the sub-conscious mind, it is never forgotten or destroyed.

Our sub-conscious mind is like an abyss, hidden, fathomless and mysterious, yet it is more important than the working mind. Please keep in mind that it is not the conscious mind that activates and controls us but the sub-conscious mind. All our senses and bodily organs are in fact an extension of this subconscious mind.

The conscious mind can be compared to a telephone exchange which receives communication in form of sense impressions and impulses and then passes them on to the sub-conscious; the sub-conscious does not recognize the barriers of time and space.

The sub-conscious within us can be approached when it is in a quiet and calm state, in hypnotic state we have an easy access to the sub-conscious, because it is when the body is in a relaxed state and the senses are numbed. This is a state when the sub-conscious is ready to receive suggestions and impulses from the self or others.

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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

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

The Power of Suggestion

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

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

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

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

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

Samadhi through Self Hypnosis

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

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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

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

The Three Forces of God

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

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

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

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

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

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

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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

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

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

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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.

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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.

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

Meditation of Silence

Dear Readers after reading my posts [The truth behind meditation](#) and [Meditation-a-state-of-mind](#) many of you have asked me to give a practical technique to practice meditation, I am of the opinion that and I have stressed that before that meditation is a state of mind and it is not advisable to get into habits of any kind and to practice meditation in a way which is most comfortable to you, herein below I will explain what really is meditation and how it is advisable to practice it.

I have in my post [The Seven Chakras](#) explained in detail who the functions of the three nadis in the human body which distribute breath or pranathrought out the body -called in Sanskrit as Ida, Pingala and Shushamna and in English as the sympatic, parasympatic and central nervous systems, these three nadis are situated along the spinal cord and they run in a curved manner which is why they are called Serpent or Kundalini, these three nadis in this curved movement overlap each other and at the various fields of crossing an energy field is created which flows in an circular manner which can be compared to a wheel or a chakra hence the word chakra is used to describe these centers of energy, the frequency of these energy fields increases from the lower to the higher chakra ie. the force which is generated increases from the lower to the higher.

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

Now as we have seen how the breath or the life source or prana flows through these nadis and controls the entire human body, please keep in mind that that area of the body which is most effected requires more breath or prana hence normally the distribution of the breath is not evenly distributed throughout the body.

Keeping this in mind the only way to practice meditation is through **Silence** but first it is essential to understand what silence means, when one practices silence the breath does not get unevenly distributed and is distributed through the body and in the process flows upwards toward the **Brain** and stimulates those areas of the brain which have been neglected and have remained unused, this is what the mystics call **Siddhi**.

Now you will ask me how does one practice silence, I tell you silence cannot be practiced mechanically by method but one can practice it in a way one feels more comfortable with and how can one feel comfortable there is only way **By knowing what silence can do for you**.

Frequently Asked Questions

Why is Hypnotherapy so effective?

Positive thoughts breed positive actions which bring positive success. That's exactly how hypnotherapy works, helping install new feelings of well-being. Since hypnosis is accessing the creative unconscious part of the mind, there is much less resistance in accepting positive suggestions. Therefore the Hypnotherapy treatment can often be much more effective, and produce much quicker results, even than with those achieved by psychotherapy alone.

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

Does Hypnotherapy work for everyone?

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

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

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

How safe is Hypnotherapy? Should I be worried?

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

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

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

Will Hypnotherapy make me act strangely?

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

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

What Types of Changes Can I Make Using Hypnotherapy?

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

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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

Will Hypnotherapy totally change me as a person?

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

How do your Hypnotherapy audio sessions work?

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

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

How long are your Hypnotherapy sessions?

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

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

When will I notice the results of Hypnotherapy?

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

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

Are your Hypnotherapy sessions suitable for children?

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

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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

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

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

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

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

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

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

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

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

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

Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

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

In which languages can I get my Hypnotherapy audio sessions

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

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

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

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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.

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

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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 fault, it’s the operator. It’s whether a person is professional and ethical. There are many doctors who

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

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.

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

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Hypnotherapy and parenting Skills by Dr. Manish Patil

Parenting Skills

Parenting has got to be the most demanding as well as the most rewarding challenge most of us will ever face. But acquiring parenting skills is a pretty haphazard, trial-and-error affair. You can go for the simple approach, and do what your parents did. Or carefully avoid doing what they did. You can copy the parents in your neighborhood. But there is just no easy way to know what's best.

We understand the emotional and psychological factors that help (or hinder) your relationship with your children (and your parents). Our parenting skills Hypnotherapy Buy s won't tell you what to do. But they will help you use the awesome power of Hypnotherapy to develop the emotional calm and strength you need to face the roller coaster of raising kids. And they will help you develop the psychological understanding, flexibility and responsiveness that leads to a happier family life.

Assertive Parenting

Learn to be a calm, assertive parent

Hell hath no fury like a spoiled child.

"I want to tell him off but even when he's being horrid I just feel sorry for him and just give in!"

Or

" She is so spiteful, rude and demanding sometimes and pushes me around but I feel guilty for the fact that I spilt from her father and because of that guilt I'm weaker than I should be with her...!"

Or

"My parents were so tough and mean to me I don't want to be anything like this so I tend to let my child do as they please..."

Do any of these sound familiar? There are all common reasons we hear for not supplying tough love to children who may be crying out for direction and constructive discipline.

It may feel easier, but really it's much harder

It can feel easier to let your kids have their way when they kick up a storm...but in the long term it's much much harder.

Hypnotherapy and parenting Skills by Dr. Manish Patil

The fact is that children need clear boundaries, they need to know where they are, what they can and cannot do. When you are tough but fair, loving *and* strong then your child feels more secure, learns to respect themselves and others and has a chance to develop self discipline.

So what has stopped you parenting assertively?

Maybe you feel guilty and seek to assuage this guilt by giving in too often to your child. If you are a single parent or feel you can't always provide enough time or money for your child this guilt may have meant that, as attempted appeasement, you give in too easily.

Maybe you want a quiet life and your child has learnt that if they keep on enough or become aggressive and rude then you'll crumple and reward them for their bad behavior.

Calm assertiveness feels much better

In the moment of disciplining your child you need to dissociate from your own emotional responses or conditionings. Your feelings of guilt, anger, or not wanting to 'repeat the mistakes of your parents' need to be put aside as irrelevant when you are setting clear limits.

When you are calm and clear headed then you can, when needed, provide good strong assertive parenting. Hypnotherapy can help you change your automatic limiting emotional responses so you can know when to use toughness to say 'no' to your child and mean it.

This session is going to help you remain calm, detached and fair when setting firm limits because sometimes the fairest you can be to your child is to be firm and strong with them.

Buy *Assertive Parenting* Hypnotherapy audio session now and give your child the chance they need.

Coping with a crying baby

The continual wail of a crying baby can feel like it's driving you insane. Worry, anxiety and anger all merge to make you feel at the end of your tether. And what's worse is you can't reason with them or ask them what they want!

Letting a baby cry or attending to it and finding it is still crying can be jarring on your nerves to say the least.

The problem is when you *expect* it to stop. Expecting the baby to stop crying actually creates more problems because when it doesn't stop, or stops then starts up again it can feel even worse for you.

Hypnotherapy and parenting Skills by Dr. Manish Patil

You can stop expecting your baby to stop crying

This may seem strange but this Buy is going to teach you to stop expecting your baby to stop crying and is going to help you relax with the sound of continual crying. Research shows that when the parent is more relaxed and stress free the baby relaxes more, and so cries less.

When you are more comfortable with your baby crying your baby may well stop crying sooner when it picks up on your increased calmness.

How you can hear and 'not hear' at the same time

You can learn to hear but 'not hear' when your mind becomes habituated to something. For example when you first go and live by a railway line you are very aware every time a train goes past, but after a while you 'stop hearing it'.

You should always be aware that your baby *is* crying but you should also be able to switch off from the crying if need be - so you don't become needlessly agitated and waste nervous energy.

When you are calmer with your baby crying you will be able to make clearer and better decisions about what to do - which is good for you *and* baby.

Buy '*Coping with a Crying Baby*' Hypnotherapy audio session now and relax more, starting today.

Empty nest syndrome

Fill your empty nest with the promise of new life

If your child has just gone off to college, or left home for their own place, and you have no more kids at home, you can find yourself struggling with unexpected feelings of grief. You may chide yourself : "Nobody *died!*" Your days can feel empty and without direction. You wonder what the *point* of your life is, now they have gone...

You raised your children to fly the nest - so why do you feel so sad?

When you start raising a family, empty nests are the last thing on your mind. As you care for them as infants, delighting in their every step, you don't think of them walking away from you. Seeing them through school, you don't think of them learning to do without you. Yes, you may have wonderful dreams of what they will be and do in future - but somehow you manage to skip over the bit where they leave home.

Hypnotherapy and parenting Skills by Dr. Manish Patil

Parenting can fill up all the space in your life

And anyway, raising a family is such an all consuming endeavor, taking all your time and energy, that you really have no time to think about what will happen when they go. You are focused on just getting them there, and don't look beyond.

So it can come as something of a shock to find yourself standing in an empty bedroom (so unusually tidy and clean) with tears running down your cheeks. What *is* the matter with you?

The empty nest marks the end of an era

The fact is, these reactions are perfectly normal. When a major change occurs in your life, however positive, there are always losses as well as gains. It's wonderful to know that your child is now ready to make their own way in the world. But it means that you lose that special intimacy that belongs to the time of dependence.

It's great that they can now make their own plans and arrangements and shift for themselves. But it means that you need to find something new for you to direct *your* energies towards, as 'parenting' is no longer required.

Getting used to the empty nest

And when there are losses, it's perfectly normal to grieve for them. Grieving is not a bad thing - it is how we cope with loss, and come to terms with it, and then move on.

So go easy on yourself when you face this watershed in your life. Let yourself feel the sadness, even while you rejoice for your child's progress in life. Set aside time to focus on the memories, rather than letting grief swamp your day. Begin to think about what *you* would like to do now that you are no longer responsible for them.

Take time out to help yourself

Empty nest syndrome offers you an opportunity to ease your journey through the process of letting go. Taking time out to relax and let yourself be carried away on a hypnotic journey will relieve the burden and refresh you. *Empty nest syndrome* will spark a fresh spring of creativity inside you, and surprise you with the possibilities that await you.

Buy *Empty nest syndrome* Hypnotherapy audio session and discover that life is just beginning.

Hypnotherapy and parenting Skills by Dr. Manish Patil

Enjoy Motherhood

Do you worry you don't have the 'mothering instinct'?

Give your exhausted mind and body a break with regular relaxation and recharge your capacity to 'love' your child

Being a mother can be so tough sometimes. It's easy to assume there is something wrong with you if you don't always love (or even like) your child. Sometimes the sheer drudge and hard work of motherhood can cause you to worry that you just don't have the 'mothering instinct.'

Maybe sometimes you look at other mothers and wonder how do they do it? They seem to love being a mother so much and are happy in that role. Or at least they appear to be happy.

Being 'loving' means sometimes feeling that you don't like the person you spend a lot of time with. Young children haven't yet developed the capacity to reason and unreasonableness which can drive any sane person crazy.

Exhaustion means you are less able to give or receive affection.

The more tired you are, the more emotional your brain becomes and the less able you are to feel affection. When you relax to *Enjoy Motherhood* you'll give your mind and body enough rest and recuperation to start to feel satisfied and relaxed about being a mother.

If you sometimes doubt your abilities as a mother or feel guilty that you don't always like being a a mother then *Enjoy Motherhood* will help you gain perspective on your situation and make you feel better right away.

Buy *Enjoy Motherhood* Hypnotherapy audio session now and reclaim your motherhood.

Living with teenagers

Living with teenagers doesn't have to be hell

Can you remember when *you* were a teenager? Do you remember how terribly intensely you felt everything? If you were happy, you were *ecstatic*. If you were down, you were about ready to commit suicide. Do you remember how alien adults were - like zombies haunting your life? Was *that* your future? But now it's your turn to be living with teenagers. And it's not easy, is it? How do you even *talk* to teenagers?

Parenting teens is tough compared with babies and children

Hypnotherapy and parenting Skills by Dr. Manish Patil

Parenting the teenager is one of the most difficult parts of being a parent. Babies are challenging, but they don't stomp round the house yelling that they *hate* you. (On the contrary - it's very clear that you are the sunshine of their life.) You may have dealt with toddler tantrums galore - but your toddler never got in a mood that lasted a whole week. Even the trials of early school years just pale beside the storms of raising teenagers.

What do teenagers really want?

The difficulty that faces teens (and the adults trying to deal with them) is the passage they must make through an uncomfortable 'in-between' state. A teenager is not a child. A teenager is not an adult. But letting go of being a child and fully entering into adulthood is neither easy nor quick. And to the teenager, it appears as something else altogether. The teenager is not interested in being an 'adult'. The teenager wants to be 'me'.

Being a teenager is as tough as parenting a teenager

Teenagers are notorious for self-obsession, but it makes sense in the light of this quest for individuality. Naivety and lack of experience render this quest extremely difficult. They will act it out through rebellion (against parents) on the one hand, and conformity (with peers) on the other. As neither path really leads to 'individuality', they suffer immense frustration. Is it any wonder it's so hard to get on with teenagers?

What you can do to make raising teens easier all round

So if you have to raise or deal with teenagers, what can you do to make life easier for everyone?

Well, firstly, you can ensure that you inform yourself about adolescent development, so that you understand the physical and psychological processes which are taking place. Much of teen behavior is fully explicable in terms of their developmental stage. But explicable doesn't necessarily mean *excusable*. So, secondly, you can equip yourself psychologically to handle the process more satisfactorily.

And how can you do that?

Use Hypnotherapy to find the way to get on with your teens

Living with teenagers is an audio Hypnotherapy session which offers you a highly effective way to bring about instant improvement in your relations with your teenagers.

Living with teenagers will not only tell you about what, exactly, is going on in the brain of a teenager. It will also help you understand your own reactions. And through powerful hypnotic

Hypnotherapy and parenting Skills by Dr. Manish Patil

techniques, it will help you modify those reactions in ways which *you* choose, so that you can look forward to actually *enjoying* life with your teenagers.

Buy *Living with teenagers* Hypnotherapy audio session and re-engage with the young people most important to you.

Losing custody

How to cope with losing custody

Hypnotherapy can help you deal with anger and pain so you can be and do your best for your child

Have you been involved in a legal dispute with a partner or spouse which has resulted in you losing custody of your child or children?

Do you find yourself overwhelmed with anger, pain and loss, and unsure how to cope?

Family courts have to make difficult decisions, and their guiding principle is to put the well-being of children first. When couples break up, deciding who should have custody of children may become a matter of legal dispute rather than consensual negotiation. Whatever decision is reached by the court, the parent who is suddenly barred from the lives of their children goes through a very painful experience.

The emotional cost of losing custody

Whatever the rights and wrongs of the situation, the emotional cost is high. Overwhelming feelings of pain, anger, loss and despair can swamp your life, making it hard to see straight or even to manage the business of ordinary day to day life. These feelings can drive you to acts of desperation which may be counterproductive and actually make things worse. But it's not a time when you can easily be receptive to advice to 'calm down'.

In fact, in the aftermath of such a decision, it would be rather unusual for any parent to feel 'calm'. You may be experiencing the most powerful emotions of your life, and you have no idea how long this will go on for. Yet somehow you must get through it. You must make sensible decisions about the future. You must manage your contact time with your children so that they experience as little negative impact as possible.

Managing emotions after losing custody

Rather than trying by willpower to 'calm down', or trying to act as if you don't feel as you do, a more effective route through the maelstrom may be through compartmentalizing the custody

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

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Hypnotherapy and parenting Skills by Dr. Manish Patil

situation. This doesn't call for any suppression or denial of feelings, but a kind of 'time management' of emotion that acknowledges the validity of your feelings and gives them a clear, and clearly delimited, place in your life.

At first sight this may seem just as hard to do as calming down - but there is a way.

Hypnotherapy is a powerful way to cope with emotional overload

Losing custody is an audio Hypnotherapy session developed by psychologists that is specifically designed to help individuals who are facing this situation cope with the emotional storm that envelops them.

This powerful hypnotic session will

- bring you rest and relief with deep relaxation
- restore your larger sense of perspective on events
- help you keep your emotions in check
- give you space to fully honor those emotions too
- enable you to look after yourself so you can function better through this difficult time

Buy *Losing custody* Hypnotherapy audio session and make sure you can do the best for yourself and for your children.

Becoming a New Father

A new dad needs help with his new role too

Becoming a first time father nowadays is pretty daunting. In the old days, it was all 'women's work'. Now a new dad is expected to be a 'new man' - all loving and caring and supportive as well as handy with the nappies.

But what if you don't feel ready, or 'qualified' for your new position in life? There you are, with a huge responsibility for this new bundle of life, but who's looking at you? Becoming a parent for the first time is just as momentous for the new dad as for the mum - but all the attention is on the mother and baby. The new dad is often just left to get on with it.

Hypnotherapy and parenting Skills by Dr. Manish Patil

The new father's world is turned upside down

Entering fatherhood for the first time demands a lot of changes from you. You have to switch your mindset from 'regular guy' to 'dad', for instance. And you may notice you are not getting enough sleep and that your sex life has gone out of the window for a while.

Suddenly you need oodles of patience. Patience when your new baby cries for no reason you can discover. Or wakes you up in the middle of the night. Or demands attention from mum just as you are about to settle down for an intimate evening. Patience, a level head and calm coping is what you need when you become a new father.

The joys of new fatherhood

Fortunately, becoming a new father is a great adventure. The early days may seem a little tough (did I mention the patience bit?). You may feel less naturally 'connected' to your baby and might even feel a bit like a spare part.

But it's not so much what you are right now (although you're far more important than you might think), it's what you are *going to be* to your son or daughter in the future as they set out on their journey in life.

Developing the mindset to grow as a new dad

Becoming a New Father will help you access your instinctive resources and strengths - some of which you may never have known you had. You will be able to relax amid the new pressures and demands and learn to revel in your role, present and future. *Becoming a New Father* will really help you build your confidence as a first time father.

Buy *Becoming a New Father* Hypnotherapy audio session now and begin to make the most of a wonderful new relationship.

New Parent

Build your confidence as a new parent

Give yourself a deeply relaxing rest from parenting and become a calmer, more confident parent

You've survived nine months of pregnancy and experienced the excitement and intensity of labor and the delivery itself. Surely that's the hard bit done with?

Hypnotherapy and parenting Skills by Dr. Manish Patil

Then you're back home with your baby. You are a new parent and you feel as if you don't know what you are doing. Where are the instructions? It's just at this point that you can have a crisis of confidence.

Being a new parent can be tough. Suddenly feeling responsible for another life, maybe doubting that you are 'good enough' to be a new parent and adjusting to a new kind of life stretches the best of us. It's easy to assume that parenting will 'just come naturally.' But for many of us it's a huge shift.

Practical considerations for new parents

Of course there are practical steps you can take to make life as a new parent easier. Consider recruiting help from family and friends and don't be shy to ask for advice or help from people who have been there before. And of course ask your hospital if they can provide any help such as expert guidance from people who can instruct you on feeding or changing. This sounds basic but it's amazing how many people forget these simple but effective steps.

Many new parents feel they should just 'know' what to do. Why? We all have to learn and become better at any new role we are given in life.

Perfectionism and the new parent

Some new parents feel as if they 'aren't good enough' or capable enough to cope with the sudden responsibility of being a new parent. As a new parent you are not supposed to 'be perfect' or to know everything. How could you? Here are some reassuring facts:

- No parent is 'perfect'.
- It's natural to become tired, irritable, even bored looking after your baby sometimes - this doesn't mean you are a 'bad parent.'
- You won't be a 'new parent' for long - pretty soon you'll have a child not a baby.
- Everything changes - it's not for ever.
- There are pleasures and joys to parenting that you are yet to discover.
- This new parent Hypnotherapy session will get you feeling relaxed and calm about being a new parent.

Buy New Parent now Hypnotherapy audio session and start feeling confident and calm about your relationship to your new baby.

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

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Hypnotherapy and parenting Skills by Dr. Manish Patil

New Step Parent

Get some help with the challenges of being a new step parent

It can be difficult adapting to life as a new step parent. The child isn't yours but you want to get on with them. You might feel little patience for your step child or feel you have really made an effort and got little back in return. You may feel you cannot chastise or even praise the child because they are 'not yours.'

Resentment

Some step children can be resentful and after all: 'Why should they listen to you? You're not their parent!' Many step parents say they fear becoming the 'wicked step mother/father' and because of that they find it hard to set limits and boundaries on step children's behavior. But the fact is you live with them and you can be respected as an adult and a contributor - regardless of whether you are related by blood or not.

Jealousy and the step parent

Jealousy can also play a big part in this relationship - from both sides. Despite yourself; you may sometimes feel resentful of the attention your step child receives from you partner or the amount of attention they seem to demand. You may feel jealous of what the step child represents which is of course a previous relationship of your partners. And your step child, in turn, may feel resentful, even bitter towards you for taking up, what may have been previously exclusive, attention from your partner.

How Hypnotherapy can help

This Hypnotherapy session will get you feeling wonderfully relaxed and calm. It will present new ways of feeling about your step child which will help you (and subsequently them) become more relaxed about the relationship as a whole.

Becoming a step parent is an opportunity for self-development and for investing in a relationship which can last for life.

Buy *New Step Parent* Hypnotherapy audio session now and get a little help.

Hypnotherapy and parenting Skills by Dr. Manish Patil

You are not your parents

Good news! You are not your parents! Nor their puppet!

Who are you, really?

Of course, you have a biological mother and father, and half the genes which make your physical self what it is come from one, and half from the other. But the resulting mix is neither of them, however similar in appearance or other characteristics you may seem. You have an *inheritance* from your parents, but *you* are not your parents.

How family and parents influence who you think you are

It can be hard to remember that you are not your parents sometimes! Family life is an interesting psycho-social phenomenon. Although all families are made up of individuals, the 'group identity' can sometimes seem overwhelmingly more important than the individual differences and uniqueness. Because parents are naturally the strongest 'players' in a family, the influence of *their* identity often overrides that of the children.

Most people don't really question how their family is, or what their 'identity' consists of. You just take your family for granted. If you are heavily influenced by your father, or mother, or both, to 'be like them' rather than develop your own individuality, you may not even notice that this is happening. They may not notice it either! These are often quite unconscious processes.

Parental expectations can be a powerful force

However, over time, these influences can add up to a surprisingly powerful set of expectations. They are not always put into words. Somehow, you just 'know' what you are expected to do, expected to be. And if you find that, in your heart, you really want to do or be something else (even if you are not sure what), you can find yourself experiencing considerable inner as well as outer conflict.

The other way parents lay expectations on their children is more overt. This is where they do put their expectations into words. Although this can be positive, it seems more often to be negative. These are the parents who say things like 'You'll never get anywhere!' or 'You're a real dumbo, aren't you?' Such statements aren't always maliciously intended, but they can do untold harm to your self-esteem and motivation.

Why you need to break free from the parental mold

Trying to break out of the 'role' that parents and family fit you with can be tricky. It can make you feel like a traitor, for a start. You may have to cope with openly expressed disapproval and

Hypnotherapy and parenting Skills by Dr. Manish Patil

disappointment. An unspoken threat hangs over your head - that if you do break free, you will end up being 'nothing'.

But actually, the opposite is true.

To fully develop the potential of which you are capable, you actually *need* to establish your own individual identity, on your own terms. This does not necessarily mean cutting yourself off from your family or parents. Family ties are among the most valuable and rewarding connections we can have - but not if they are chains that imprison us.

Hypnotherapy can help you become who you are meant to be

You are not your parents is an audio Hypnotherapy session which will help you clarify in your own mind where you stand in relation to your own and others' 'expectations' about you. Dealing with parental expectations can be an emotional business, so one of the prime aims of the session is to help you achieve a level of deep emotional *calm*, where you can really see the 'bigger picture' around your life path.

You are not your parents will take you deep into a powerfully transformative trance state where you can connect with the roots of your own individuality and uniqueness. You will discover how to amplify your hidden strengths and develop your confidence. You can acknowledge the benefits that come to you from your parents, and use that as a 'launch pad' to power your life in the direction that's right for you.

Buy *You are not your parents* Hypnotherapy audio session and discover who you really are.

Parenting without guilt

Parenting without guilt - learning to love your children wisely

Parenting is not easy, is it? You'd think it would all come naturally. After all, humans have been parenting for aeons. But in spite of the abundance of accumulated experience and knowledge, each individual parent finds themselves, essentially, 'making it up as they go'. This doesn't let you off the hook, however. Some kind of 'perfect parent' still hangs around in the background, telling you you're no good. Making you feel guilty.

Nobody likes feeling guilty. We'd all do almost anything not to feel guilty - and we do some bizarre things. Curiously, few people seem to realise that the most effective thing to do is to stop propitiating the 'perfect parent' ghost that haunts us and *exorcise* it once and for all. Once you see through this ghost, you really *can* parent without guilt.

Haunted by a 'perfect parent' who makes you feel guilty?

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

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Hypnotherapy and parenting Skills by Dr. Manish Patil

The 'perfect parent' ghosts are of many kinds, but one of the commonest is the Totally Loving Parent. You know, the one who wants their pure love for their children to be always instantly obvious. Which means giving them everything they want and never refusing them anything. Because saying no and denying them things will upset and hurt them - and that's not very loving, is it?

Another common 'perfect parent' is the Compensation Parent. This one is a regular haunter of step-families, but also bothers parents who are raising their children in difficult circumstances. This is the one who wants to 'make up for' what may be very real deficiencies that the children are facing. Not surprisingly, the easiest way to compensate always seems to be giving in to them at every opportunity...

Why 'guilt' parenting doesn't work out so good

The trouble with these propitiating, guilt-driven approaches is that they backfire. You want to love your children, you act out your love through giving, and giving in, and then you find that your youngsters have turned into confused, selfish, manipulative people with no sense of boundaries or restraint. They've always got their own way, but are they grateful? You wish.

So how do you go about exorcising these 'perfect parents' so you can stop guilt from being the main driver of your parenting decisions?

How to get rid of 'perfect parent' problems

The very first step is to realise that it's not about matching up to any particular ideal of parenting - whether your own, or one imposed by society. In fact, it's not about *you* at all. It's about the children, and what they *need* from you in order to grow and flourish.

Parenting is all about the children - not the parents

As soon as you look at it like this, from the basis of the children's *needs*, everything becomes clearer. Needs and wants may sometimes overlap, but when they don't, you know that the long term good of the children depends on getting their needs met as best as possible. Of course you love to give them what they want, as well, when this is possible and doesn't conflict with need. And you can. Without guilt.

How you can speed up the process of getting rid of guilt patterns

It may take a little time to fully clear the last traces of the ghost from your life. You may have fallen into such a pattern of guilt-driven parenting that it's become a habit that you need to break. But you can really speed up that process by calling on your unconscious resources

Hypnotherapy and parenting Skills by Dr. Manish Patil

through the use of Hypnotherapy. Hypnotherapy is the most effective way we know to bring about speedy and long-lasting change in attitudes and habits.

Hypnotherapy can help you quickly become a guilt free parent

Parenting without guilt is an audio Hypnotherapy session designed to help parents cast off the shackles of guilt. Using the most up to date techniques, *Parenting without guilt* will take you step by step through a process of powerful and profound change.

The deep relaxation you will enjoy as you listen to *Parenting without guilt* will become a regular part of your life, bringing you respite from stress and allowing you to see things more clearly than ever before. Powerful suggestions will help you build a new 'blueprint' for your parenting, which will allow you to enjoy raising your children free from those old guilt patterns.

Buy *Parenting without guilt* Hypnotherapy audio session and start a new adventure with your children.

Over-protective parent

Stop being over-protective and let your children really grow

You love your children and you want the best for them. As a parent, you think ahead, and try to foresee what problems and challenges might arise. You try to protect your children from hurt at home and abroad. You warn them of dangers and sometimes forcibly remove them from harm's way. This is what being a parent is all about, is it not? But can a parent be over-protective? Can an over-protective parent do more harm than good?

Is it possible to be too protective of your children?

Such questions raise uncomfortable feelings in the breast of any decent parent. It feels impossible to answer! If you answer 'yes', a whole train of spectres rises up in your mind, threatening the child whose well-being is your heart's concern. Who will save them from bullies, muggers, thieves, rapists, the threat of contagion, terrorists, if you don't?

If you answer 'no', a different ghost haunts your mind. The ghost of your child's future. A timid, anxious creature, uncertain of their place in the world, not getting far in life, always needing help with everything, a bit sickly, perhaps even dependent on you a lot longer than you'd like... Not what you really want for them at all.

What is a parent to do?

Hypnotherapy and parenting Skills by Dr. Manish Patil

Getting to 'good enough' parenting through balance

Well, for a start, it helps to realize that this is a very black-and-white, all-or-nothing view. And that means it is not showing you the whole truth. When you step back, and calm down, you can begin to see the bigger picture. That powerful protective instinct is only *part* of your role as a parent. It is, indeed, very important. But it need not be the *only* consideration in *every* decision you make about parenting.

Good parenting (what the psychologists call 'good enough parenting') is really about balance. That means that sometimes it is appropriate to be protective in every way. And *sometimes* it's appropriate to hold back, and let your children learn their own lessons. Which means making mistakes, taking risks, getting it wrong, getting hurt sometimes. It's this balance which produces strong, mature individuals, able to make their own way.

Changing instinctive patterns through Hypnotherapy

But even when you acknowledge this intellectually, and try to be more balanced in your parenting, you've probably noticed how hard it feels to resist that instinctive urge to step right in there and *protect*. It's almost as if you can't help yourself. So it's good to know that instinctive templates, even such deeply embedded ones as protective parenting, *can* be updated.

Over-protective parent is an audio Hypnotherapy session which makes full use of the latest insights into brain functions and behavior patterns. In Hypnotherapy, you activate the part of your brain that handles dreaming. But as you are not asleep, this 'dream state' can be actively used to update instinctive patterns. As you relax to *Over-protective parent*, you will find these changes happening almost effortlessly.

Over-protective parent is underpinned by the best psychological understanding of healthy parenting, so you can be sure that the changes you make will be beneficial to you and your children equally.

Buy *Over-protective parent* Hypnotherapy audio session and free yourself and your children.

Be a More Patient Parent

You love your children but they can drive you crazy! Maybe you are getting too angry with them too often. Children can know just how to wind adults up with just a look sometimes.

Angry outbursts towards your children can leave you feeling guilty and upset.

Hypnotherapy and parenting Skills by Dr. Manish Patil

Sure they need to know when they do wrong and they need to know you mean business but constantly screaming and balling at them exhausts and upsets you and teaches them that shouting is the way to go.

When you are tired and stressed already it can feel so much more difficult to remain calm and patient with your child or children.

There must be another way

- Imagine if you could feel much calmer around your kids 60, 70, 85% more of the time.
- Imagine being more patient; not having your buttons pressed by your children.

Maybe it seems that all your time is spent yelling at your kids leaving little time to spend quality time with them.

Getting angry is bad for you and it's bad for them and anger makes you do and say things you later regret.

This session will help you feel calmer around those 'danger times' where you were more likely to erupt at your kids.

This Buy will help you as a parent remain calm and thoughtful during the inevitable stresses of parenting.

Re-forming a positive relationship with your child or children.

You can be more relaxed in your daily (and nightly) interactions with your child or children, less angry, and more loving.

The session will encourage you as a parent to keep in mind your long-term goals and values in raising children, this will help balance out angry lecturing and increase active listening and focused calm problem solving.

Buy *Be a More Patient Parent* Hypnotherapy audio session now.

Hypnotherapy and parenting Skills by Dr. Manish Patil

Playful Parent

Be a more playful parent and really enjoy life with your kids

Hypnotherapy can help you relax and effortlessly slip into "kid-mode"

Do you find it hard to relax and really get into playing with your kids?

Does it somehow make you feel silly or awkward when you try to play along with children?

When you're small, you spend a lot of time imagining (and playing) what you will be when you're 'grown up'. Will you be a fire-fighter? A doctor? An astronaut? A pop star? A teacher? A parent? That last one is perhaps the most popular game for children - "Let's play moms and dads!" And rightly so, for most children will be parents one day, whatever else they do when they're 'grown up'.

Growing up can make you less playful

But one of the things that happens to you as you're 'growing up' is that adulthood changes from being this fantasy future that's just another game to something altogether more serious. Being an adult is not easy. Parenting is not easy. As you grapple with the challenges and come to terms with what it takes, you can get cut off from your childhood self - 'putting away childish things', they call it.

The difference between childish and childlike

While to some extent it's absolutely necessary to do this if you are to come to full maturity, there is also a risk that you might lose something very important - your capacity to be *childlike*. It's important to distinguish between being *childish* and being *childlike*. Being *childish* is about not taking responsibility, relying on others to take care of you, not engaging with mutual obligations, having tantrums. All of which is perfectly appropriate if you are a little kid, but not if you are an 'adult'.

Being *childlike* is about being open and curious and flexible and ready to learn and experiment. And ready to play. Because play, whatever age you are, is one of the very best ways we humans have evolved to learn. Play activates your imagination and fires up your creativity and problem solving ability. Some of the most wonderful discoveries and inventions in the world came about because of people 'playing'.

Hypnotherapy and parenting Skills by Dr. Manish Patil

Why it pays to be a playful parent

So learning how to be more playful can do you a lot of good. And, if you have kids of your own, or are around other people's children, being a playful parent and entering fully into their world and their games will help to build a wonderful connection with them and help to fire up and develop *their* creativity too.

But if you've got a little set in your ways and perhaps find it rather hard to let go of being 'adult' all the time, you might appreciate some help. Letting go means stopping worrying about the mess that will need to be tidied up, the clothes that will need washed and giving you and your kids the freedom to cut loose and bend (not break!) a few parenting 'rules'.

Hypnotherapy can help you learn how to be more playful

Playful parent is an audio Hypnotherapy session created by psychologists which will help you get the most out of engaging in childlike play with kids.

As you listen regularly to this Buy , you'll notice that you

- begin to feel more relaxed and at ease in general
- easily engage in spontaneous play with your children
- still take good care of your adult responsibilities
- feel much closer to your children
- see the benefits of increased playfulness in the rest of your life

Buy *Playful parent* Hypnotherapy audio session and get much more out of life with kids.

Be a Confident Single Parent

It's often said that children raised by a loving single parent always remember that person as their strongest, most loving influence. But being a single parent can feel so tough sometimes.

You worry that you are failing as a parent; like you have to be mum and dad for your child.

As a single parent you find you have to juggle life around your child - trying to balance work life, social life, and the needs of your child can feel overwhelming and exhausting.

Hypnotherapy and parenting Skills by Dr. Manish Patil

Single parent support

Maybe you yourself have little support and all the effort can sometimes feel like a thankless and endless task.

Perhaps as a single parent you often feel guilty that you can't spend enough time with your child or feel too exhausted to love and attend to your child in the way you feel you should.

Maybe you constantly ruminate that you never expected or wanted to 'do it all alone' but that is the way things have currently panned out - sometimes just accepting that you *are* a single parent can seem hard. Or maybe you reconciled to single parenthood but you just want more confidence sometimes - to feel less guilty or doubtful.

You might feel sometimes that if you lose your temper it means you 'must be a bad parent!' Yet it's vital to remember that every parent is human and that life isn't about being 'perfect' all the time. A great mum, for example, can be *generally* a great mum whilst sometimes losing her temper.

Beating yourself up through perfectionism

So many single parents feel they have to be perfect all the time. But the best parents are the ones who know they are 'good enough' and therefore can get on with it without beating themselves up all the time.

Remember if circumstances are harsh on you then *you* don't need to be harsh on you too!

Protecting yourself as a single parent

Being a confident single parent means knowing how to look after yourself and taking time out to relax sometimes so you can 'refuel' and have enough to give your child. You can only give of yourself to your child if you have enough rest, recuperation and quality attention yourself sometimes. A farmer's field won't yield a good crop unless that field has had all the sunshine and water it needs.

Being a confident parent also means being able to exert discipline sometimes without feeling guilty - to be both masculine and feminine with your child; to blend both father and mother styles into the way that you parent.

A calm mind makes things so much easier

To be a good single parent you need to be calm for a good amount of time so that you can see what is really going on rather than reacting emotionally too often.

Hypnotherapy and parenting Skills by Dr. Manish Patil

Be a Confident Single Parent will help you appreciate your parental strengths and get you appreciating that you are human and have human needs yourself. It will encourage you to feel calm during times where you might have become unnecessarily upset with your child/children and it will give you a wonderful relaxing experience which you can repeat regularly to 're-set' your emotional level. Above all it will give you strength and hope for a positive future as a single parent.

Buy *Be a Confident Single Parent* Hypnotherapy audio session now and enjoy parenting your child

Stay at Home Mom

How to be a happy stay at home mom

Hypnotherapy is a great way for the stay at home mom to appreciate and enjoy what she does

Are you stuck at home raising the kids and wondering if you've made the right decision?

Do you feel that you've somehow become a second-class citizen and that what you're doing as a mom isn't valued and appreciated?

In times gone by (and not so long ago, either) no one would have questioned the mother who stayed at home to raise her children. In fact, things were so different then that most women would have *had to* give up any job they had when they got married, because it was *expected* that they would soon be having children and therefore would not be available for work any more.

The questioning then was all directed at the woman who wanted to work *and* have children. Even mothers who, for economic reasons, *had to* go out to work, would be challenged about how good a mother they were. And working mothers would often be discriminated against and criticized - even by other women. Now it's all the other way round. But no easier for the mother!

Why more choice isn't easier for moms

It's good that women have more choice nowadays, but it's not good that there is this *hierarchy* of choice where one set of choices is seen as somehow inherently superior to another set of choices. The message many mothers get from the society around them is that they *ought* to be working, and that staying at home to raise children makes you an inferior person - someone who made a *wrong* choice.

Hypnotherapy and parenting Skills by Dr. Manish Patil

It's not surprising that many stay at home moms fall into depression! It's difficult enough coping with the kids day in, day out, and putting up with the lack of adult company and stimulation. And sometimes you may find yourself in this position without actually choosing it - after divorce, for instance. Why should you be made to feel like a second-class citizen on top of it all?

So if you've decided that it's right for you to be at home with your children, how can you best deal with these stresses? How can you find support for what you do? How can you get the most out of your role as a mother without losing sight of yourself as an individual, or just succumbing to social pressure?

Hypnotherapy can help you enjoy life as a mom so much more

Stay at home mom is an audio Hypnotherapy session developed by psychologists which can help you in several ways. As you relax deeply on a regular basis to this gentle yet powerful Buy , you will naturally find yourself

- experiencing increased levels of energy and enthusiasm
- feeling calmer and more relaxed
- more easily able to hold the value of what you do in mind
- looking after your own emotional needs better
- being a better and happier mom

Buy *Stay at home mom* Hypnotherapy audio session and really get the most out of being a mother.

Team Family

Turn your family into a real team family - from the inside

Team family - is that nothing more than fluffy nostalgia for the good old days, or a genuine possibility for a family that must contend with the divisive social and economic pressures of the 21st century? Turning back the clock to the days of small, close-knit communities and large, close-knit families is not an option, but there *are* ways to build family cohesion - when you understand what a family really needs.

Hypnotherapy and parenting Skills by Dr. Manish Patil

Families are about more than survival

In the old days, the structure of society molded how families formed and how they worked. People didn't *consciously* plan to have extended families with many links - that's just how it was. It was about survival. Beyond pure survival, it ensured that most people had a network of support to call on in times of need. The by-products of connection and meaning weren't an important factor - until we started losing them.

Modern families live differently than their ancestors

Following the industrial revolution and modern commercial expansion, large family networks became less essential for survival. People have smaller families, and tend to live much more widely dispersed from their families. Within the home, family life itself is 'atomized', with working patterns, TV and now computers often keeping family members in their own little zones. Meals round a table just don't happen that much.

Progress has not always been good for families - or individuals

People are starting to wake up to what has been lost, and to understand what family togetherness and support really meant. Sure, not every family was perfect, or always a joy to be part of, but the rising rates of stress and depression everywhere are testament to the widespread dislocation and isolation that many people now experience.

So what can you do to recover the best of what being a family meant? How can you establish a real 'we're all on one side' atmosphere in your own home?

What you can do to make your family a team again

It's important to appreciate that you can't suddenly one day announce to your family that they must 'do things differently' from now on. However noble your intentions, such an approach is likely to backfire and cause more resentment than togetherness. Like all really significant changes in life, the path that leads to a 'team family' starts from inside. If *you* want a that team for your family, your best bet is to begin with *you*.

Using Hypnotherapy and psychology to work towards a team family

Team Family is an audio Hypnotherapy session which utilizes the latest insights into the psychology behind truly successful family life and combines these with the power of Hypnotherapy to help you begin to adopt the mindset and the behaviors which will really bring your family together.

Hypnotherapy and parenting Skills by Dr. Manish Patil

As you relax and listen to *Team Family* you will learn about the real needs of individuals and families and how best to meet these needs. You will begin to see your own role in the family in a new light. And you will be inspired to make these insights a fundamental part of who and what *you* are. You will find that, just by becoming different yourself, your family will start to change too - as if of its own accord.

Buy *Team Family* Hypnotherapy audio session and let *your* family have the benefits.

Worry less about your children

Don't worry about the kids so much - they don't need it

Do you worry about your children enough? Or too much?

It's a big dangerous world out there. Full of nasty people. And dangerous machines. Anything can happen. And your children are young. Ignorant. Inexperienced. Vulnerable. Defenceless. How can you *not* fret about them all the time? *You've* brought them into the world. *You* are responsible for them. *You've* got to keep them safe. If *you* don't concern yourself about your children, who will?

Over-worried parents become over-protective parents

Many a loving caring parent is haunted by thoughts like this. How can I keep my children safe from all the perils of the planet? You want them to grow up strong and capable individuals, able to look after themselves, but the thought of them getting into genuinely risky situations so they can learn to do that can make you break out in a cold sweat. You can easily find yourself becoming over-protective and turning into a molly-coddler.

The heavy personal costs of too much anxiety about the kids

But it's not just about being over-protective and inadvertently making it actually *harder* for your children to develop as independent individuals. Constantly agonizing about the safety and well-being of your children is a heavy drain on your own emotional and psychological resources. It raises your own stress levels. And people (including parents) who are stressed make significantly poorer decisions than people who are calm.

This means that the seemingly loving act of worrying about your children can actually be destructive on two fronts. It can limit the development of the children *and* it can have a negative impact on the quality of the parenting you are able to provide.

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

Hypnotherapy and parenting Skills by Dr. Manish Patil

Don't let anxiety about your children wreck *your* parenting

So it's clearly very valuable to be able to take control over one's parental anxiety levels and manage them so that you can be concerned for your children in a healthy, constructive way. It's not about being an irresponsible parent who doesn't care. It's about knowing when to fret and when *not* to, and being able to do either, as appropriate.

How Hypnotherapy can transform your anxious fears into realism

Worry less about your children is an audio Hypnotherapy session for parents or guardians. Using the latest psychological understandings and the transformative power of Hypnotherapy, this session will get you relaxing in ways you would never have thought possible. You will physically experience the effects of reducing worry in your body and in your brain.

Regular listening to this powerful session will allow you to develop a wonderfully calm, clear and objective attitude to the risks and opportunities of life - for yourself as well as for your children. You will discover how being less concerned about them actually makes you *better* able to recognize the risks that your children will meet, and how to deal with them effectively.

Buy *Worry less about your children* Hypnotherapy audio session and transform your life.

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

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Hypnotherapy series e-books of Manish Patil

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

Recipe series e-books of Manish Patil

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