

# Hypnotherapy and relationship problems



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](http://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](mailto: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](mailto:manish@eorg.in) before printing.

**If you are doubtful regarding anything, please confirm with Manish Patil at [manish@eorg.in](mailto: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](http://www.manish.eorg.in)**

## Hypnotherapy and relationship problems 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](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Hypnotherapy and relationship problems 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](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## **Hypnotherapy and relationship problems 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](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## Hypnotherapy and relationship problems 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.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

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

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

The three aspects of god keep the balance in the universe, they are interlinked and when there is 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 the almighty or god. I will in my next post show you how to achieve this state of mind.

### Meditation a state of mind

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

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

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

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

## Hypnotherapy and relationship problems 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 Shushamna begin their upward movement of energy, this chakra is situated below the spinal cord between the spinal cord and anus, 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.

#### THE SWADHISTHANA CHAKRA

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



## Hypnotherapy and relationship problems by Dr. Manish Patil

This chakra is situated about a couple of inches above the muladhara chakra near the ovaries, this chakra has six spokes which represent emotions representing the basic desires like love, anger, sexual energy and other basic emotions, this chakra effects the gonads. The words which correspond to this chakra are VAM and the colour is violet.

### THE MANIPURA CHAKRA

This chakra is situated in the navel area and is associated with will power relating to the basic desires and has ten spokes representing use of fair means or cunningness or other such means to fulfill the basic wants. This chakra effects the pancreas and the corresponding words are RAM and the colour is bright red.

### THE ANAHATA CHAKRA

This is also called the heart chakra and has twelve spokes representing the ability of taking decisions from the heart rather than decisions based on your emotions, this chakra is the first of the higher chakras as one rises above the basic and materialistic needs, this chakra effects the thymus gland and the corresponding words are YAM and the colour is pink.

### THE VISHUDDHA CHAKRA

This chakra is situated in the middle of the neck and effects the thyroid gland, this gland also effects the ability of speech. This chakra gives one the ability for spiritual wisdom and the higher knowledge which is associated with it, there are sixteen spokes associated with this chakra and the corresponding words are HAM and the colour blue.

### THE AJNA CHAKRA

This is the chakra where the three nadis the Ida, pingala and sushamna meet after their climb upwards from the muladhara chakra, this chakra is situated near the pineal gland and is popularly called the third eye because this is the chakra of the mind and has the ability to give one foresight and the higher qualities and the ability to use the full force of the mind' the corresponding words are OM the colour green.

### THE SAHASARA CHAKRA

this chakra is also called the crown chakra, and is situated on the crown of the head and is golden in colour, this chakra has one thousand spokes and is the chakra from which the life energy in the body rises from the muladhara chakra to the ajna chakra and then through the crown for the ultimate union with god or the universal life energy.

Thus we see how the universal energy functions inside the human body, the seven main chakras are the generators of this energy, the very basis of Kundalini Yoga is meditating on these chakras cleansing their energy and enabling the upward flow to it logical union through the crown chakra with the universal energy in the atmosphere.

### Meditation of Silence

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

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

opinion that and I have stressed that before that meditation is a state of mind and it is not advisable to get into habits of any kind and to practice meditation in a way which is most comfortable to you, herein below I will explain what really is meditation and how it is advisable to practice it.

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

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

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

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

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

### Frequently Asked Questions

#### Why is Hypnotherapy so effective?

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

#### Does Hypnotherapy work for everyone?

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

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

## **Hypnotherapy and relationship problems by Dr. Manish Patil**

cannot be hypnotized. **How ever acceptance and implementation of the given instructions is very necessary to get benefited.**

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

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

### **How safe is Hypnotherapy? Should I be worried?**

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

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

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

### **Will Hypnotherapy make me act strangely?**

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

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

### **What Types of Changes Can I Make Using Hypnotherapy?**

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

### **Will Hypnotherapy totally change me as a person?**

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

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

### How do your Hypnotherapy audio sessions work?

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

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

### How long are your Hypnotherapy sessions?

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

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

### When will I notice the results of Hypnotherapy?

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

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

### Are your Hypnotherapy sessions suitable for children?

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

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

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

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](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)

## **Hypnotherapy and relationship problems 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](http://www.hypnotherapy.eorg.in) or [www.vighnaharta.eorg.in](http://www.vighnaharta.eorg.in) or Contact: +91 8087898598 (9 am to 7 pm) or contact [manish@eorg.in](mailto:manish@eorg.in)**

## **Hypnotherapy and relationship problems 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?**

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

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

### The Myths of Hypnotherapy

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

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

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

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

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

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

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

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

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

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



## **Hypnotherapy and relationship problems by Dr. Manish Patil**

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

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

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

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

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

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

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

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

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

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

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

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

## **Hypnotherapy and relationship problems by Dr. Manish Patil**

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

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

### **Summary**

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

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

Copyright © Manish Patil [www.manish.eorg.in](http://www.manish.eorg.in) All rights reserved worldwide forever.

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Hypnotherapy and Relationship problems

Why would you want help with relationships? Because relationships are the central pillar of a happy and satisfying life, that's why. Whether it's about making it work with a new partner, just enjoying a date, putting things right after a spat, or dealing with insecurity, hypnotherapy can really help you deal with the psychological and emotional issues that arise in any relationship.

Nor is it just about partners/dates/spouses. Your family and social links are just as important for your health and wellbeing as your connection with a 'significant other'. Life's so much better when you can get on with your mom or dad, step mom or step dad, children or step children, siblings or step siblings - and let's not even mention the in-laws!

Whether you are currently dating, or in a long-term partnership, browse our Buys to see if we can help you make more of the relationships you treasure.

#### Get the courage to leave an abusive relationship

Realizing that you are in an abusive relationship is a big step. Other people often see it before you do. You may have been surprised by a friend saying, "How can you let them treat you like that?"

The shift in the balance of 'power' within an abusive relationship can be a gradual thing. The abusive behavior can begin quite subtly; the odd criticism here or sarcastic quip there.

Bit by bit your self esteem gets chipped away. And because it's so gradual it can be hard to notice.

#### Making excuses for the abusive partner

If you are like many who find themselves in abusive relationships you may make excuses for them or somehow feel *you* are to blame. . They 'love you really' or they are 'under a lot of pressure from work'. *They* make excuses: 'You know I don't mean it!' Or: 'I'm just trying to help!' Or: 'No one could ever love you like I do!'

These manipulations can get under your skin, but the fact is abusive behavior is abusive however it is wrapped up.

#### An abusive relationship is not a relationship at all

A true relationship is mutually supportive and encouraging, you spend time talking together without fear of being judged, shouted at or worst physically violated. You don't attack one another's personalities, you give negative feedback with a view that your partner is basically good and that any negatives are a small part of who they are - not everything!

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Safety first

Your safety is top priority. Violence is never acceptable and if you have started excusing any violence towards you then your self-esteem has really taken a battering. You need to get out because it's dangerous. There is no excuse in the world for violence, constant nit picking or verbal bullying.

If you want to end the relationship but are too afraid then this session may be for you. It's important to have an escape plan which may mean knowing where you are going to live, how you are going to finance yourself and how you will socialize.

We emphasize that if, in any way you are physically frightened of your abusive partner then make sure other people are close by when you finally split - don't be alone with them. And if they are physically abusive make sure you have a safe place to go to if you've been living with them.

### Having the courage to make the break

You may have been brainwashed into thinking that you can't function without your abusive partner. If you've been abused then you have been dominated by this person and because of that you may feel scared of them to some extent. This may make the thought of finishing with them terrifying.

Remember you are not a punch bag or someone to be 'put straight' by anyone else. If the person you are with has made you feel inadequate, useless and fearful then it's it may be time to escape the abusive relationship.

Of course there may be children involved and it might not be that easy but you have to put your physical safety first. If you feel you can't or don't want to leave then you may be better listening to: How to deal with the angry bully and How to deal with the negative critic.

If you know in your heart of hearts you've got to get out of this abusive relationship then this session is for you.

**Buy *Abusive Relationship Courage Hypnotherapy* audio session to leave now and make the break. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

### Attract Love

**With the help of hypnotherapy you can attract the love you need, want and deserve.**

Are you loved? I know it may be an odd question, but it's a question you really do need to ask yourself. Do you feel loved? Do you have someone special to share your life with, or do you feel lost and alone in the abyss of people surrounding you? Are you waiting for the perfect soul mate? Are you looking for the right person to love you and make you feel complete? **You can attract the love you long for.** It's just a matter of knowing what to do and how to do it.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

If you really, truly want to attract love, there is one question that you first need to ask. Do you love yourself? Do you really truly love the person you are? If you don't love yourself, it will be hard for others to love you. **Once you love yourself, it will be easier to attract the love of others.**

So how do you learn to love yourself and how do you go about attracting the love of others? **You need to awaken your love from within.** Like a delicate flower waiting to bloom, your love is sealed up tight within a bud. With the right ingredients that bud will bloom into a beautiful and magnificent creation.

Where do you buy the ingredients for love? You cannot buy them in a store. **The key ingredients for loving yourself and attracting love is within you.** The trick is in knowing how to use them. **That's where hypnotherapy comes in.**

Many people have been helped by the powerful benefits of hypnotherapy. The attract love hypnotherapy audio session takes the power of hypnotism and uses it **to teach you how to love yourself and how to attract love.**

### Imagine what it would be like if:

- Every morning you woke up with a smile because you knew that you were truly loved?
- You had someone you loved, and who loved you back, to share your days and nights with?
- You had someone to turn to every time you needed support or encouragement?
- You never felt empty, alone or abandoned again.

The attract love hypnotherapy session can turn your dreams into reality. **You can learn to love yourself and others will be drawn to you because of it.** Through the power of hypnotherapy, you can begin to attract the love you have so desperately wanted. Let the attract love hypnotherapy audio session change the way you feel about yourself and the way you attract others.

**Attract love into your life with the help of hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

### Being adopted can raise a lot of issues - get help with them now

Maybe the fact that you were adopted isn't something you think about... much. Or maybe knowing your real mother 'gave you away' sometimes makes you feel sad. Or angry.

Maybe you've always known you were adopted and feel you have basically accepted it. Or perhaps you only found out much later and still sometimes feel upset about it.

### People don't understand what being adopted is like

It can be hard to get people who've grown up in 'normal' families to appreciate what it's like to be adopted. How do you explain what it's like not to have 'roots'? Or why you feel such a mix of sadness and anger and confusion? Complicated feelings like this can powerfully influence how you feel about yourself.

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

## **Hypnotherapy and relationship problems by Dr. Manish Patil**

### **Being adopted can make you feel so different**

Many people who were adopted say they have always 'felt different'. Of course, you may have had wonderful loving and caring adoptive parents, but may still feel haunted by that sense of being different from the other kids, from people who had 'ordinary' family experiences. You may have been looking for some kind of 'closure' to ease your mind.

If you feel that you haven't quite come to terms with the idea that you were adopted, then this *Being Adopted* Hypnotherapy audio session is for you.

### **Hypnotherapy can help you come to terms with being adopted**

Hypnotherapy is a powerful tool to ease difficult emotions and reframe attitudes and ideas. You'll find that this session will allow you to really relax around the facts of your own adoptive history, while offering you new and positive perspectives on your life.

**Buy *Being Adopted* now Hypnotherapy audio session and get some closure on those issues. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

### **Stop blaming other people and see problems in a whole new light**

How do you react when things go wrong? Do you feel a sense of shock, a sense of 'how can this happen to me?' Do you find yourself getting angry and worked up? Do you immediately start casting about in your mind to identify someone to blame for the problem? And working out a string of epithets to fling at them before you've even clearly established what exactly has happened?

If this describes your typical response to difficulties that you encounter, you are not alone.

### **Cause and effect - somebody must be to blame!**

Human beings have understood that there is no effect without a cause, and we are always looking for the 'cause' behind the phenomena that we experience. Our search isn't always rational, however. When things happen that we don't like, we become emotionally involved. This isn't surprising, but it can mislead us.

### **Emotional arousal and the blame game**

When we are emotionally aroused, it's hard for us to think clearly. Our 'fight or flight' responses are activated (whether we like it or not). We see things in an all-or-nothing, black-and-white way, with no room for shades of gray. This makes us feel very certain of our own view of things, and unable to admit alternative explanations. We feel 'under attack' and so are on the lookout for an 'enemy'. *Who has done this to me?*

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Satisfaction and revenge - the goal of blaming others

If we do find someone on whom we can pin the blame for a problem we are facing, it's very tempting to go right ahead and lambaste them without looking into the matter any further. This is because, when we have been thwarted, we are left with an 'incomplete pattern' in our life, and this is something we humans absolutely hate. We like to have things 'sewn up'. Blaming someone (and giving them a jolly good kicking) can feel immensely satisfying.

### Why blaming other people can land you in difficulty

In your calmer moments, you can probably easily see why the blame game is a fool's game. The hunt for scapegoats can distract you from the real issue - which is finding the *real* root of a problem or difficulty so that you can address it properly. You may find your scapegoat, and totally miss the root cause. Which means your unresolved problem is likely to return to haunt you.

Furthermore, in your calmer moments you can conceive of unforced errors and haphazard events. Things can go wrong without human intervention, and will do so from time to time, no matter how careful you (and everybody around you) are. In such cases, looking for someone to blame is completely inappropriate. Repeated instances of blaming can seriously corrode your relationships with colleagues, friends, and family.

### How to stop blaming other people and adopt a new approach to problems

You will have understood from the above that the essential ingredient in adopting a new way to handle difficulty and disappointment is emotional control. To avoid blame seeking, you need a calm and dispassionate mind. If your emotions become aroused, you need to be able to calm down again and see the bigger picture.

*Stop blaming others* Hypnotherapy audio session will help you begin to make this change by calling on your inner resources for creative adaptation. You have probably already discovered that telling yourself to 'calm down' when you are worked up has little effect. This is because emotional arousal is an *unconscious* process, and the best way to adapt unconscious processes is *through* the unconscious.

*Stop blaming others* Hypnotherapy audio session will teach you how to use hypnotic techniques that allow you to relax at a really deep level. It will give you the flexibility to be able to see situations in several different ways very easily, and to assume full control of your responses. You will learn how to drop blaming behavior and replace it with a flexible attitude to life's challenges that will stand you in good stead for the rest of your life.

**Buy *Stop blaming others* Hypnotherapy audio session and take ownership of your life. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Develop Dating Confidence

#### Build dating confidence with the help of hypnotherapy!

Dating can feel like a complicated dance. For some of us it's a dance in which we fear we might have two left feet. The good news is that everyone feels this way at some point in time. Whether you're just beginning to date for the first time or are re-emerging from a break in the dating scene, one thing remains the same no matter how much the landscape changes: **confidence is the key to dating.**

Both men and women are attracted to a sense of balance and serene confidence. Being over-confident can no doubt be viewed as egotistical, but being under-confident can be just as big of a turn off. **Who wants to date a guy that is obviously unsure of himself or a woman too insecure to speak her mind?** Whether we realize it or not, we are constantly giving verbal and non-verbal clues to our dates as to how we see, think, and feel about ourselves. When we are confident about who we are as individuals we are better able to attract and retain the attention of prospective mates. Isn't that the point of dating after all?

Hypnotherapy can help you develop dating confidence and improve your individual sense of self. By relaxing deeply and connecting with your unconscious mind you are able to see yourself more clearly and gain greater inner strength and resolve. **In hypnotherapy we can confront what it is we fear**, become more aware of what we like about ourselves, and replace unwanted behaviors. Empowered with confidence through hypnotherapy, your dating experiences are likely to **be more natural and more rewarding.**

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

- Feel much better about yourself and your communication abilities
- Attract and retain the attention of more potential mates
- Act naturally and feel confident when out on a date

When you are confident your date will notice and listen with interest and intent. **Hypnotherapy is an excellent tool for improving your self-assurance and helping you get what you want out of life.** No one can claim that hypnotherapy is a magic cure, but it is a successful path to relaxation, self-improvement, and calm control. The develop dating confidence Hypnotherapy audio session is a sure step towards improving the romantic rendezvous in your life.

**Hypnotherapy can help you build your dating confidence! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

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



## Hypnotherapy and relationship problems by Dr. Manish Patil

### Deal with Divorce

**Hypnotherapy can help you deal with your divorce.**

Has a divorce dragged you down into the depths of despair? Do you feel forsaken, abandoned and alone? Are you experiencing a gut-wrenching mixture of pain, anger and helplessness, all at the same time? Do you feel like you are drowning and you just don't know how to break through the surface for the air you so desperately need? As impossible as it may seem right now, you can deal with your divorce and your life will get better.

**If you think your divorce is unusually difficult, you are not alone.** A divorce is rarely easy and the changes that come with it can be very difficult to handle. The good news is that you can cope with your divorce and you can deal with all of the changes that come along with it – **it's just a matter of finding the strength to do it.**

The first step towards overcoming the pain, anger, grief and loss associated with your divorce is **to deal with the negative emotions and moving beyond them.** By working through the emotions that are currently drowning you, you can begin to deal with your divorce effectively. While it may sound difficult, working through your emotions can actually be easy if you implement hypnotherapy in your healing process.

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

- Go to bed at night without feeling empty and lonely.
- Wake up in the morning without an overwhelming sense of loss.
- Face the future without experiencing feelings of stress, anxiety and fear.
- Experience happiness like you did before the troubles all began.
- Look back on good memories fondly, without feeling sadness, guilt or grief.
- Get on with your life and put the past behind you once and for all.

**The 'deal with divorce' hypnotherapy session can help you get your life back.** Hypnotherapy can allow you to feel happiness and joy again. Through the power of hypnotherapy, you can move past the pain and into the life of contentment that you deserve. **You don't have to drown in a sea of painful emotions forever.** Let this Hypnotherapy audio session teach you how to deal with your divorce and....

**Repaint your life with emotions that are *vivid and bright!* Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Get Over Divorce

Divorce can seem like the end of the world - whether you wanted it or not.

The emotional turmoil, the sudden life change and the sense of loss can feel akin to grieving. People tell you you'll get over it but it just doesn't feel like it.

Then, to add to the emotional burden of divorce come the practicalities. At a time when it's difficult to think clearly you have to sort out financial and legal issues while remaining as calm and responsible as possible.

#### The emotional fallout of divorce

Emotions common during divorce are anger, guilt and anxiety about coping in the future - emotionally or financially. There may also be bittersweet memories of how things used to be before everything 'went wrong'. If children are involved then there is often guilt and anxiety. How will it affect them?

The fact is you will feel better and life will improve although it may not feel like it right now. Your *Dealing with Divorce* Hypnotherapy audio session will help you to relax, take stock and feel better-essentially speeding up the healing process and getting you to feel much more relaxed and confident about dealing with the future.

Buy *Dealing with Divorce* Hypnotherapy audio session and start feeling more in control today. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Escape emotional abuse and rebuild your life

**Use hypnotherapy to help you escape from emotional abuse by building up your resources to resist - and recover**

Are you or have you been on the receiving end of constant cruel put downs and belittlement?

Have you been made to feel that you are always in the wrong, so that you begin to really doubt your own judgment?

It's sadly common for some people, and even some groups of people, to exert power and control over others by using very unpleasant tactics such as:

- criticizing every little thing you do, no matter how innocent
- bad mouthing you to others
- constantly mocking and belittling you
- telling you you're stupid and don't know what's what
- threatening you with violence or abandonment
- telling you you're so hopeless you'd never manage on your own

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

This is emotional abuse. And it's wrong. Very wrong.

### The emotional impact of emotional abuse

If you've been subjected to such treatment, whether from one person or a group, you will have experienced some serious psychological damage. Your self-confidence may have gone through the floor. You may even have begun to wonder if the awful things being said about you, and to you, are *true*. You may have become too frightened and full of doubt to do anything. And you may feel deeply, painfully, indescribably wounded.

Your reading this page now indicates two things. One - that you have already realized that your experiences are abusive and wrong. Two - that you are looking for the way out and/or the way to recover.

### What to do when you realize you have been subjected to emotional abuse

It might be that the abuse is still ongoing and you still have to find a way to deal with the person or people responsible. It might be that it happened in the past, and you have already managed to leave the situation in which it occurred and are trying to deal with personal fallout. There may be many difficult practical steps you need to take, and you may need to seek help from friends, family, or professional counselors and advisers.

But to address those issues effectively, or make the most of changes you've already made, you need more than anything to free yourself from the *emotional grip* of the abusive relationship. This means building up your core identity and gathering the inner resources to either cut free or change the ground rules, and beginning the work of healing the wounds so that the rest of your life will not be forever blighted by what happened.

### Hypnotherapy can help you escape and recover from emotional abuse

When you are in the pit of despair and self-doubt, that may sound like an awfully tall order. When you've been treated like you're nobody and you feel like you arenobody, how on earth are you going to 'recover your core identity'? This is where hypnotherapy can help you.

*Escape emotional abuse* Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists with wide experience of helping the emotionally abused that focuses specifically on what is happening *inside* you as you attempt to respond to what has happened to you from the *outside*.

This session will help you in several ways. It will allow you to experience profound effortless relaxation (something you may not have experienced for a very long time). This *in itself* brings powerful healing to body and mind. And it will take you through a transforming process that will restore you to yourself and equip you with the emotional tools to do whatever you need to do as well as protect yourself in future.

As you use this session repeatedly, you will find that you

- feel stronger and freer and calmer inside every day
- have a much clearer sense of who you are

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

- appreciate and value yourself more and more
- are able to begin taking whatever steps are necessary
- actually begin to look forward to the rest of your life

Buy *Escape emotional abuse* Hypnotherapy audio session and get your life back. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Develop emotional intimacy with the people you love

**Break down the emotional barriers stopping you from sharing your feelings and enjoy healthier, more honest relationships.**

Do you find it hard to get really close to people? Even the people you love? Sometimes it can feel as if there is a kind of barrier between you. As if they are expecting some kind of emotional response from you, and it doesn't seem to be there, even though you know you care about them a lot. It can leave you feeling a bit cut off and distant. Emotional intimacy is a lovely idea, but where do you get it?

### You may have been shaped by the past - but YOU shape the future

You may have been blaming yourself for appearing 'unfeeling'. Perhaps a partner or spouse has criticized you for being 'cold'. This can really hurt when you nurture deep feelings inside yourself. But somehow it just seems that you can't show your true intimate feelings on the outside.

There can be lots of reasons why you find close emotional relations difficult. The kind of experiences you had as a child will have molded how you respond to others now. The kind of person you are will also have played a part. Previous relationships may have influenced you. But whatever the cause, if you are reading this now you are seeking a way to respond differently and be able to enjoy emotional closeness.

And you can.

### Unhelpful emotional patterns can be changed

Emotional and behavioral patterns that we develop in life are not set in concrete. We develop them because they help us deal with certain things in our experience, and they do tend to become habitual. But it is perfectly possible to shed a pattern which is no longer useful and develop new patterns which are more suited to what we need in life now. And the quickest and most effective way to do this is through hypnotherapy.

### Hypnotherapy can help you discover the real joy of emotional intimacy

*Emotional intimacy* Hypnotherapy audio session is a Hypnotherapy audio session which combines a deep understanding of the psychology of emotional connection with powerful hypnotic suggestions to help you develop your capacity for emotional intimacy.

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

## **Hypnotherapy and relationship problems by Dr. Manish Patil**

You don't have to force yourself to do anything in order to benefit from *Emotional intimacy*. It's a deeply relaxing experience just to sit back and listen, and deep relaxation in itself enhances your capacity to respond flexibly and creatively to life. *Emotional intimacy* Hypnotherapy audio session will help you almost effortlessly make changes that will take your relationships to a new level.

Buy *Emotional intimacy* Hypnotherapy audio session and see how close you can get. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### **Get ready to end that affair and clear your conscience**

Ending an affair can seem the hardest thing in the world. Yet it's just so tough to live with the gnawing anxiety, guilt and stress that come with keeping your affair hidden- especially from the partner to whom you are being unfaithful.

You may already have been looking for a way to make it easier to make the break and get on with your life with a clear conscience.

#### **Why would anybody have an affair?**

If your present 'main' relationship is unsatisfactory, or you are generally discontented, an affair may be an unconscious attempt to draw attention to the problem.

Contrary to popular belief, affairs aren't all about sex - although 'illicit' sex can make an affair all the more exciting and addictive. Often it is a quest for intimacy, an attempt to meet our deep need to be close to another person. If our primary relationship is not meeting this need, it can be hard to resist an offer of intimacy from elsewhere.

#### **An affair can be a way out**

Sometimes the impetus for an affair arises from actually wanting to end a marriage or long-term relationship which is no longer working. An affair can appear to offer an exit route, or be a catalyst for ending the main relationship.

#### **Saving your relationship by ending the affair**

But what if the main relationship is salvageable and *does* work on many levels? What if there are children involved? What if your partner is a really decent person who doesn't deserve to be treated like this?

In such a case, it's really time to that affair to an end before anyone gets seriously hurt.

#### **Using hypnotherapy to prepare yourself to end that affair**

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

*Knowing* you should end the affair and *feeling ready* to do so are two different things. Affairs and the excitement associated with them can feel addictive. As with all addictions, an affair can be fun for a while, but can also bring disaster unless you get out before it is too late.

*End That Affair* Hypnotherapy audio session offers practical advice on how to end it and will help you build the inner strength, integrity, and determination to take action. Not just for your own benefit, but for the good of all concerned. You will feel so much better to have it over with and be able to focus on salvaging what you can of your life with your partner.

Buy *End That Affair* Hypnotherapy audio session now and start to enjoy the relief of living openly and honestly again. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Ending a friendship - take charge of the process

You may have heard the old joke that you don't get to choose your family, but your friends are God's apology! There is no question that friends and friendship are among the most valuable and enjoyable aspects of life. Friendships are usually free of the emotional baggage that may entangle family relationships, and a source of fun, support, intimacy and a sense of belonging. But friendships can go wrong.

#### Why is there no guide to ending friendship?

We don't usually hear much about 'friendship breakups'. Romantic breakups we hear about all the time, and there is much advice on how to go about 'ending it' when a relationship goes sour. But if a friendship goes sour, how do you get out of it? There doesn't seem to be a recognized etiquette that you can follow. Nobody talks about it.

#### How friendships go wrong

This is surprising, because friendships are just as likely to founder as any other relationship, and often for similar sorts of reasons. One party takes the other too much for granted. Or demands too much attention. Or does a lot of taking and no giving (and if friendship is about anything, it's about an equality of give and take). Or has feelings for the other party which are not reciprocated. Or any number of other possible reasons.

#### The warning signs of friendship failure

You know that things are going wrong with a friendship, even one that you may once have highly valued and cherished, when you no longer enjoy that friend's company. When your heart sinks when they appear. When you start secretly resenting how they impinge on your time.

But the loyalty that underpins friendship is peculiarly powerful, and it can be hard to face up to the fact that it's time to put an end to this friendship.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### We treat 'friends' differently from other people

It's as if 'friendship' demands that you treat someone who has been a 'friend' differently from anyone else. Your heart may sink when they appear - but at the same time you can feel guilty for reacting like that. Part of the difficulty may be our sense that friendship is not 'exclusive' like a romantic relationship, nor genetically determined like a family relationship. We feel that we 'should' have room for all our friends.

### What friendships need in order to survive?

But the fact is that, like any relationship, friendship only survives if the parties can accommodate each other's differences and, more importantly, the extent to which each of them *changes*. You may have an awful lot in common when you meet at college, but later in life find that you have drifted apart in interests, skills, social circle and beliefs. You then need something powerful to hold you together *in spite* of your differences.

### The 'unfinished business' of former friendships can do you harm

But if you don't have that powerful glue to hold you together, the friendship may actually start to be damaging rather than nourishing. Many people in this situation fail to take decisive action and just let things drag on, or 'fizzle out'. But this can also be destructive, leaving a residue of resentful guilt on one side, and puzzled anger and pain on the other.

### Why ending a friendship properly is better for all concerned

Taking clear steps to end a friendship which is no longer fruitful for both parties can be painful, but ultimately benefits both former friends. It draws a line under the relationship, and lets both sides be clear about where they stand. It frees them both to pursue their lives and other friendships without harking back to the past.

But in the absence of the manual of etiquette for ending a friendship, where do you start?

### Hypnotherapy can help you end a friendship positively

*Ending a friendship* Hypnotherapy audio session is a Hypnotherapy audio session which will help you to prepare yourself calmly to bring a friendship you no longer wish to pursue to a clear end.

Using the calming and steadying effect of deep hypnotherapy, *Ending a friendship* Hypnotherapy audio session will allow you to face the situation from a position of stability as opposed to emotional upheaval. Of course, breakups can be emotional experiences, but this session will help you maintain your resolve and confidence to handle the process positively. From the suggestions offered you will be able to choose those most suited to your circumstances.

Buy *Ending a friendship* Hypnotherapy audio session and clear your life of unfruitful relationships. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

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

## **Hypnotherapy and relationship problems by Dr. Manish Patil**

### **Ending a relationship is never easy, but it doesn't have to be hell**

Ending a relationship is never easy and the thought of ending your relationship may be making you feel anxious - perhaps even terrified. Ending a relationship in such a way that both you and your partner's dignity are intact can seem like an impossible prospect.

It is human nature to procrastinate and dither over important decisions. But if you've really decided to end your relationship then the sooner you act the fairer it is for both of you.

#### **The role of calmness in ending a relationship**

To end a relationship well you need to be calm and clear of mind. The moment you become too emotional then your 'thinking brain' stops working properly. By remaining calm and relaxed you can be much fairer and say what you want to say.

When the time comes to deliver the news, you need to be in the right frame of mind. This means remaining calm and not being swayed by your partner's arguments or emotional reaction. That is where the *Ending a Relationship* Hypnotherapy audio session is really going to help.

There are good ways and not so good ways of ending a relationship. After all, you want to be courteous and mindful of their feelings whatever your reasons for wishing to split. This Hypnotherapy audio session will 'train your brain' to feel calm and controlled during that conversation.

Breaking up may never be easy but it will be a whole lot easier for both of you once you've Buyed and experienced *Ending a Relationship* Hypnotherapy audio session. Get it now and start feeling much better about the prospect right away.

### **Finally leave that relationship behind you**

When a relationship ends, the emotional aftershock can be hard to deal with.

Even when you know that ending it was the right thing to do, this doesn't always help. And if you didn't want it to happen, it can be even harder.

It can be difficult to stop thinking about your ex-partner, and the feelings of sadness and loss can be hard to deal with. This is of course natural for a time, but if you feel it has gone on for long enough, *Getting over a relationship* Hypnotherapy audio session can help you calm those feelings down.

The Hypnotherapy audio session will help you 'update' your unconscious mind so that you feel more like moving on.

Of course you will be able to remember the good things about the old relationship, but with less sense of loss, and more positive feelings about the future and the possibility of other relationships.

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



## Hypnotherapy and relationship problems by Dr. Manish Patil

Buy *Getting over a relationship* Hypnotherapy audio session now and feel optimistic about relationships again... Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Hate family gatherings? Here's how to enjoy them!

**Hypnotherapy can help you make family gatherings a much more enjoyable experience**

Family get-togethers. Don't you just dread them?

Do you sometimes wonder just how it is that blood relatives have such power to send you up the wall?

Family relations are the very bedrock of situation comedy - not to mention high drama. It's easy enough to laugh when it's someone *else's* family behaving like a bunch of bozos. Indeed, watching the antics of a another crazy family can bring a little light relief from the quite unfunny stress of spending time with your own. If only you could see your own family from the outside in the same way!

But when you have to face the reality of attending yet another family occasion, and find your heart sinking at the very thought of having to be in the same room as uncle X with his tedious army stories, or bossy cousin Y with her ghastly little pug, or even your supercilious sister or envious brother, and you just *know* there's going to be a row about *something*, how can you hope to look forward to it?

### Why family gatherings can be so stressful

When you think about it, it is not so amazing that our blood relations can get us so worked up. These are people who share your genes, your history. They have a plain, undisputed, *connection* with you. That's a good thing in many ways, of course, but this closeness also means that you are all likely to be somewhat vulnerable to each other. Not everybody knows how to handle such sensitivities well.

### The real source of trouble among families

And it is hurt feelings which tend to make family gatherings such prickly occasions, more than annoying habits or irritating personality quirks. When our feelings are hurt, we all tend to go on the defensive, or even get aggressive. We feel bad when our own families, from whom we all secretly hope for understanding, respect and acceptance, give us what we feel is a hard time.

### Your family won't change - but you can, with hypnotherapy

Of course, you know your family are not going to start behaving differently any time soon, however much more aware *you* may be of looking out for sensitivities. You can expect that they will probably continue to tread on your toes without realizing it. Or even deliberately, in some cases! But there is a way you can prepare yourself to weather these occasions successfully, and even enjoy them.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

*Enjoy family gatherings* Hypnotherapy audio session is a Hypnotherapy audio session created by experienced psychologists which uses the power of deep hypnotherapy to help you develop - and maintain - a state of mind which will transform your experience of get-togethers. Instead of getting worked up about a forthcoming reunion, you will find yourself actually getting calmer as it approaches, and even looking forward to it.

As you enjoy all the benefits of deep relaxation, you will experience a quiet revolution going on inside. After each session, you will find yourself

- growing in awareness of the real value of your family connections
- more and more able to see each individual as a valuable human being
- less and less put out by habits and behaviors you previously found intolerable
- growing in self-understanding and self-control.

Buy *Enjoy family gatherings* Hypnotherapy audio session and begin to get more out of being in a family. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Overcome fear of abandonment and enjoy your relationships

Fear of abandonment can drive other people you care about away from you. The insecurity fueled by fear of abandonment spoils enjoyment and squeezes the health out of your relationships.

There is usually a clear cause of fear of abandonment. Maybe you have had many 'failed relationships' where people have walked away from you. Perhaps you have got into the habit of becoming involved with people who are in some way unavailable and are more likely to leave you feeling abandoned. Then again issues of abandonment may partially stem from feeling abandoned emotionally and/or physically as a child.

#### Fear of abandonment is a self-fulfilling prophecy

As human beings we all need people. Most of us fear being abandoned at some point, but for those for whom fear of abandonment is a major issue then the fear starts to control them and their relationships. Can you afford to have your life controlled by the fear of abandonment any longer?

If someone's greatest worry is that they will 'just be abandoned again' or that people 'always let you down in the end' then they will tend to 'live defensively'. This means they will be constantly on the lookout for signs they are about to be abandoned. This may lead to over-controlling behavior in a relationship which in turn may leave them *more* likely to actually be abandoned. It is, in the truest sense, a self-fulfilling prophecy.

#### Fear of abandonment and 'clinginess'

Fear of abandonment may have been making you over-clingy, behaving desperately and seeking intimacy too quickly in friendships and relationships.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

When people overwhelmingly fear abandonment they may feel that any 'wrong word' they say or act of insensitivity on their part may cause a friendship or intimate relationship to come crashing down around them. They may feel they have to 'tread on egg shells' all the time, and are prepared to put up with all kinds of bad treatment because they don't want to be risk being abandoned. They become emotionally blackmailed by their own over-sensitivity.

But of course relationships need to be relaxed and we need to be able to speak our minds when appropriate and not fear being abandoned at the drop of a hat.

### Unconscious reasons for fear of abandonment

If you felt abandoned when young then your unconscious mind may be on the lookout for any tiny sign that it might happen again. This might be happening even if things are, in reality, secure. In this way your unconscious may be training to match up currently reality to past reality without realizing on an emotional level that you are stronger and more able now or that the fear is unjustified. This is like a bird whose cage door has been opened but who remains trapped inside because the changed circumstances haven't really registered.

*Overcome Fear of Abandonment* Hypnotherapy audio session will use deep relaxation to build your confidence as a person and make you feel more relaxed around relationships generally. Imagine when you can go from desperately needing relationships to merely wanting them as a *compliment* to your life.

This Hypnotherapy audio session will help you get there.

Buy *Overcome Fear of Abandonment* Hypnotherapy audio session and feel much, much freer in your relationships. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Overcome fear of commitment and get the real benefit of relationship

Fear of commitment is like a cruel negative voice inside your head. It's constantly whispering to you about your choices. It might be about your relationship choices. Or it might even be about something as trivial as deciding which restaurant to go to. This fear is the bugbear of decision making *in general*. Why? Because it constantly ambushes you with a 'what if?'

### Anxiety about the future and the 'what if?' question

Now at first sight the 'what if?' question looks useful. You are considering your options. 'Shall I get into a long term relationship with this person?', for example. That's a very big question, which will have a major impact on your life. It is only sensible to think through the implications of your choice. 'What if it doesn't work out?' 'What if I meet someone else?' But we're talking of a much more serious risk.

### How you can get trapped by your worries about what will happen

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

You see, *undue* anxiety about how things will turn out actually locks you into an *unending* series of 'what if?' dilemmas. Whatever decisions you make in life, trivial or serious, there are *always* consequences you cannot possibly foresee, no matter how carefully you examine your options. You want to be sure, before you make your decision, that it is the right one. That's understandable, of course, but actually, it's simply impossible.

### Overcoming fear and making good decisions

What is possible is to make the best decision that you can, having informed yourself as well as you can about the implications. When you are clear about the outcome you prefer, and what it will take to make that outcome more *likely*, you can go ahead and get on with your chosen course of action.

So making good decisions is really about being able to relax with uncertainty, with not being in control of absolutely everything. And overcoming fear of pledging yourself to a relationship, conquering that fear of commitment - or indeed any other major decision - will actually free you up to really make the most of the opportunities that life presents.

### Hypnotherapy is a powerful way to overcome fear of commitment

*Overcome fear of commitment* Hypnotherapy audio session is a Hypnotherapy audio session which utilises the power of your unconscious mind to help you escape from the limiting traps set by anxiety. You will find that the old worry just melts away as you listen and relax.

A clear psychological understanding of the processes of decision making is combined with powerful hypnotic suggestions to take you through a transformative journey to real inner freedom.

Buy *Overcome fear of commitment* Hypnotherapy audio session and decide to take control of your decisions. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

## Overcome Fear of Rejection

### Escape the fear of feeling rejected and the damage it can cause to relationships

Fear of rejection can come from many sources; from being rejected as a child, or feeling abandoned or unloved.

It can come from being repeatedly rejected in other situations, but regardless of the cause, it can create real problems in the 'here and now'. Fear of rejection can lead to obsessive ness, clinginess or jealousy in relationships. It can make you become too serious too soon, driving others away.

It can cause you to reject others to avoid being rejected yourself; overall it is a very damaging pattern of emotion and behavior that can cause real hurt to relationships and your enjoyment life in general.

And in addition, people often spend a lot of time looking for, and finding, 'evidence' to support their idea that they are being rejected...

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

- A partner talking to someone else can be transformed from an innocent chat into a 'sure sign' that they are about to leave you.
- Lack of contact from a friend can lead to feelings of anxiety and anger as you assume they don't want to spend time with you.

**The most important thing to understand about fear of rejection is that it is driven by emotion.**

It is not thoughts that cause you to act this way, but rather the way that you feel. Hypnotherapy can help you leave this old emotional pattern behind by helping you become calmer around the issue of rejection, and re-educating your unconscious mind in a more healthy and helpful way of going about relationships.

Buy *Fear of Rejection* now enjoy more freedom in your relationships... Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### **Lose self-doubts about how you look and feel attractive now**

**Learn to use your body's natural hypnotic ability to be more relaxed and confident about your appearance and attractiveness**

Of course, paying attention to your appearance and hygiene can't hurt, but there is more to feeling attractive than that. And being attractive is little to do with simply looking attractive - it is much more to do with the way you feel, and so, the way you come across to others.

**When you feel attractive, you become attractive.**

When you *feel more attractive* Hypnotherapy audio session, this comes across in all your communication - both verbal and body language - and people pick this up unconsciously, without even knowing it. All they know is that they feel attracted to you.

All you need to do is pop on your headphones at your computer, or plug into your CD or mp3 player. You will listen to a short introduction designed to shift your thinking about attractiveness, and then experience a deeply relaxing, confidence building hypnotherapy session that will dramatically improve how you feel about your appearance and attractiveness.

*Feel Attractive Now!* Hypnotherapy audio session will inspire the unconscious confidence you need to present yourself as an attractive person. You will naturally feel better about the way you look without having to think about it, as the gentle hypnotherapy re-educates your mind to see things in a way that makes you feel good about yourself. You will;

- be less critical of your everyday appearance
- have more "good hair" days
- be more relaxed in company
- see how others appear more attractive and attracted to you.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

Get *Feel Attractive Now!*, Hypnotherapy audio session and look forward to not only feeling attractive, but really becoming more attractive. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Find Forgiveness

**With the help of hypnotherapy - let go of the hurt and find forgiveness!**

**Forgiveness doesn't always come easy.** It's hard to just let go when a friend has violated your trust or a loved one has broken your heart. When we've been wronged our feelings can range from sadness to anger and everywhere in between. We may replay the offending scenario over and over again in our minds and even contemplate opportunities for revenge. This toxicity can quickly spill into other **areas of our lives leaving a trail of bitterness in its wake.**

Nothing can erase the injustice that occurred. **What was done is done. You can control the power it holds over you, however.** Forgiveness allows you to let go of the pain; it does not mean you give the person that wronged you a free pass. It may be difficult to imagine forgiveness now, but with the help of hypnotherapy you can free yourself and experience grace.

**Forgiveness through hypnotherapy is both cleansing and empowering.** You are the one who chooses to unchain the ties of resentment. **We can liberate ourselves** from wrongdoing yet maintain our vigilance against further infractions by allowing our unconscious mind to process what has happened and filter out unhealthy attachments and behaviors. **Without forgiveness it's hard to move forward.** You don't have to let this event hold you back from trust and intimacy with others.

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

- Free yourself from toxic feelings and resentments!
- Let go of the past and open your heart to love!
- See forgiveness as a strength, not a weakness!

**Hypnotherapy is a powerful tool for dealing with life's biggest challenges.** We can literally use the power of our mind to push forward and learn from our internal experiences. In the deeply relaxed state of hypnotherapy your creative unconscious (subconscious) mind is open to suggestion, allowing you to bring about **permanent change in your thinking.** Instead of reliving the misdeed and suffering with spite, consider using hypnotherapy to **gain new insights and rise above the situation.**

This hypnotherapy audio session can help you to understand your resentment and release yourself from the pain. You can overcome this indignity. Give yourself the gift of personal empowerment.

**Let hypnotherapy help you to find forgiveness! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### You can love your imperfect partner perfectly using hypnotherapy

#### Get a calm perspective on your relationship and see it's real value

On a scale of 1 to 10, just how perfect is your partner? If you've only recently got together, they might be right up there at 10. 'Match made in heaven!' But if you've been together a while, you've probably bumped down to earth and may be wondering who *is* this person and what are you *doing* together? It's like the scales have lifted from your eyes and now every imperfection blazes like a beacon.

#### Noticing that you have an imperfect partner.(And are one.)

It's very disconcerting when this first happens. When you're first in love, everything about your partner seems wonderful. The way they look. The way they talk. You love their mannerisms. Their foibles seem so cute. You can't imagine ever feeling annoyed or upset with them. Nothing could be more delightful than to be with them 24/7. So when that first little niggle of irritation appears - you quash it right down. Quick.

#### When imperfections take over the world

When you first start noticing that you feel really annoyed or frustrated by certain of your spouse's habits, you may tell yourself you're imagining it. Or that maybe you're tired or stressed, and getting things out of proportion. Or you think that in time you'll both adjust and these little glitches won't matter. But over time, it all mounts up. And then they can start to seem more important than anything else.

#### Is this imperfect partner really meant for you?

So when you find yourself tensing whenever your wife goes to answer the phone because you just *know* she's going to give that silly little giggle you (and everyone else, you're sure) find so utterly childish, or when you find yourself avoiding certain friends, because your husband just doesn't 'match up' somehow, it's no wonder you begin to wonder "Are they *really* my 'perfect partner' after all...?"

And *then* what do you do?

#### Finding and holding the real value in a relationship

Firstly, don't panic! If there's real value in your relationship, that value is still there. It may be that you have simply lost sight of it in the haze of exasperation that makes you focus on failings and flaws at the expense of strengths and good qualities. Nobody is 'perfect', and your imperfect partner is no exception (nor are you, of course). That doesn't necessarily mean you can't love them and be very happy together.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### How can you think clearly when you're so upset?

It can be hard to think clearly about what is happening because, by its very nature, relationship is emotional. And strong emotions - whether positive or negative - cloud your thinking. This is where the deep relaxation and calm mind you can enjoy through hypnotherapy can come to your aid.

### Using hypnotherapy to help you love your imperfect partner

*Love your imperfect partner* Hypnotherapy audio session is a Hypnotherapy audio session which will help you calm down all the emotions you feel around the relationship so that you can see it more clearly. As you become more deeply relaxed and clear headed, you will find that you can take a much more balanced perspective in your mind and see the true value this relationship has for you.

This session builds on the most up-to-date psychological understandings of relationship health and stability, and you will find yourself automatically and easily absorbing the principles that will help you sustain and nurture your relationship in the way that feels right for you. You will feel much more relaxed about your partner's (and your own) imperfections and be able to concentrate on enjoying life together.

Buy *Love your imperfect partner* Hypnotherapy audio session and relax into the joy of appreciating the one you love for who they really are. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

## Improve Your Relationships

### Use hypnotherapy to help you improve your relationships!

Humans are very complex creatures. Each of us has individual thoughts, feelings, wants, needs, and ways of expressing ourselves. **This can make communicating with each other a complicated task.** Trying to form lasting friendships and loving bonds requires special attention and quite a bit of commitment. For many of us, we weren't exactly given perfect role models or explanations on how to do this; therefore we must strive to **learn how to develop healthy relationships.**

Whether it is making a friend out of an acquaintance, or finding your true love, it takes the same amount of effort to listen, understand, and be there for your companion. We cannot merely feign interest, but must actively seek to completely comprehend and accept our friends and partners for who they are. We must realize that their opinions may differ from ours and choose to fully accept them. Mind you, you do not have to agree, but you must accept the other person's right to his or her own opinion.

When the differences are too great for you to embrace, then the relationship may not be the right one to pursue. Differences will always exist, but **finding the balance** of what is right for you in a relationship is an extremely important factor. The key may be to first have a better understanding of your relationship with yourself. **Hypnotherapy is an excellent way to calm the mind and listen to your heart.** While in the relaxed state of hypnotherapy your unconscious mind is open to learning new ways of thinking, seeing, behaving, and getting to know the real you.

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



## Hypnotherapy and relationship problems by Dr. Manish Patil

Imagine what it would be like to:

- Develop better communication with friends, partners, and loved ones
- Recognize unhealthy relationships and have the strength to end them
- Have a stronger understanding of yourself and your relationship with others

Hypnotherapy isn't a mystical or magical thing. It won't make you the perfect husband or wife, it can't resolve a fight with your best friend, and it won't rebuild your family bonds – at least not overnight. What hypnotherapy does is give you the ability to relax deeply, open your mind, and **improve your internal and external communication skills**. This hypnotherapy MP3 can give you the strength, calm, and confidence you need to help improve all your relationships tremendously.

Build better bonds with the help of hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Develop more independence in your relationships

You can overcome excessive codependency by altering your mindset - hypnotherapy can help.

Confidently know when you can make your own decisions and when to seek advice from others

- Do you find you have **difficulty making decisions**?
- Are you more concerned **what others think**, rather than what your own opinion is?
- Do you **worry constantly** that your actions will cause others displeasure?

In any loving relationship, it is easy to become overly dependent on our partner; to the extent that their needs always override our own. Excessive codependency can quickly lead to overwhelming anxiety and other problems.

In the short term, this can feel loving and often occurs in the early stages of a relationship; but if you become too 'absorbed' in your partner, the relationship and your own life inevitably suffer.

True independence within a relationship means being able to trust yourself to make your own decisions, and incorporating the opinions of others when necessary.

*Developing independence* Hypnotherapy audio session will help you **improve your skills** and help you **strike that fine balance** that allows true independence to improve relationships and strengthen the bonds between you.

Buy the Hypnotherapy audio session and enjoy the freedom that **true independence** brings. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Relax completely with your partner

**Gently re-educate your mind to feel like you're valued and wanted by your significant other.**

- Do you sometimes feel you are not good enough for the person you are with?
- Do you predict things going wrong in your relationships?
- Has insecurity driven you to end a relationship before?

Feeling insecure in relationships happens to everyone at some time, but when it is a constant visitor, life can become pretty difficult.

Nagging thoughts about the other person, jealousy perhaps, pessimism about your long-term prospects with your partner - all these are common side effects.

How would it feel to expect the best from your relationships? If you could get rid of this old problem - or even reduce it by 50%, wouldn't that be a wonderful, energy-freeing achievement?

And what do you think your partner would notice first about your new attitude?

Buy *Banish Relationship Insecurity* Hypnotherapy audio session now and experience freedom from those old negative thoughts. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Learn to love again - recapture that special feeling

When you love someone and the relationship ends it hurts. And if a relationship ends suddenly, or if you were betrayed in some way, it can seem as if you'll never be able to love again.

#### Too much of a risk?

People often say that learning to trust again is getting over the feeling that if you get too close then love will be snatched away again.

To love we have to give of ourselves and that can *feel* like taking a big risk.

But *not* loving means a life without intimacy so which is the bigger risk?

#### You can love again

You *can* love again and the beauty of love is that you love people in different ways and you love different things about them.

It's a wonderful feeling when you realise you've fallen in love again and memories of the old love can still be special but they no longer prevent you from finding new happiness.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Your special gift

When you love someone you give them a special gift. What people choose to do with your gift is down to them. Part of a new relationship is working out how worthy your new partner is to receive your 'special gift'. Of course this means relaxing and *allowing* the time for the relationship to progress and develop.

### Recapture that special feeling

*Learn to Love Again* Hypnotherapy audio session will help you relax about new relationships and approach them with the same freshness, optimism and excitement you used to feel. You may have forgotten how to feel that way, but your unconscious mind hasn't. Hypnotherapy can help you rediscover that feeling.

Buy *Learn to Love Again* Hypnotherapy audio session and find happiness once more... Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Stop Choosing Mr. Wrong

Do you always seem to go for the wrong guy? You think he's Mr. Right but he turns out to be a waste of space in the end. Perhaps he lets you down by being unfaithful or he just won't commit to any kind of recognizable 'relationship.' Maybe he seems great at first but ends up putting you down and treating you badly. And what's more, you've found yourself putting up with being treated badly by a guy.

### Reading the signs

It's true that you don't know what someone's really like immediately but there are always signs if you are clear headed enough to know what to look for.

The trouble is when you're infatuated or 'in lust' you don't see the wood for the trees. There are things wrong in the relationship that you just don't want to see. You make excuses for all those little signs that it just won't work in the long term. Or maybe you've been falling into the trap of the 'I'm the one who can change him!' (This is perhaps the biggest relationship trap of them all).

### Infatuation stops straight thinking

Infatuation stops you thinking straight. Strong emotion is what makes you pick the wrong guy and stops you seeing what's really going on. You end up feeling hurt and stupid.

### What about all those nice guys?

Then there's the guys you know would be faithful wonderful partners but they just don't do it for you. They're 'too nice' and not exciting. But there has to be a middle way; a guy who is stimulating and good long term partner material.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

The reason that the 'nice guy' may not always do it for you is that being too nice may also indicate lack of courage. Women like brave men because brave mates are, from an evolutionary point of view, better able to survive. So if you are not attracted to a man who seems too kind there may be good reasons for this but you need to find a balance.

### Dating savvy

In order to find a man you are attracted to but who is also good for you and knows how to support you, you need to really think about what is important to you then keep your head when you start dating so that you can clearly see what is in front of you.

The common mistakes when dating Mr. Wrong are:

- Making excuses for him
- Blaming yourself

To avoid this you need to give him responsibility for his own behavior and make him accountable for his own behavior. So if he flirts outrageously with your best friend you need to really know it's his behavior not a reflection of you.

### Falling for the wrong guy - what's important to you?

So if reliability and trust are important to you then does his behavior generally meet your criteria? If the answer is no then you need to really look at what's going on and keep a part of yourself detached. True love takes time to develop - infatuation and desperation blind you.

### Bad men habits

If you have low self-esteem because of the way you have been conditioned in life then you may have got into the habit of going for and staying with men who treat you badly. If this is the case then you need to think about what you really need not what you think you want. The way to do this is to calm down and see clearly.

Relationships go wrong because people can't see clearly what's really going on.

This session will help you relax in relationships, enjoy them but also see clearly and know how to act for the best - because if you don't look out for yourself who will?

Buy *Stop Choosing Mr. Wrong* Hypnotherapy audio session now and be confident you're choosing Mr. Right next time. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Get help with the challenges of being newly single

It can be daunting to suddenly be single again after a relationship ends. This is especially true if it was a long relationship - you can feel as if you have forgotten *howto* be single!

At first it can feel like a struggle to regain confidence as an independent person. And the thought of getting back 'out there', not necessarily on the dating scene, but even socializing independently can feel overwhelming.

You may feel unsure that you'll meet someone else eventually (if that is what you'd like to do at some point). Or you may feel that it's somehow embarrassing to go out as a single person, especially if many other people you know are in couples.

### Adjusting to changed circumstances

If you had been married or cohabiting then you may be suddenly faced with having to do things that your partner did before. Perhaps daily tasks and responsibilities have to be taken on that you didn't have to think about previously.

Maybe you feel embittered or as if you can't trust a relationship to work out in future. Maybe if you have children the separation has affected them and you worry about that.

### Establishing your independent identity

If you are used to feeling your identity was defined by being in a partnership then you need to establish a new identity as an individual.

Now is a wonderful opportunity to respond to this with calm, confidence and optimism. *Newly Single* Hypnotherapy audio session will help you achieve that quicker than you dreamed possible - getting you feeling optimistic and confident about the future again.

Buy *Newly Single* Hypnotherapy audio session now and start feeling stronger than you thought possible. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Overcome Jealousy

#### Let go of jealousy with the help of hypnotherapy and hypnotherapy!

Everyone experiences jealousy from time to time. It could happen because a co-worker got the promotion that you thought you had earned. Maybe an acquaintance you frequently run into is constantly boasting about the lavish vacations that he takes. You might have a friend that you think is more attractive or intelligent than you are. You could find yourself getting overly nervous just because your partner is speaking to someone of the opposite sex.

When these things occur our thoughts begin to race with questions and self-doubt. For some people these thoughts are fleeting. For others, the emotions are much more profound and can affect the quality of their relationships. This is because **jealousy stirs deep within us feelings of inadequacy, insecurity and distrust.** These are not exactly the ingredients for a healthy relationship, and jealousy doesn't make us feel good about ourselves.

Jealousy is often a symptom of low self-esteem. Our self-image suffers when we constantly compare ourselves to others and believe we do not measure up. Not appreciating your unique beauties and attributes will likely leave you feeling sad and possibly even isolated. **This is not an enjoyable way to go through life.**

Jealousy can also come from things we experienced in the past. Jealousy may have formed as a result of a loved one being dishonest or cheating on you. You thought you could trust that person, but you ended up getting hurt. Now you find yourself making unwarranted accusations in another relationship because deep down you are afraid the same thing will happen all over again.

**Everyone has a right to feel good about themselves and their relationships with others.** By freeing your mind from the burden of jealousy you will experience a brighter and happier existence. **Hypnotherapy can help you to accomplish this.**

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

- Release yourself from unnecessary suspicion!
- Feel confident and have more self-worth!
- Experience deeper relationships and trust!

Hypnotherapy is a form of creative relaxation that allows you to access your unconscious (subconscious) mind. When you listen to this hypnotherapy MP3 Buy **you can encounter the full weight of your jealous behavior and choose to let it go.** You can become secure in yourself and learn to value the beauty of your individual qualities. Every relationship you have can be empowered to flourish, as jealousy ceases to hold them back.

**You deserve to be free from jealousy - and you can be! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Overcome Loneliness

**With the help of hypnotherapy - leave loneliness behind and make new friends!**

Do you ever feel like you are alone, even when you're in a room full of people? You know there are others around you, but at times you feel no connection to them. You may feel as if there is emptiness inside that no matter how close to a person you are physically, emotionally you feel isolated. That feeling of loneliness can be hard to shake.

**Sometimes loneliness is the result of some sort of loss or change in our life.** Maybe you moved away to start a new job or make a change in your life and you have yet to make new friends. Or maybe you have stayed in one place, but the familiar faces that used to surround you are gone, leaving you to feel lonely.

For some people it is hard to remember when they have not felt alone. They may find it difficult to connect with others, fear rejection, or are just unsure how to get started. **The important thing to remember, as hard as it may seem, is that you are not alone in this feeling.** Many of us have suffered loneliness in silence, just like you.

**Loneliness is a feeling, one that resides deep within our unconscious (subconscious) mind.** It silently creeps up within us, nagging at our desire to feel connected with others and preventing us from developing the relationships we naturally want and deserve. But the unconscious mind can be changed, and loneliness can become a thing of the past.

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

- Learn to open up and make new friends with ease!
- Feel inner strength and comfort, even when alone!
- Experience enriched relationships and fulfillment!

**Hypnotherapy involves activating your creative mind in a relaxed state.** In this environment, you are the director. Your mind is a stage and you have the power to dictate how the play will unfold. As you envision yourself engaging in conversation with others, filled with a warm and confident glow, your mind can become accustomed to this new way of thinking and feeling.

**You can overcome loneliness and enjoy life again! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

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

## **Hypnotherapy and relationship problems by Dr. Manish Patil**

**Give your partner space and let your relationship bloom**

**Use hypnotherapy to learn how to be more relaxed and less anxious about your relationship**

Has your partner complained that you're not giving them enough space for themselves?

Are you worried that spending time apart might threaten your relationship?

We've all been seduced by the fairy-tale of love. Two people meet. They're meant for each other. They can think of nothing more wonderful than spending the rest of their lives together. But just how much of your life - how many minutes and hours and days - should you actually spend in each other's company, doing things together? How much companionship can you have before it becomes smothering or stifling?

How long is a piece of string?

**How much should two people be together?**

Of course, there is no right answer to that question. Every couple is different, and they all live in different circumstances. Some couples have more in common with each other, some have more widely different interests. Both partners may have different beliefs about what a relationship 'ought' to be like. Previous bad experiences may have made one or both partners feel quite insecure about relationships in general.

In a way, all relationships are a series of negotiations, because no two individuals, however much they love each other, are going to want exactly the same things all the time. Concessions and compromises have to be made if the relationship is to survive. But if one partner feels they have to do *all* the conceding and compromising, the health of the relationship is at risk, no matter how smooth things look on the outside.

**Why finding a way to give each other space is important**

Where one partner wants, or demands, more 'togetherness' than the other partner feels comfortable with, negotiating what kind of 'space' to give each other becomes crucial. This can be particularly hard for the partner who is looking for more inseparability rather than less, perhaps because they are worried about abandonment. But if it is not addressed, the risk is that there will eventually be total separation. Which is not what you want.

What to do?

**Hypnotherapy can help you overcome insecurity in relationship**

*Give your partner space* Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists with long experience in relationship counseling. Using the gentle power of hypnotherapy, this session will enable you to relax profoundly and engage your own unconscious resources to help you find the right answer for your personal situation.

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



## Hypnotherapy and relationship problems by Dr. Manish Patil

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

- your stress and anxiety about the situation markedly decrease
- you feel calmer and stronger in yourself
- you begin to develop a new perspective
- you make time to discuss hopes and expectations with your partner
- you nurture your own individual development as part of your care for the relationship
- your relationship begins to reap the benefits of your new approach

Buy *Give your partner space* Hypnotherapy audio session and really enjoy the dance of relationship. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Stop pushing people away

#### Learn how to let (the right) people get closer to you with hypnotherapy

Are you always pushing people away when what you'd really like is to get closer to them?

Do you avoid letting people get close in case you get hurt?

Emotional pain is one of the most deeply 'painful' hurts we can experience, even though it is invisible. We can get hurt because of what others do, and we can also get hurt because of what we ourselves do. Whatever the cause, it's only natural to want to protect ourselves. So we take steps to see it won't happen. Like pushing people away.

#### Why fending people off *seems* like a good idea

Putting up a barrier between yourself and other people can *seem* like a good way to protect yourself. If you don't let them get close, they can't hurt you, can they? If you reject them first, they won't have a chance to reject you. And this is quite true. But if you maintain this approach for any length of time, you risk ending up isolated and lonely. This is not only no fun, it is quite literally bad for you, as research has shown.

#### Never letting anyone close can backfire on you

Now of course there are some people whom you *should* exclude from your life, if you can.

There are people who wouldn't be good for you, people who could have a seriously negative effect on your life. It's important to learn to identify who is 'toxic' for you, and give them a wide berth. But it's *equally* important not to 'tar everyone with the same brush'. Because there are also people with whom you could have close and rewarding relationships that you can really enjoy. It would be a terrible shame to drive them away.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

But if you've fallen into a pattern of fending people off because of a fear of rejection or hurt, it can feel very scary to start letting people come closer again. How do you deal with those feelings of anxiety that increasing intimacy can bring on? How do you manage the process comfortably and stay in control of what's happening?

### Hypnotherapy can help you quickly master a new relationship pattern

*Stop pushing people away* Hypnotherapy audio session is a Hypnotherapy audio session developed by relationship psychologists that will help you overcome your fears about intimacy and start to build more satisfying relationships.

As you take the time to listen and relax repeatedly to your Hypnotherapy audio session, you will find that this powerful hypnotic experience allows you to

- feel a growing sense of deep inner calm
- be more relaxed about getting to know people
- develop your ability to discern who can be trusted
- be more willing to give new people a chance
- begin to develop closer, more trusting, more rewarding relationships

Buy *Stop pushing people away* Hypnotherapy audio session and start building the connections you really want. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Rebuild Trust

#### Open yourself up to trust, for better relationships!

Learn to trust others isn't always easy, especially if past experiences have left you feeling wounded. **Maybe you've made poor choices** recently or haven't always had the best judgment and now you're left unable to trust even yourself. Whatever the cause of your trepidation when it comes to trust, this self-protection has an important place in your life. It doesn't mean, though, that you can't let someone in. It doesn't mean you have to stop listening to your own heart.

**Trust doesn't just happen overnight.** It is built little by little, over time. **It may take you a while before you can open up to someone** and allow yourself to become somewhat vulnerable again, but the rewards of doing so can be amazing. To love someone and trust them deeply is one of the greatest gifts a person can ever receive. By preventing yourself from this intimacy you miss out on so many things.

**But to trust someone else you must first learn to trust yourself.** Just because you made some mistakes in the past doesn't mean you will make them again. Errors in judgment are the way in which we learn some very valuable lessons in life. Your experiences have taught you what not to do, and by their very virtue, how to avoid them next time around. **All you have to do is listen to your instinct. Listen, and learn to trust yourself.**

Imagine what it would be like to:

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

- Experience healthier, deeper relationships!
- Keep yourself protected while building your trust!
- Learn to have confidence in yourself and listen to your heart!

What has happened in the past is history. **Hypnotherapy can help you grow to accept the past and help you rebuild your ability to trust yourself and others.** In this deeply relaxed state your creative unconscious (subconscious) mind is open to suggestion, allowing you to bring about permanent change in your thinking. Instead of pulling away as a means of protecting your feelings, you can instead learn to take steps toward trust while remaining confidently guarded.

This Hypnotherapy audio session can help you to understand your reasons for self-protection, but also help you to see the importance of letting people in. **You deserve to have deeply intimate relationships, built and surrounded by trust.** You can accomplish this all in your own time and, most importantly, by regaining trust in yourself.

Let hypnotherapy help you rebuild trust and your life! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### You really can get on better with your mother

Family relationships can be fraught with difficulty. The emotional connections between parents and children are very complex, and loaded with hidden significances on both sides. And *especially* so with one's mother. If you have been struggling with this, you may well wonder if there's any hope of improving your relationship with your mom.

#### Why mother/child relationships can be so difficult

It is not so very surprising that the mother/child relationship is a particularly tricky one to navigate. After all, every one of us issued from a mother with whom we were once, to all intents and purposes, a single being. We all had to learn to become a fully separate person, and our moms had to learn to let this happen. But it is not surprising that not everybody manages the transition smoothly.

#### Your mother is not all powerful nor always right

From the child's point of view, another journey has to be made too. In infancy, your mother is a godlike creature, all powerful. And you are totally and utterly dependent on her for your very survival, never mind your wellbeing and happiness. Her approval is life and death to you, literally. Yet as you grow up, you must learn to see her as only human, after all. As prone to getting it wrong as anybody else on the planet.

#### 'Emotional baggage' in the relationship with your mother

These psychological realities underpinning the mother/child relationship mean that, as you move from relating to your mom as a child to relating to her as an adult, there is a lot of 'emotional baggage' between the two of

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

you. Not all emotional baggage is negative, of course. You may have wonderful emotional connections with your mother in some respects. You may deeply love and value what she has given you.

But if you are having difficulties in your relationship with your mother, and these are proving persistent in spite of your efforts, it may indicate that the two of you have become unconsciously 'stuck' in old patterns of relating to each other. Or that past hurts have not been 'put to bed' and are still festering. And it can feel amazingly difficult to broach the subject of changing things with your mother.

### How you can use hypnotherapy to improve relations with your mother

Patterns of relationship are generally the result of unconscious rather than conscious decisions. This means that they are particularly amenable to modification by actively calling on your instinctive unconscious patternmaking powers. How can you do this to improve your relationship with your mother?

*Improve your relationship with your mother* Hypnotherapy audio session is a Hypnotherapy audio session which will provide you with the psychological tools you need to make a real difference in how things go with your mother. Listening to *Improve your relationship with your mother* Hypnotherapy audio session will allow you to construct a completely new perspective on this relationship.

As you relax deeply to *Improve your relationship with your mother*, powerful hypnotherapy techniques will ensure that you can easily make all the inner and outer transitions necessary to move your relationship with your mother onto a more satisfactory, and appropriate, footing.

Buy *Improve your relationship with your mother* Hypnotherapy audio session and discover just how much better things can be. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

## Save your marriage

### Develop a powerful optimism for your marriage using relaxing hypnotherapy

Many wedding vows include 'for better or for worse. It's when things are for 'worse' that you need a helping hand.

### A good ship is built to withstand bad weather

The best and longest lasting marriages often have tough times in the same way that a great ship may go through storms once in a while - doesn't mean the ship is about to sink or that the voyage is over. A good ship is built expecting bad weather.

Maybe some marriages have come to a natural end but it's also true to say that many people give up on a marriage too soon. Above all you both need to remember that no matter how bleak things seem it is possible for many marriages to get back on course.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

It could be that you both have external pressures such as money issues or in law issues or child issues. Or it could be that your personalities are clashing at the moment and you haven't yet reached compromise over certain areas. The key word here is 'yet' - there is still time.

### Any voyage can have storms

When a ship is coming out of a storm it doesn't just happen instantly. There are little signs that things are improving, the boat travels smoother, the air feels calmer, sunlight comes through a little more.

And it's the same for your relationship. The important thing is to stay calm and to know what to avoid and what to aim for to make relationships work.

'*Surviving Stressful Chapters in Marriage*' Hypnotherapy audio session will help you see the wood for the trees, provide you with optimism for your marriage and teach you specific ways of thinking and feeling that will help your relationship survive for the long term.

Buy *Surviving Stressful Chapters in Marriage* Hypnotherapy audio session now. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Stop seeking approval and be your own person

**Learn how to care less about others opinions by hypnotically updating your instinctive need to fit in**

Are you always seeking approval from others rather than consulting your own wishes and values?

Has 'people pleasing' taken over your life?

Needing and seeking approval from the other people in your life is not, in itself, a pathological characteristic. Quite the opposite. It's a survival mechanism. You are evolutionarily 'programmed' to find ways to fit in, be accepted, develop social bonds and draw esteem through your relationships with others. Why is this? Because your life depends on it.

In the dim and distant history of our very early ancestors, you hadn't a hope on your own. If the clan or tribe you belonged to took against you and cast you out, you would pretty shortly die. So being on good terms with a network of people was a truly vital survival strategy. The overwhelming negative emotional response we feel to any kind of social rejection is testimony to just how critical our drive for approval is.

**Do we still need the approval of others in the modern world?**

It might be argued that, in modern society, we are not so fundamentally dependent on each other, especially the people close to us. But evolutionary change is far slower than social change, and that drive is still fundamental to the survival of an infant, for instance. Not being accepted by your parents or careers is still very much a death sentence. So the need for approval is not going to go away by itself any time soon.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

What *has* changed in recent human history is the extent to which we can, through our own actions and understanding, modify how we respond to our primal drives. *Having* a powerful instinctive drive is not the same thing as *acting* on it. But it can feel quite challenging to bring an instinct under conscious control. It feels all wrong, and as if there will be terrible consequences (that's evolution working on you).

But it can be done.

### You can get control of excessive approval seeking with hypnotherapy

*Stop seeking approval* Hypnotherapy audio session is a Hypnotherapy audio session designed by psychologists that will help you *update* your instinctive responses to match your present circumstances. This doesn't mean that you will lose all interest in the endorsement or appreciation of others. It means that you will be able to *choose* what importance to give to it, rather than *automatically* putting it first.

As you repeatedly listen and relax to your Hypnotherapy audio session, you'll notice that

- your sense of self becomes stronger and clearer
- you feel less concerned about what others think of you
- you are able to live more by your own values
- your relationships are enhanced by your greater integrity
- you can more appropriately take account of the feelings of others

Buy *Stop seeking approval* Hypnotherapy audio session and free yourself up to be who you really are. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

## Get over the sexual history of your partner

### Hypnotherapy can help you put the past in perspective

Do thoughts of your partner's sexual history haunt you?

Is their past getting in the way of your present (and future) happiness?

Unless this is the first ever relationship for both of you, one or both of you has a history that includes one or more previous partners. It's completely natural, especially in the early phases of a relationship, to feel some anxieties and jealousies about each other's previous lovers. You want to know where you stand, you want to feel secure and be *sure* you really are the only one.

### You need time to integrate the past

It takes time to allay these anxieties - you have to learn about each other, especially if you have concerns over sexual health. You have to find out why the previous relationships were ended, and by whom. You have to

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

discover what your partner feels about you and see how words and deeds match up. You have to explore what really brings the two of you together, and some feelings of jealousy show that you really do care.

### Why you can become obsessed with your partner's sexual past

But sometimes these rather natural feelings can mushroom into a major issue. Maybe you just got too much detail about 'the others' or maybe one of them seems to have been just a bit 'too special'. Maybe you're uncertain about what your partner 'really' feels about you, and then it can seem like there's no room in your head for anything but lurid imaginings about their past, and their past partners in particular.

This is not a good recipe for relationship success.

But even if you know that you're being irrational, and unreasonable, and that your partner loves you and wants to be with *you*, how do you *stop* yourself obsessing about this old history?

### Hypnotherapy can help you lay the ghosts and be happy

*Get over your partner's sexual history* Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists that will help you quickly bring this excessive worrying under control.

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

- feel much calmer and less tense in general
- can think about your partner's past with equanimity
- spend more time focusing on what you value now
- feel a greater confidence and trust in your partner
- look forward to your future together optimistically

Buy *Get over your partner's sexual history* Hypnotherapy audio session and put the past behind you. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

## Sibling rivalry - wouldn't it be great to get on with your brothers and sisters?

How do you know if adult sibling rivalry is affecting you? It's simple.

Are you still jealous of your brother's sports prowess? Do you hate your sister for coming first in class and getting all your parents' attention? Are you hurting from the feeling that your parents were more interested in your sibling than in you? Do you wonder why your grown up brothers and sisters still treat you as the 'baby of the family'? Sibling rivalry is at the root of such feelings.

Adult sibling rivalry can go way back and maybe it haunts you even now. Perhaps you feel your sibling was always the favorite and got more than their fair share of love, attention and even material possessions than you

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

did. Maybe you feel that your brother or sister got the good the looks and the brains and you know you 'shouldn't', but you can't help feeling resentful and jealous.

### What is adult sibling rivalry?

Adult sibling rivalry consists of feelings of intense competition, jealousy, resentment and animosity towards one or more siblings. The causes of sibling rivalry are multiple. Young children may feel as if they have to fight for their parents' love and attention. And, even with the best will in the world, parents can find that they just can't treat each child exactly the same - simply because children are different.

If your sibling was *naturally* more outgoing than you, then they may have *naturally* got more attention when growing up. A bit of sibling rivalry is natural, but when it becomes too intense and the feelings continue into adulthood and influence adult behavior, then it can really start to corrode your well-being, and it's time to take action.

### Childhood labels can stick with you

Children in families often get labeled and these labels can begin to mould how we think, feel, act and behave. For example, one will be the 'baby of the family', one the joker, the sensible one, the underachiever, the good looking or clumsy one, and so on. And if you were seen as 'the fun but silly one', while your sibling was 'the hot shot destined for success', then it's not at all surprising that rivalry ensues.

Ultimately, the only person who can remove a label is the person wearing it.

### Moving beyond adult sibling rivalry

As we grow into adulthood we expect old sibling rivalries to recede into history. But for some people childhood battles continue to determine emotional responses in adult life. This is because, unless we actively take steps to avoid it, it's all too easy for us to slip back into the roles we played as children - with all the same feelings.

Real personal development means growing out of the limiting patterns of childhood, breaking free of residual adult sibling rivalry and truly becoming your own person. And this is where hypnotherapy can really help you.

### Hypnotherapy to ease sibling rivalry feelings

A first step in escaping the old effects of sibling rivalry is to see what is really going on. To see anything objectively you need to be very calm. Then you can think about things clearly without being overwhelmed by emotions. *Overcome Sibling Rivalry* Hypnotherapy audio session will help you develop this calm perspective.

You will then learn how to move beyond those old feelings and reassert your own individuality. And soon you will be feeling so much better generally about your adult siblings as they lose their power to press your buttons.

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



## Hypnotherapy and relationship problems by Dr. Manish Patil

Buy *Overcome Sibling Rivalry* Hypnotherapy audio session now and start building the most valuable of relationships. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Balm for bitterness - heal your wounds after divorce

Most people embark on marriage with high hopes and expectations and good intentions. You *want* it to go well. You *hope* it will go well. You're prepared to do your darnedest to *make* it go well. You can't conceive that you and the person you love and adore may not stay happily together forever. You don't imagine you may one day find yourself desperately looking for a cure for the bitterness in your soul.

But sadly, when marriages end, amicable divorce is the exception, not the rule.

### It is shocking how bad you can feel after divorce

Most people are shocked to discover the depths of bitterness in which the end of their marriage and the process of divorce plunges them. It's hard to believe you *really* can feel such an intensity of hatred, anger, or resentment, or some combination, towards the former light of your life. Even if your bitterness is entirely justified by events, its sheer strength can be frightening, or even make you fear you are going mad.

### Unhealed bitterness can blight your life if you don't put a stop to it

And it can feel so hard to escape from this bitterness. It consumes you. It's as if every waking moment is taken up with going over and over the injustice, the hurt, the betrayal, the loss. This stokes up the bitterness even more. It can invade your dreams until no part of your life is safe from it. At the same time, you rapidly realize that it is doing you no good at all. But how can you *stop* feeling bitter? How can you switch it off?

### Bitterness damages more than just your emotions

That bitterness really does need to be 'switched off', because it harms more than your emotions. Recent divorcees, even if the divorce was a 'good thing', have high levels of stress, anxiety, and even depression. They don't sleep well. They don't eat properly. Their immune system is weakened. They are not great company, and other relationships may break down around them - just when they need all their friends.

### Coming safely through divorce - two important steps

If you want to keep the damaging effects of divorce to a minimum, there are two important things to remember. One is that divorce - even if you seek it - represents a serious loss. This means that you may find yourself going through a process of grief. If divorce also represented something wonderful - like escape - this can be confusing. But if you honor the need to grieve, and attend to it, you will survive the process much better.

Secondly, however overpowering and all-consuming the emotions associated with bitterness may feel, it really is possible to bring back a level of calm into your life, and begin to allow the wounds to heal. And you can start to do that today.

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

## **Hypnotherapy and relationship problems by Dr. Manish Patil**

### **How hypnotherapy can help you find healing for divorce bitterness**

*Soothing the bitterness of divorce* Hypnotherapy audio session is a Hypnotherapy audio session which will allow you to enter a state of profound relaxation such as you may not have known since your divorce got under way, or even before. Just letting go for a while of the day to day stress of dealing with all the aspects of divorce will bring wonderful relief to mind and body.

Hypnotherapy is a powerful tool for working with deep emotions and healing the inner wounds that beset us on life's journey. *Soothing the bitterness of divorce* Hypnotherapy audio session will help you discover your own way through the difficult feelings roused by your divorce - much sooner than you would have believed possible.

Buy *Soothing the bitterness of divorce* Hypnotherapy audio session and enjoy the effects of this truly healing balm. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### **Put the spark back in your relationship and re-ignite the passion**

#### **Re-discover what's special in your relationship using relaxing, gentle hypnotherapy**

There's nothing like being in love. It's the most entrancing thing in the world - you have eyes for no one but each other and your thoughts are filled with the one you love. You can't wait to be together and when you *are* together, it's as if a powerful magnet is pulling you ever closer. Surely there can be no greater happiness than to be with this person for ever and ever?

#### **What happens when the first flush of love passes?**

But after you've been together for a while, you start to notice that the overwhelming nature of your love seems to have waned. You still love your partner and are still committed but a sameness can creep in. Maybe you find those enchanting little 'quirks' starting to grate or the everyday grind and external pressures conspire to pull you out of your private little world of love. You begin to wonder where the spark has gone.

#### **Cool times for once 'hot' relationships can be scary**

It's easy to panic at this stage of a relationship. In the early heady days of first love, you feel like you and your partner can conquer anything with the power of your love. You feel as if you could never tire of each other's company. So when dull days dawn, and rows reverberate, and you wonder whatever happened to intimacy and sex, it can feel as if the world is falling. Have you made a dreadful mistake? Is it 'the end'?

#### **Misplaced expectations about love lead to disappointment**

Two major problems affect relationships. The first is the unrealistic expectations we have of them. Some of that is natural to 'being in love'. It puts you on a high where you easily believe that *you* will always be able to keep the spark going in *your* relationship, because you love each other so much. But some of it comes from what we are *fed* about relationships by the romantic movies we watch or the books we read.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Good relationships need good 'gardeners' of love

The second difficulty in keeping relationships rewarding, satisfying and fun is that we often don't do enough 'gardening'. We leave the relationship to 'take care of itself'. And any gardener will tell you that a garden left to itself will look lovely for a while and will then gradually deteriorate into a tangle of weeds and scrub. A place you wouldn't want to spend any time.

But just how do you set about 'cultivating' your relationship, ensuring that the flowers of love continue to bloom?

### Hypnotherapy can help you put the spark back in your relationship

*Put the spark back into your relationship* Hypnotherapy audio session is a Hypnotherapy audio session for lovers. Using powerful hypnotic techniques and deploying the latest psychological understanding of what makes relationships 'sparkle', this deeply relaxing session will take you on a wonderful inner journey to the roots of your love.

As you, or you and your lover together, relax and enjoy listening to *Put the spark back into your relationship* Hypnotherapy audio session, you will rediscover what really makes your relationship special. And as you go even deeper relaxed each time you listen, you will find yourself effortlessly becoming a true gardener of love - cherishing, nurturing, feeding, pruning and seeding the garden of your relationship - and reveling in the beautiful blooms of love.

Buy *Put the spark back into your relationship* Hypnotherapy audio session and enjoy those wonderful powerful feelings of attraction once again. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

### Stay faithful and reap the rewards of life-long love

Loyalty and faithfulness may sound like mundane, old fashioned concepts but research shows they are vital to emotional and physical health. Married people live longer, more productive, healthier and happier lives especially if their marriages are happy and monogamous.

People who are married and faithful in their relationship are at a huge advantage. Being in a good faithful relationship confers huge benefits on people.

### A modern malaise: treating people as objects

In our throwaway society attitudes to material goods can filter through to how we view and act in relationships.

The thought that "this will do until something better/more exiting/younger comes along" is to treat a partner like a material object. Having your cake and eating it can be bad for everyone.

### Instant excitement can make you and others unhappy in the long term

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

Paradoxically, seeking excitement through unfaithfulness as an attempt at securing happiness usually does just the opposite.

Having an affair may be symptomatic of wider problems within a marriage or relationship and may signal the end.

But if it's an addictive pattern and happens frequently even when everything is ok within the main relationship then it is even more destructive.

### The grass always seems greener

Of course the grass is always greener on the other side (or at least so it seems) but to be constantly unfaithful to someone is to treat them with small regard and respect. Part of the addictive cycle of being unfaithful can be the 'buzz' of 'leading a double life', of the deceit, of the fact of 'having a secret.'

Maybe you confuse excitement with happiness. This is like mixing up the buzz you get from too much sugar with the long term benefits and nutrition and health you get from reliable regular and satisfying food.

If you are reading this, chances are you are dissatisfied with what may feel sometimes like a compulsion to stray; to be unfaithful. It is not a strategy that is working for you - not really, and certainly not working for your true relationship.

You'll have noticed that certain 'types' may be attractive to you or that certain situations arise that provide *opportunity*. The fact is that you can begin to resist these temptations and therefore become a stronger person.

Whether you are currently being unfaithful to your partner and want to find the strength to break off with them or you are contemplating a first time affair or are just sick of being plagued by guilt *Stay Faithful* Hypnotherapy audio session can help. It helps treat repeated unfaithfulness and tackles it as an addictive state.

Buy *Stay Faithful* Hypnotherapy audio session now and truly absorb all the reasons you want to be true. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now**

### Surviving infidelity in your relationship

If anyone tells you should forget about your partner's infidelity and move on then they don't really understand. Because getting over infidelity can be like a grieving process. You grieve for the relationship you used to have, when you trusted your partner, and grieving can take time.

Of course if your partner is compulsively unfaithful then you need to take a long hard look at your relationship but if you suspect their cheating was a one-off, perhaps a response to unhappiness and your relationship is worth saving, then it will be wonderful to start to feel differently about what happened.

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

However, this doesn't mean minimizing the infidelity or letting them off the hook.

### Forgiving infidelity: easier said than done

The fact is that you can forgive your partner's infidelity in your mind but find it harder to forgive them in your heart.

But perhaps your relationship is worth saving. Maybe you have children or many other good things about the relationship that make you want to fight for it.

### Changing how you feel about their cheating, not just how you think

If your partner's infidelity was in the past maybe you 'always bring it up' whenever you have a disagreement with them.

Just as a ship that has weathered a storm can continue its voyage after repairs have been made so too can a relationship continue after the 'storm' of infidelity.

No one expects you just to continue as if nothing happened but there are ways of putting it to one side and continuing to live in the present and future with your partner.

Your emotions can basically run independently of your thoughts. So you may 'think' you have forgiven but not 'feel' as if you have. This session seeks to change the way you respond emotionally to thoughts or memories of your partner's infidelity.

### Bringing back peace to your mind

Discovery of cheating can cause emotional trauma. Attempts at forgiveness can just rake up anger, insecurity and a sense of 'how could you do this to me; to us?' But without forgiveness you can spend each and every day without peace.

Forgiving adultery is not about telling your partner what they did was ok but about finding peace in your own mind so life can be easier for you. It's better to treat people in ways that are worthy of us as people.

Relationships can survive and move on from infidelity and this session will help you feel more comfortable in your life and move beyond what happened.

Buy *Surviving Infidelity* Hypnotherapy audio session now and regain your peace of mind. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Learn to Trust Again

Trust is the lifeblood of strong and healthy relationships. But what happens when you feel you can't trust other people. Without trust in relationships everything becomes doubt, suspicion and pessimism. It becomes a question not of '*will* I be let down again but rather *when* will I be betrayed?'

To trust another person implies we have expectations of how we think they will behave. We expect them to behave with integrity and honesty (at least in their dealings with us). Of course whoever we are trusting may not always live up to the faith we have placed upon them.

#### Feeling betrayed

When someone (or a series of different people) let you down badly it can feel as if you can never trust again.

If you feel you have been double crossed or betrayed then it can feel as if you are 'once bitten twice shy' and that no one is to be trusted.

#### Trust and self-fulfilling prophecies

Of course we have to be wary of others sometimes because some people do mislead others but many more people have good intentions.

If we assume that *everyone* is out to betray us or will inevitably let us down then we begin to look for signs of this happening and when we do this we begin to see what we expect to see...even if those things aren't there!

#### Trust: Being 'made a fool of'

People who lose the capacity to trust talk about their having been 'made a fool of.' They fear being made to look foolish by trusting the wrong person. But of course *you* are not ultimately responsible for anybody else's behavior. They make *themselves* look a certain way and that is all. This is an important idea to absorb.

Of course we all need to be aware that other people *do* sometimes behave in opposite ways to what they say but we also need to trust to form healthy relationships. This '*Trust Again*' Hypnotherapy audio session will get you feeling more open and relaxed with others so that you can give all your relationships the best chance.

Buy *Trust Again* Hypnotherapy audio session now and enjoy your relationships again. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

### Unrequited love - Escape from life's most painful trap

**Hypnotherapy can help ease the pangs of unrequited love and prepare you to let go and move on**

Is the intense powerful love you feel for someone not returned, maybe even spurned?

Does it feel like the world might end if you cannot be with your beloved?

These are melodramatic questions, the stuff of soap opera (and classic opera), but they are nothing to laugh about. It is no joke to go through the intense experience of encountering another human being and finding yourself utterly overwhelmed by the quite indisputable realization that you are *meant* to be with them forever and that life without them cannot even be contemplated, let alone endured.

#### The challenge of unrequited love

Even if the object of your sudden total surrender to Cupid's arrow has been pierced by the same arrow and feels just like you do, the emotional roller coaster of romantic love is quite a challenge to negotiate. But what if that arrow passed them by altogether? What if they were struck by a totally different arrow? Where is this going to leave you? Lost, that's where.

#### How unrequited love takes over your life

People who've never been smitten don't understand how devastating the emotional pain of unreciprocated love can be. You can think of nothing but the unattainable beloved. You dream that maybe, if you wait long enough, they will see the light and return your affections. You can't stop checking your cell and email. Just in case. You lose interest in your work, your friends, your family, all the things you used to care about.

Time passes. Nothing happens. You know nothing is *going* to happen. But you just go on hurting.

There is a way to escape this trap.

#### Hypnotherapy can help you recover your life

*Unrequited love* Hypnotherapy audio session is a Hypnotherapy audio session created by psychologists that will help you make the emotional transition from bondage to an unattainable dream to recovery of your freedom to live and enjoy life again.

As you relax into deep hypnotherapy, the image of the other person will begin to lose its dazzling bewitching power over you, so that you can more clearly see the real human being behind it. You will regain your sense of yourself as you were before the infatuation took over. As you listen regularly and integrate a new perspective, you will notice that you

- spontaneously spend less and less time thinking of that person

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

## Hypnotherapy and relationship problems by Dr. Manish Patil

- feel much calmer and less emotional
- start to feel interested in different activities again
- sense a rise of hope and motivation
- begin to look forward to the future again

Buy *Unrequited love* Hypnotherapy audio session and get your life back. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now

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



## 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)