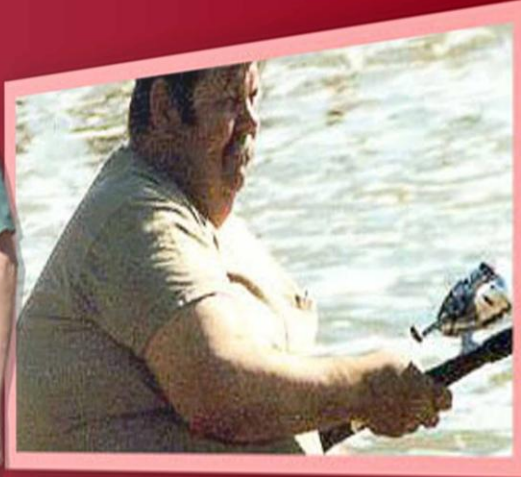


Hypnotherapy and weight loss

Dr. Manish Patil



lost 101 lbs. in 5 months

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Hypnosis

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

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

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

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

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

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

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

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

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Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

The Power of Suggestion

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

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

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

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

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

Samadhi through Self Hypnosis

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

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

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

The Three Forces of God

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

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

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

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

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

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

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

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

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

THE SWADHISTHANA CHAKRA

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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

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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

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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?

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

How do your Hypnotherapy audio sessions work?

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

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

How long are your Hypnotherapy sessions?

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

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

When will I notice the results of Hypnotherapy?

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

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

Are your Hypnotherapy sessions suitable for children?

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

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

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

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

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

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

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

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

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

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

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

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

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

Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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

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

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

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

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

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

Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

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

In which languages can I get my Hypnotherapy audio sessions

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

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

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

The Myths of Hypnotherapy

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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fault, it's the operator. It's whether a person is professional and ethical. There are many doctors who use hypnosis. I'm not so sure that they're in league with the devil. After all, hypnosis is a naturally occurring, beneficial, positive state.

Summary

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

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Hypnotherapy and weight loss by Dr. Manish Patil

Stop binge eating and get your life back

Hypnotherapy can free you from the grip of compulsive bingeing

What will your life be like when you stop binge eating?

Won't it be wonderful not to be under the dictatorship of compulsion anymore?

Right now, it might seem an impossible dream. When a whole part of your life is given over to satisfying a desperate secret need, it can fill up all the mental and emotional space you've got. It's like you can think of nothing else, do nothing else. It looks like there's no way out. There doesn't seem to be anything you could realistically do that would make any difference.

Too scared to stop binge eating?

And not only might it seem impossible, it can seem dreadfully scary too. After all, if you've been living with this compulsion for any length of time, you've kind of *got used to it*. It's familiar. You know what to do, how to do it. You can predict just how it's going to go - planning, laying in supplies, choosing your moment, starting to gorge, getting totally into it, then it's over, and here comes that old gnawing guilt and regret.

Not nice, but oh so familiar. If you *weren't* doing that, what on earth would you be doing instead? Your mind goes blank at the question. Every now and then you try to stop through will power. "I just won't do it!" But something stresses you or worries you, and the next thing you know, there it is again, with its false promise of relief that never delivers.

The truth is, trying to stop an unconscious behavior pattern through conscious effort never works. You can't actually *win* a battle against yourself! Unconscious behaviors certainly can, and do, change, but if you want them to change in a particular direction, you need to work *with* them, not against them. You need to get into collaboration with your unconscious mind, not go to war with it.

Hypnotherapy can help you finally stop binge eating

Stop binge eating is a hypnotherapy audio session developed by psychologists with wide experience helping people stop compulsive behaviors. It will help you to use the power of hypnotherapy to engage with your own unconscious and establish a new alliance to change your life.

As you relax and listen repeatedly to your hypnotherapy audio session, you'll become aware of profound changes taking place within you. You'll notice that

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- You stop berating yourself (this might be a shock and take a bit of getting used to, but it's rather nice not to be told off all the time!)
- You begin to develop a new, more understanding relationship with the part of you responsible for the compulsive pattern
- You start to see the real intention behind the behavior, and how the needs it tries to meet can be taken care of in more helpful ways
- You begin to take the first practical steps towards meeting those needs more effectively in your everyday life
- Your inner and outer life change gently yet powerfully, and you begin to feel so much better about yourself

Buy Stop *binge eating* hypnotherapy audio session and bring your life back into balance again. Visit www.vighnaharta.eorg.in now

Stop boredom eating - and find something better to do!

Quickly get control over the monotony munchies with hypnotherapy

Is eating your best shot at beating boredom? Or simply the best way to pile on the pounds?

Turning to food - and more food than you really want - because you're bored doesn't mean you're a bad person, or that you are doomed to fail at managing your diet in a healthy way. It simply means that you're bored, and eating is an easy solution to finding *something* vaguely interesting to do.

The battle to overcome boredom eating

If turning to food has become a habit, you'll have noticed the weight creeping up. And the ups and downs of sugar rushes (especially the downs) and the little voice going off in your head with "You *know* you shouldn't be doing this!" So that you end up feeling like you're at war with yourself all the time, and guilty afterwards.

And the trouble with that 'not nice feeling' is that it just gets *added* to the 'not nice feeling' of *boredom* that you're trying to deal with in the first place. The next thing you know is that you're raiding the biscuit barrel.

It's no wonder you get down about it all. But there is a way to escape from this vicious circle - you can use hypnotherapy to beat boredom in other, healthier, ways and you'll break the boredom eating habit. .

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Hypnotherapy is an ideal way to make deep and lasting changes

Stop boredom eating hypnotherapy audio session is a hypnotherapy audio session created by psychologists with wide experience in weight loss and weight management. It uses the power of hypnotherapy to help you make changes at the *unconscious* level - the level where old habits, no matter how long you've had them, can be swapped for new (and better) ones.

As you relax and listen repeatedly to your hypnotherapy audio session, you'll quickly begin to notice that you

- no longer feel like you have to fight yourself all the time
- can quickly 'snap out' of the urge to eat when you don't want to
- feel generally more relaxed and calm
- start to look at what is 'boring' in a whole new way
- surprise yourself with creative ideas to bring real interest and stimulation into your life

Buy *Stop boredom eating* hypnotherapy audio session and change your life in more ways than you thought possible. Visit www.vighnaharta.eorg.in now

Stop comfort eating

Escape the compulsion to make yourself feel better with food

Do you turn to comfort eating more often than you would like?

Are the costs outweighing the benefits?

Life can be tough sometimes. And sometimes the things that make life difficult can go on for a long time. It's only human to want to help yourself feel better, and there's no getting away from it, what's easier to lay your hands on than what's in the fridge or food cupboard? Reaching for a tub of delicious ice-cream, a tasty deep base pizza or a packet of thick chocolate biscuits does not make you a bad person.

But although you get the instant reward of the great taste or the satisfyingly filling sensation, you've already discovered that reaching out for those sweet, filling foods on a too regular basis is bringing other consequences that you're not so keen on. And making you an unhappy person.

Which was why you reached out for them in the first place...

It's a trap, isn't it? But there *is* a way out.

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Hypnotherapy can help you overcome the habit of comfort eating

Stop comfort eating hypnotherapy audio session is a hypnotherapy audio session created by psychologists with wide experience in helping people with the psychological side of healthy weight management. It uses the power of hypnotherapy to help you break out of the behavior patterns that seem to have such a grip on you.

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

- the problems and challenges you're facing start to seem much less daunting
- you find yourself getting creative about developing real, practical solutions
- you develop a new relationship with your own emotions, and feel more at peace with them
- you find yourself naturally eating so much more healthily, and enjoying occasional treats without guilt or anxiety
- you feel much more relaxed and confident within yourself

Buy *Stop comfort eating* hypnotherapy audio session and take back control of your own life. Visit www.vighnaharta.eorg.in now

Control hunger pangs with hypnotherapy

Use hypnotherapy to learn a new way to respond to hunger signals

Are you trying to stick to a healthy diet or weight management routine and finding it hard to control hunger pangs?

Do you sometimes feel you are somehow sabotaging your own efforts?

The question of appetite management can be a real bugbear when you set your mind to living more healthily. In the normal course of things, it's not something you need give any thought to. But when you resolve to lose weight, or keep within a healthy BMI range, or even just cut out foods that you know aren't doing you any good, you can suddenly find that some very physical phenomena start giving you unexpected grief!

How wanting to control hunger can trigger hunger

It's as if the knowledge that you have in your head that when you've finished this meal, there are X hours until the next one, plays some kind of trick on your digestive system and appetite. Never mind that, before you started your program, you were perfectly well able to get through X hours without specially thinking about food. Now that it's a 'fixed' time that you want to keep to, it seems to act like a trigger.

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You may find yourself thinking non-stop about food. It feels like you are being so hard on yourself, denying yourself all those treats. The sight of certain delicious goodies, the smells wafting from a food stall, the menu hanging in a restaurant window, not to mention all that food advertising on TV, all seem to set your mouth watering and your stomach rumbling. Never have X hours seemed so very long.

But you really do want to reach and maintain your healthy living and eating goals.

What can you do?

A better way to curb appetite

Firstly, you can make sure that the diet routine you are following is itself a healthy and sustainable program, and not the type of diet that pushes your body into 'emergency survival' mode because of inappropriate restriction. Unfortunately, many popular 'fad' diets have this effect, and are best avoided. All good diets will encourage you to eat a healthy, balanced range of protein, fiber, healthy fats and vegetables.

Secondly, you can reprogram your hunger instincts.

You read that right. Although hunger is an instinctive survival response, the way we handle it is largely socially conditioned - that is, we've *learned* how to be hungry. And that means you can *learn* a new way to be hungry. And the easiest, fastest and most effective way to do that is with the help of hypnotherapy.

Hypnotherapy can re-educate your instincts to control hunger pangs

Control hunger is a hypnotherapy audio session developed by psychologists with wide experience in the field of weight loss and management. As you relax and listen repeatedly to your hypnotherapy audio session, powerful hypnotic suggestions will be absorbed by your unconscious mind. You'll quickly start to notice that

- your head is no longer totally pre-occupied with food
- your stomach and gut feel more comfortable and easy
- you no longer feel irresistible hunger pangs at 'non-meal' times
- you find that you naturally forget to even think about food between meals
- you really begin to enjoy the healthier way you are living

Buy *Control hunger* hypnotherapy audio session and make sure that you are the one who's in charge of how you live. Visit www.vighnaharta.eorg.in now

Hypnotherapy and weight loss by Dr. Manish Patil

Increase your motivation to eat healthy foods

Hypnotherapy can teach you to steer clear of diet busters and choose healthy options

Everyone know diets are hard to stick to. Weight loss is extremely difficult when you feel like you are depriving yourself.

Instead of being a positive and exciting experience, losing weight becomes a struggle against yourself.

This is where hypnotherapy is so effective. Using this Buy , you can re-educate your unconscious mind to stop craving processed, high-sugar foods. You can develop a healthy eating habit that feels like second nature.

When you start actually preferring healthy, low calorie food weight loss becomes so much easier.

Of course, for lasting weight loss, this needs to be part of a healthy lifestyle, but once you have got your unconscious mind on your side, things are so much easier.

Eat Healthy will not only give you deep, refreshing relaxation, but it will help you enjoy foods that are good for you, foods that help you achieve the weight you want.

Buy *Eat Healthy* hypnotherapy audio session now, create the healthy eating habit you want and enjoy getting control back over what you eat.

Stop emotional eating and reach your weight loss goals

Keep emotional and physical needs apart with hypnotherapy

If you could stop emotional eating today, what difference will it make to your life?

Who will be the first to notice?

You may wonder how you got into this pickle. You know perfectly well, in your head, that the best thing to do when you're hungry is to eat. You and every single other creature on this earth knows this. It's how we survive. You know, and not just in your head, that consuming food when you're *not* actually hungry is a recipe for discomfort, guilt, damaged self-esteem and - weight gain.

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Hypnotherapy and weight loss by Dr. Manish Patil

Stop emotional eating? How did it get started?

How come human beings, alone among all the thousands of species of creatures that exist, sometimes try to meet needs that are nothing to do with bodily hunger with *food*? To feel frustrated and, instead of dealing with what is upsetting them, head for the kitchen for some pizza. To feel lonely and, instead of looking for more social connections, munch on a bar of chocolate. What's that all about?

Well, partly it's because we're so clever. (Ironic, don't you think?)

We're also the only creatures (as far as we know), who use *symbols*. We can make one thing stand for another. This is a brilliant ability, and it has allowed us to develop highly sophisticated cultures and do things that, on the face of it, ought to be quite impossible for us. But we can, and do, use symbols in negative as well as positive ways.

This is what happens when we feel an emotional pang, which is in some ways *like* a hunger pang, so that we get reminded somehow of the comfort that comes from eating when we're hungry. Then, without really thinking too hard about it, we make that 'eating comfort' stand in for whatever it is that would really satisfy that emotional need. And we eat.

Tackling the wrong problem

You'll know about those awful guilt feelings that afflict you after you've indulged in such emotional eating, as if you've done something really wrong, and you're somehow a bad person. But that guilt is *also* an effect of misusing symbols. It stands in for the real problem, which is that some important need of yours is not being met.

This is all very well, you say, and very interesting, but how do I get out of it? I didn't deliberately *decide* to start eating like this, but it seems I can't stop, even though I want to!

Hypnotherapy can help you change long-standing habits

Stop emotional eating hypnotherapy audio session is a powerful audio hypnotherapy session that can help you lose weight and maintain a healthier life style by breaking the grip of this behavior pattern at the level where it became established - in your unconscious mind.

As you relax and listen repeatedly to your Buy, you'll notice a number of subtle yet significant changes taking place. You'll find that

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- each time you relax and give yourself this private time, your mind gets clearer and your emotions calmer
- you learn a powerful way to change the way negative experiences from the past influence you in the present
- it starts to feel quite natural to keep emotional needs and physical needs quite separate in your mind - and in what you do
- you begin to find creative ways to deal with your emotional needs in more truly satisfying ways
- it feels natural and normal to eat more healthily every day
- you begin to feel really good about yourself

Buy Stop *emotional eating* hypnotherapy audio session and take that burden off your shoulders. Visit www.vighnaharta.eorg.in now

Banish Fast Food and Regain Your Natural Shape

Use hypnotherapy to break the fast food habit and achieve your weight loss and health goals

Let's face it - fast food is tasty and convenient. And slow food, is so.... slow. All that shopping, cooking, clearing up - who's got the time for that? But too much fast food can be a fast track to poor health through nutritional gaps and excessive 'empty' calories in sugary drinks.

When you do something regularly and without thinking, you can call it a habit, and habits can be hard to break. Once you get used to eating a particular food regularly or at a particular restaurant, it can be difficult to move on. In addition, the nutritional deficiencies that can be created by an unbalanced diet make it more difficult to make healthy food choices and achieve your weight loss or health goals.

Avoid the fast-food, feel-good-for-a-moment traps

Banish Fast Food hypnotherapy audio session helps you reset your attitude to fast food, and to escape the trap laid for you by fast food companies. You will gain control over your impulse to eat fast food and generate space in your mind to make the choices you want for your long term health and weight loss goals.

Banish Fast Food hypnotherapy audio session will make it easier for you to make an essential shift away from fake food to real food that delivers the nutritional balance you need to achieve the shape nature intended for you.

Buy *Banish Fast Food* hypnotherapy audio session now and start making the change today. Visit www.vighnaharta.eorg.in now

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Slow down your eating and give your digestion a chance

We all know we should eat slowly and chew our food properly, so why is it so difficult to remember to do it? Long-established habit rides roughshod over the best of intentions, and before you know it, you are gulping your food down again.

Maybe you lead a very rushed life and find you have to eat 'on the go', but rushing your food and not chewing enough can cause indigestion and worsen conditions like IBS.

And what's more, eating too quickly can also make you fatter!

Fast eating makes you fat

When you eat, it takes time for 'fullness' or 'satiety' signals to travel to your brain.

If you rush your food you will eat much more before these signals kick in, resulting in your consuming more food than you need. So by just slowing down when you eat you can manage your weight better not to mention actually being able to enjoy your food more.

Digestion begins in the mouth

The digestion of carbohydrate actually begins in your mouth, and then continues in your small intestine. Protein is digested mainly in your stomach. When you chew, your stomach is sent messages about what is on its way and so can prepare the correct enzymes. So eating slowly and chewing properly improves your digestion in many ways.

Overcoming the fast eating habit

It is difficult to remember to eat slowly because rushing your food becomes a habit over time and habits are maintained unconsciously.

Because hypnotherapy works at the unconscious level then we can use it to naturally slow down your eating. This will ensure you feel fuller earlier so you avoid over-eating, and greatly improve your digestion, with many potential benefits for your health.

Buy *Eat More Slowly* hypnotherapy audio session now and get the most from your food. Visit www.vighnaharta.eorg.in now

Hypnotherapy and weight loss by Dr. Manish Patil

Enjoy Healthy Cooking and Achieve Your Weight Loss Goals

Get the motivation to cook healthy food and develop a helpful habit.

It is now well-accepted that lasting weight loss comes with a healthy lifestyle, and not from short-term unnatural dietary restrictions or 'diets'. To make a successful and lasting change to the way you eat, your body needs to start requesting from you the sort of foods that are good for you and will lead naturally to the maintenance of a healthy weight.

That may involve expanding your experience of food types, cooking more carefully for yourself, avoiding fast food or other alterations to your lifestyle. The place where you have most control over what you eat is in your own kitchen, and so that is where you can have the biggest impact on your weight loss aims.

Take the leap and start cooking.... healthy food

That is why we developed *Enjoy Healthy Cooking* hypnotherapy audio session. If you have been in the habit of eating the same foods for a long time, cooking a restricted menu (or not cooking at all), getting into the habit of cooking for yourself and your family in a healthy way can be a bit of a leap.

However, with the help of this advanced hypnotherapy session, plus a little experimentation and creativity from yourself, you will make a bigger change to your health and wellbeing than any other you can make.

Buy *Enjoy Healthy Cooking* hypnotherapy audio session today and see what your unconscious mind can cook up! Visit www.vighnaharta.eorg.in now

HEALTHY EATING

Enjoy healthy eating with the help of hypnotherapy!

It's amazing how our taste buds manage to love the flavour of foods that are so wrong for us. **How can something so bad taste so good?** It's a guilty pleasure we know does nothing for the welfare of our bodies, but it's just so easy to stop at the drive-thru or throw something in the microwave. When we dine out the menus are jam packed with high calorie, fatty foods while the lighter bites get only minor billing, if any at all.

It's hard to make the right decisions when it comes to healthy eating. As children we may have fought our parents against broccoli and brussel sprouts, but chances are we managed to get a few down. Now there is no one to make you eat your vegetables and frankly, the taste isn't exactly something you desire. **You know all the nutrients**

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your body is missing. You may even feel the effects of it. Yet time after time when the decision is before you, you choose the chips over a salad.

Tastes change. I'm certain there is something that you once couldn't stand but over time grew fond of consuming. **We are creatures of habit.** If we rarely prepare and eat veg, or high protein, low-fat meals why would we ever crave them? Nutritious foods can be mouth-wateringly tempting and there are plenty of quick options, more than you'd think. **How exciting it will be to experiment with all these fresh foods!**

Imagine what it would be like to:

- Feel full, yet energised after every meal!
- Crave foods that are tasty and nutritious!
- Refresh your curiosity and refine your taste!

Hypnotherapy is a form of deep relaxation that opens the untapped potential of our creative unconscious (subconscious) mind. While our conscious minds attend to our daily tasks, our unconscious handles the motivation behind everything. By providing the tools to bring about change in our reactive thinking, we can begin to see a difference in our decision making.

This hypnotherapy audio session won't keep you from craving a cheeseburger ever again, but **it can help you to seek out healthier food options more and more each day.** In time you can grow to love more nutritious foods and become a healthier more balanced you. **Visit www.vighnaharta.eorg.in now**

Junk Food TV - Stop the wrong food types creeping up on you

TV eating is a very quick way of putting on fat because you usually eat more than you would normally, plus the kinds of foods that your unconscious mind associates with watching TV time are often fat-creating foods.

What's the connection between television and food?

Your mind works through association. If you do two thing together many times they start to feel as if they naturally go together. In fact, doing one without the other starts to feel weird. This is called conditioning.

Watching TV and eating usually leads to 'over-fuelling' of the body - lots of calories in, but no energy expenditure. **A recent study on children showed that they burned fewer calories while watching TV than when sat staring at a blank wall!**

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The absent-mindedness of watching television (or TV trance) allows fat-creating foods to slip in unnoticed, neatly side-stepping any weight loss goals you may have had.

So if you feel trapped by the unhealthy pattern of TV eating and it's keeping you fatter than you'd like, give *Stop TV Eating* hypnotherapy audio session today and set your body free from all that extra digestive work and extra fat cells onto your system.

Buy *Stop TV Junk Food Eating* hypnotherapy audio session now and escape those sneaky extra calories. Visit www.vighnaharta.eorg.in now

Make a low carb diet an instinctive part of your life

Use hypnotherapy to 'reprogram' your brain to recognize a low carb diet as your natural way to eat

Are you fed up with yoyo dieting and failing to reach (or hold to) your weight loss goals?

Do you just wish there was a good way to make eating healthily a compulsive habit?

Maintaining a healthy weight and staying fit *ought* to be easy. Evolution has given us marvelously developed bodies that can adapt to many different environments and situations. We can eat all kinds of different foods. The world provides plenty of opportunity to exercise our bodies healthily. Our bodies are brilliant at healing themselves and recovering from injury or unhealthy behaviors. And we *know* what our bodies need.

A critical time in the history of eating

But at this time in the history of the world, and particularly in developed western societies (although other parts of the world are not immune), it seems that a kind of 'epidemic' of unhealthy consumption has overtaken us. More and more people eat more and more of the wrong kinds of food, take less and less exercise and end up getting more and more unhealthy. We all recognize the problem, but many of us feel unsure what to do.

How your desire for weight loss gets exploited (while you get heavier)

Entrepreneurs have not been slow to take advantage of this. Every kind of fad diet and food supplement is laid out to tempt you with 'magic' answers. They tell you that you can achieve instant weight loss with their 'special' diet. Fortunes are spent on trying one esoteric solution after another. Some of them even work. For a while. But most people end up regaining the weight they worked so hard to lose.

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It's terribly dispiriting. It's not surprising that many people give up trying and resign themselves to being unhealthily overweight.

Why so many diets just don't cut it

The problem is that we often try to make changes 'from the outside in'. It seems straightforward. You can see certain outer behaviors (like what you habitually eat) and you think - I'll just change that behavior. You start off with plenty of motivation, and you even make progress. But then you slip back into the old ways. Why? What happened?

For a low carb diet to work, you need to change from inside

The answer is that, often enough, you did not change what was 'inside' - the patterns in your brain which function on autopilot to carry you through life so that you don't have to think too hard about every single thing you do every minute of every day. We *need* such patterns, or life would be a completely exhausting endeavor. But some of our patterns can be counterproductive.

The good news is that our instinctive brain patterns are not 'set in stone' - even though they feel very firmly fixed. You can update and reprogram them. In fact, you do this when you dream (that's one of the reasons *why* you dream). Of course, you don't consciously choose what to dream about - this happens automatically. But you *can* choose what to 'daydream' about. This is what you do when you go into hypnotherapy.

Hypnotherapy is the best way to make a low carb diet part of your life

Low carb diet hypnotherapy audio session is a audio hypnotherapy session created by psychologists which makes use of the human capacity to deliberately enter dream state so that you can update the patterns which govern how you relate to food and exercise.

Powerful hypnotic suggestions carry you deep into a dreaming trance and allow you to reconnect with your natural, instinctive self - the product of millions of years of evolution. One by one, elements of a new pattern which will allow you to make carbohydrate control a fundamental, inevitable part of how you live, without even thinking about it, are put together in your unconscious dreaming mind.

As you listen regularly to the download, you'll become more and more aware of the changes that are occurring in you as you find yourself just naturally

- choosing to eat a healthy mix of proteins, fruits and vegetables
- no longer feeling tempted by sugary or fatty foods
- raising the level of physical activity in your life
- feeling much more energetic and motivated

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- sensing that you are much more deeply in tune with yourself

Order *Low carb diet* hypnotherapy audio session and live as nature intended. Visit www.vighnaharta.eorg.in now

Stop night eating now with hypnotherapy

Reprogram your subconscious mind to eat at appropriate times

What does it really take to stop night eating?

How can you put an end to that seemingly inescapable routine of night time munching that's wrecking your plans to lose weight?

You may have tried all sorts of things already. You've got a good healthy diet plan (this really is important - fad or crash diets won't help you either!). You've made firm resolutions. You've told yourself in no uncertain terms that you're *just not going to do it*. You've beaten yourself up so many times you're covered in emotional 'bruises' (it's just as well you've not actually used a stick...).

The difference between day and night

But of course these resolutions, these strict orders, these 'beatings' all take place in daylight, don't they? And when night comes, you somehow find yourself back on the old path to the cupboard or the refrigerator. As if some psychological switch has been tripped. Sometimes you don't even *notice* that you're on the path - not until it's too late, and you've already consumed whatever it is that you go for at these times.

It's enough to make you feel like giving up altogether. This 'enemy' feels unbeatable.

But it isn't.

To stop night eating, flip the switch

When you understand that 'psychological switches' get turned on and off *unconsciously*. So if you want to change one, so that you have a naturally strong association to healthy eating at appropriate intervals, and so don't even *need* to try, you need to make this change at the *unconscious level*.

And by far the best, easiest, and most effective way to do that is with hypnotherapy.

Hypnotherapy is the ideal way to put a stop to night eating

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Stop night eating hypnotherapy audio session is a audio hypnotherapy session created by psychologists that will take you into just the kind of deep trance state where it is possible (at last!) to transform the unconscious emotional patterns that have been holding the old behavior in place.

As you relax and listen repeatedly to your download, you'll experience some profound changes quietly taking place within you. You'll notice that

- you sense a much deeper and more intense connection with your core self
- you start to feel irresistibly drawn to live out your inner vision of who you want to be becoming
- the old patterns just start to fade into irrelevance as you reconnect with what is really right for *you*
- you recognize and can mobilize your inner resources to support your plans for yourself
- you feel so much happier, calmer, and more confident in everything you do

Buy *Stop night eating* hypnotherapy audio session and free yourself to live the way you want. Visit www.vighnaharta.eorg.in now

Program your mind to reveal your perfect body

Everybody has the potential to be a perfect body. And so everybody has the potential to *have* a perfect body. This is not just a play on words. The human form, as we know it today, is the product of millions of years of evolution, honing and refining form and function. And when it is given the right conditions to flourish, it is truly a wonder to behold. And a joy to live in.

Nature's rules of perfection - inheritance and environment

There are two critical factors in the revelation of the perfect body. The first is its relationship with nature, with the physical world in which it exists. What are the conditions in which it lives? Does it receive sufficient clean air? Light? Water? A good variety of nutritious food to provide energy and maintain health? Does the environment provide good opportunities for energetic exercise and restful relaxation?

When you look at the animal world, it is clear that this physical aspect is the *only* determining factor in whether you see a lion, or a dog, or a bird, or any other creature, with the attributes of perfection. Perfection of form is the result of a happy balance between a creature's natural genetic traits and the conditions in which it lives. When this balance is in place, perfection may almost be considered the norm.

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Why perfection is not so simple for human beings

But when it comes to humans, the second critical factor comes into play. Unlike other animals, the ultimate body of the human being depends for its expression on the human *mind*. You see, your body is a *statement* about who you are *minded* to be. It is an expression of your self-respect, your self-discipline, your relationship with yourself. And all of that hugely influences your attractiveness - your sex appeal - to others.

So even if all the environmental factors are in place, or can be put in place, to allow your body to be the best it can be, *you* still need to engage with caring for it. You need to *actively* make the best of all the opportunities in your environment, so that your body can reach its full potential.

Easy to say. But you are certainly fully aware how hard it is to do.

Getting over the barriers to perfection with hypnotherapy

You hardly need to have someone point out the cultural and economic pressures which push us into leading such unhealthy lives. Or to tell you that our idea of 'perfection' can get seriously distorted by media images or our own obsessions. Or how hard it is to resist the temptation to get distracted from our real goals and take the easy way out. Which is why you know that to get the perfect body you need something 'extra'.

Get your perfect body is a powerful audio hypnotherapy session which will lift you out of that rut and give you the inner vision and drive to go for the difference that matters. As you relax deeply your mind will open to an utterly compelling vision of your best physical self. You will be like a sculptor working in stone - with a perfect image in your mind of the wonderfully proportioned form you are going to bring forth.

Buy *Get your perfect body* hypnotherapy audio session and align yourself with nature's plan. Visit www.vighnaharta.eorg.in now

Regain Portion Control and Start Eating the Right Amount

Learn how to unconsciously know when enough is enough on your plate

Portion control can play a significant role in achieving your health and weight goals. You may already be eating all the right foods and taking appropriate exercise. But if you still find yourself carrying excess weight, it could be because you are simply consuming too much. Portion control can make a big difference.

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Good portion control won't just make you slimmer - it gives you more energy. Eating the right amount will mean your body actually has to work less hard to digest unnecessary excess food.

Portion control is about the right *amount* of food

Quantity is as important as quality when it comes to getting your diet right and shedding excess fat. Too much of a good thing really can be bad for you when you need to lose weight. Yet it can feel hard to know *how*, *when*, and *how much* to cut down so that you can really begin to see some progress in reaching your weight goals.

Why is it so hard to exercise portion control?

Habit rules our lives much more than we realize. We eat because it's time to eat (even though you had a snack just half an hour ago). We overeat out of politeness, or not wanting to 'waste' what is on our plate, or just because we are so used to stuffing ourselves that we have forgotten how to recognize when we've had enough.

Of course, there are some common sense things that can help you control portion size:

- You can consciously eat more *slowly* - this gives your stomach a chance to register its fullness in your brain and switch off your appetite.
- You can *start your meal with soup* - a low calorie soup can be very satisfying and allow you to feel happy with a much smaller portion for your main course.
- You can use the old *smaller plate* trick - so you *literally* have to eat smaller portions.
- You can *avoid buffets* and ignore 'mega-meal' deals.

Hypnotherapy is a powerful tool for portion control

But great as all of the above advice is, you still need to overcome habit and compulsion - and that's where hypnotherapy can really help. Food is fuel, and fuel needs to be of the right *quality* and *quantity*. Imagine trying to put more fuel into your car when it's already full. It just doesn't make sense.

Portion control hypnotherapy audio session will take you into a deeply relaxed state and quickly train your unconscious mind to know *instinctively* when to leave excess food alone and allow your digestion to be so much more comfortable. You will rediscover the pleasure of being in tune with what your own body really needs for nourishment.

Buy *Portion Control* hypnotherapy audio session now and enjoy the satisfaction of taking real control. Visit www.vighnaharta.eorg.in now

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Start Exercise

Feel good about exercising with the help of hypnotherapy!

We all make excuses to avoid exercise from time to time. Maybe you had a long day at work, or promise yourself you'll exercise in the morning. For some reason though it just never happens, or when we do exercise it happens so infrequently that we fail to see the results we desire. We develop a habit of avoiding exercise, as a result of exhaustion, laziness, or even possibly an underlying fear.

Whatever your reason for not exercising in the past, you're reading this because you want to make a change. **You're tired of not feeling and looking your best.** Your clothes don't fit the way you like and maybe your self confidence is suffering. Being overweight not only hurts our ego, but it can seriously affect our health and wellbeing if we ignore it. When we carry around extra weight our bodies are subject to illness and disease unnecessarily.

But getting started with exercise is the tricky part. **Finding the motivation, the time and the energy can be daunting.** Each one of us has a little voice in our head that encourages us to do the right thing, but of course it is easily drowned out by our even louder excuses. There is a way to turn up that little voice and make it be heard. **You can find both the time and the energy to exercise with the proper motivation.**

Deep in our unconscious (subconscious) mind lies the root of our motivation. **With positive encouragement and regular reinforcement you can begin a successful exercise routine.** This new way of thinking can become part of who you are, if you truly want it to be.

Imagine what it would be like to:

- Have a better self-image and be healthy!
- Finally lose the weight you want and keep it off!
- No longer suffer from lack of motivation or inconsistency!

This hypnotherapy audio session **can help you find the key to your exercise motivation** and finally put an end to making excuses. Regular creative relaxation (hypnotherapy) opens the 'door to change' and can influence the mind at much deeper levels. This session includes visualization, suggestion, metaphor and advanced hypnotherapy techniques - all packaged safely to help you overcome excuses like **dread, laziness, and exhaustion - the excuses you've used in the past to avoid exercise.**

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We hope after listening to this hypnotherapy audio session you'll feel better about yourself and be able to **maintain commitment to your exercise routine**. Find health and happiness through hypnotherapy and... Visit www.vighnaharta.eorg.in now

Stop snacking on the wrong stuff. Eat the right stuff

Eating well in our fast food, high speed world *feels* a lot more difficult than it actually is. Market forces (some would say 'market conspiracies') have led to us being bombarded with exhortations to buy and eat high sugar snacks that 'taste so good'. And those snacks do *taste* good. They just don't *do* any good (except to the market).

But do we have to give up snacking?

Can't give up snacking?

The thought of giving up snacking is just too much for many of us. We have got accustomed to the sugar rush, and can't bear the thought of doing without it, even though we hate the come down afterwards. Even though we hate the unsightly effect it produces in our bodies. Our yearning for those tasty goodies overcomes the common sense that tells us we are doing ourselves harm.

The history behind our love of sugar and carbs

How has snacking on sugary high carb foods got such a hold on us? Well, firstly, it triggers a primeval instinct. The high energy boost you get from sweet foods like honey and certain fatty foods would have been important to survival in early human history. It makes sense that we evolved a 'sweet tooth' that would make us actively seek out this powerful but scarce source of energy.

The modern dilemma - too much of a good thing is bad for you

The situation today couldn't be more different. Far from being scarce, sugar rich fatty foods are abundantly available. But our instinctive response has not yet had time to adapt. Evolution is slow! So instinct drives us from inside to 'go for it', while 'market forces' compel us from outside. And so an important survival behavior becomes destructive.

Fortunately, there are two wonderfully effective ways to deal with this situation and escape from the pull of the snacking habit.

Hypnotherapy and weight loss by Dr. Manish Patil

Understanding what you're eating helps you eat more healthily

Our ancestors ate a healthy diet - low carb with an occasional sugar fix - because it really wasn't possible to do anything else. Nor did they 'know' that their diet was healthy. They knew nothing of blood sugar and the effect of repeated sudden changes in its levels. But now we know that if you eat a low carb diet, combining complex carbs with protein, you feel fuller longer - and so are unlikely to even feel like snacking!

So the first step to freeing yourself from over-snacking is to look at the makeup of your meals, and ensure that you mainly eat complex carbohydrates, together with lean protein.

Your instincts are not fixed - you can change them

The second piece of good news is that we have far more freedom than we thought when it comes to instincts. The science which brought us understanding of how we got to where we are has also enabled us to see that we are not just the helpless pawns of evolution - or the snack market. Instinctive behaviors are malleable. Using the same methods as mother nature, we can *choose* what elements to encourage, and discourage.

How hypnotherapy can help you build new healthy instincts

We now know that our instincts are not fully formed when we are born, but develop with us as we grow. This process takes place while we are sleeping, in the dreaming behavior of our brains. While we may not be able to choose our dreams, we *can* choose what to focus on when we switch our brains into 'dream state' during hypnotherapy. This is why hypnotherapy is such a powerful tool for change.

Stop snacking hypnotherapy audio session is an audio hypnotherapy session which makes full use of all this knowledge. It works at the conscious level, ensuring that you have all the information you need to adapt your diet in a healthy way. And it works at the *unconscious* level of your instincts, creating a powerfully effective 'dream' of how to live differently and escape both from market manipulation and the grip of habit.

When you listen to *Stop snacking* hypnotherapy audio session, you will find yourself automatically relaxing into the trancelike state of a dream. Old behavior patterns around high carb snack foods will be easily and comfortably overwritten. Your brain will build a new template of *healthy* eating which will make it much easier for you to resist the ads and eat the right sustaining foods in the right amounts.

Buy *Stop snacking* hypnotherapy audio session and say hello to the new you that you choose to be. Visit www.vignaharta.eorg.in now

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Hypnotherapy and weight loss by Dr. Manish Patil

Super Slim Me – How to program your mind with your weight loss goals

Train your unconscious mind to help you lose weight naturally with hypnotherapy

Are you wondering if your dream of being super slim can ever come true?

Are you fed up with being fed up with the slow pace of progress towards your ideal weight?

People claim that fat people are 'more jolly', but when did you last feel like laughing about your weight? You know all about the risks to your health, and all about how it affects your self-esteem. And goodness knows, you've tried and tried and *tried* to get that weight off and it's no wonder you get discouraged and sometimes feel tempted to give up altogether.

What is the best way to become healthily slim?

The challenge is not to find the 'perfect weight loss program' (there's plenty of them about!) but to find a way of making the *mental*, *emotional* and *psychological* changes that will enable you to stay focused on your goals and to develop the mindset of a *naturally* slim person.

And there is a way to do this.

Hypnotherapy can help you develop the mindset of the naturally slim

Super slim me hypnotherapy audio session is a powerful audio hypnotherapy session developed by psychologists. It will tap directly into your unconscious mind and create your own personal irresistible blueprint for slimness.

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

- feel much less stressed and much more determined
- develop a clear and compelling sense of exactly how you will be in your future
- start to establish a long-term sustainable flexible health plan
- no longer get derailed by setbacks or slips
- find yourself just naturally eating more sensibly more often - and really enjoying it
- begin to feel so much more in control of yourself and your life

Buy *Super Slim Me* hypnotherapy audio session and make your healthy future a reality. Visit www.vighnaharta.eorg.in now

Hypnotherapy and weight loss by Dr. Manish Patil

Overcome sugar addiction

Train your brain to lose your sweet tooth

Could your theme song be ...'Sugar, sugar, you are my candy girl - and you got me wanting you!'?

It's not really a love song? You could say it's about how sugar can take you over, how the craving for sweet things can crowd out everything else, so that you can't even *begin* to think about what effect this addiction is having on your life, your health, your happiness.

And too much sugar in your life is probably why you're reading this.

The negative impact of sugar addiction

Sugary foods are a *big* (no pun intended) contributor to weight gain. Many manufactured foods have extra sugar added to them to make them super palatable, meaning you are likely to over-eat without trying. Generally these foods aren't nutritious and simply add to your fat reserves, without benefiting your muscles or organs much. So your weight goes up - putting you at risk of heart disease, diabetes, rotting teeth and so on.

You may also have noticed the 'roller coaster' effect. Taking in too much sugar upsets your body's built-in automatic blood sugar regulation mechanism and you swing between having too high blood sugar levels and too low blood sugar levels. You may feel panicky and anxious after a sugar hit, or tired and sluggish when the effect wears off, setting off a renewed craving.

None of this is news to you. The question is, how can you break out of this vicious cycle, cut down your sugar intake, and start to lead a healthier, more emotionally stable life when the stuff tastes so damn good?

Use hypnotherapy to overcome sugar addiction

Lose your sweet tooth hypnotherapy audio session is an audio hypnotherapy session developed by psychologists that addresses sugar craving right at the root - in the unconscious behavior patterns in your brain.

As you relax and listen repeatedly to your download, you'll notice a number of changes beginning to happen. You'll notice that

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- you feel much calmer generally, and less 'haunted' by worries about sugar and weight
- you develop a quiet determination to reach your goals, whatever it takes
- you begin to apply sensible strategies to control what you eat in a sustainable way
- you find it much easier to resist the appeal of sweet things and make a healthier choice
- your palate changes and low sugar foods start to taste really good
- you start to feel so much better as your metabolism regains its natural equilibrium

Buy *Lose your sweet tooth* hypnotherapy audio session and say goodbye to sugar addiction. Visit www.vighnaharta.eorg.in now

Think Thin - that's how to get and stay slim

Use hypnotherapy to re-train your brain and lose weight naturally

Fed up with the apparently un-winnable weight loss battle?

Want to know how slim people 'think thin'?

You probably know people - and don't you just hate them! - who can take one piece of cake from the plate, or one chocolate from the box, and leave the rest. How do they do that? Have they got more will power than the rest of us? Did some good fairy cast a magic spell on them in the cradle? It seems so unfair, especially when you're trying really hard to lose weight and finding it a disheartening struggle.

The thing is, naturally slim people don't have any more will power than you do. Nor are they just lucky. They *think* in a way which leads them to make choices about food that just naturally lead to eating the right sort of things, most of the time. This is what gets people slim, and keeps them that way. Not crash dieting.

So what sort of *thought* is this, and how can you start thinking like that?

The difference between those who think thin and those who don't

You know how you think when you get overwhelmed by a desire to eat something that you know is bad for you but which feels so irresistible. Your thoughts focus in totally on how delicious and enjoyable it's going to be *as you're eating it*. The guilt and regret and worry about how those pounds are going on rather than coming off get pushed aside and only come back to mind *afterwards*. By which time it's too late.

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In contrast, naturally slim people, faced with a tempting titbit, think about how they're going to feel *after* they've eaten it. And not only *immediately* after, but a *long time* after. In their mind's eye, they see how they will look, and they imagine how they will *feel* when that food has had its full impact. And they don't like what they see or *feel* in that future scenario. So they are naturally less likely to take that titbit.

You can learn to think thin like this too.

Hypnotherapy is a very effective way to achieve your weight loss goals

Think Thin hypnotherapy audio session is an audio hypnotherapy session developed by psychologists experienced in helping people with weight loss and healthy eating. It reaches directly into your unconscious mind with powerful hypnotic suggestions to help *you* adopt the strategies that will get you slim and keep you slim.

As you relax and listen repeatedly to your download, you'll notice significant changes beginning to happen. You'll become aware of how

- the stress and strain of the old struggle starts to melt away
- your instincts about what will make you slimmer, fitter and healthier start to get sharper
- your 'long term view' becomes your default position
- you find it getting steadily easier to make sensible choices more of the time
- you start to feel so much better about yourself in every way

Buy *Think Thin* hypnotherapy audio session and start to live the naturally slim way. Visit www.vighnaharta.eorg.in now

Slim & Trim

Hypnotherapy can help you achieve your weight loss goals and become the healthier person you truly want to be!

Carrying around extra weight isn't fun. It can ruin your confidence, damage your self esteem and be extremely detrimental to your health. Yet many of us struggle with any type of weight loss or diet regime, and the inner demons that crave chocolate cake, fried foods and midnight snacks every day.

Even though we want to eat healthier, something inside us makes us return to the fridge again and again. We venture out to parties and restaurants armed with our good intentions, yet somehow we end up making less than healthy decisions.

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What is it that makes eating right so difficult? Why do we continue to fill ourselves with food that has little or no nutritional value? That tiny voice in our head sometimes urges us in the right direction, but more often than not it is drowned out by the sounds and smells of those dangerously delectable foods. **We know eating better will make us healthier and happier in the long run, so why can't we stick to a diet?**

Weight loss can be a treacherous battle. If only it was as easy to get rid of as it was to gain! What if there was a way to tap into a powerful fountain of motivation, one that would **guide you, almost automatically, toward a healthier and slimmer you?**

Well, there is a way! It's called hypnotherapy. Yes, with the help of hypnotherapy, that same tiny voice that now struggles to be heard can become much louder if you want it to be. Hypnotherapy can help you in your weight loss fight!

Imagine what it would be like to:

- Make better choices when dining in or out!
- Become motivated to exercise regularly!
- Be the slim and trim person you want to be!

If you're tired of fighting to be fit than it's time you used the power within you to win the weight loss battle once and for all. **Hypnotherapy is a form of creative relaxation that allows your unconscious mind to become open to new ways of thinking.** By supplying your creative mind with messages to regulate your cravings and metabolism more effectively, your body can naturally adapt to these new ways of thinking.

Let's be clear - hypnotherapy isn't a miracle cure or instant fix for weight loss. But **your creative mind is the part of you that motivates your emotions and behavior.** Change comes from within you, our weight loss hypnotherapy MP3 helps promote your natural ability to adapt and change. Over time, this weight loss hypnotherapy audio session can help you choose nourishing foods and physical fitness instinctively.

Hypnotherapy can help create will power and a more balanced mind-body connection while relaxing and energising you for your journey towards better health!

Get slim and trim with the help of hypnotherapy! Visit www.vignaharta.eorg.in now

Hypnotherapy and weight loss by Dr. Manish Patil

Keep weight off after reaching your weight target

Hypnotherapy will help you keep weight off after a successful diet

Fed up with yoyo dieting?

Don't you wish diet plans included effective and realistic techniques to stop the pounds creeping back on?

Anybody can lose weight on a diet, especially if combined with a good exercise program, and there is no denying that the good feeling you get as the excess pounds melt away and you arrive at your target weight is hard to beat. It really is an achievement, and you deserve to feel proud of yourself for your commitment and dedication.

And you deserve to go on enjoying being the right weight and shape for you.

Why is it so hard to keep weight off?

That's the tricky bit, isn't it? You've probably been here before. Reached the target, lots of satisfaction, feeling good in yourself and in your clothes, enjoying the compliments of others, and then somehow, you don't mean to, but it happens, the weight just starts to re-materialize. You don't panic at first, thinking it will be easy to get rid of that little extra. But that little extra just keeps growing. It's very disheartening.

It's enough to put you off diets for good. It just doesn't seem possible to lose weight and keep it off - for good. Why isn't there a switch in your head you can flick that will keep you eating (and enjoying) only what's good and right for your ideal healthy weight?

The secret switch which will really help you keep weight off

Diet plans don't tell you this - but there is. In your own brain you have a mechanism for creating strong patterns of behavior - habits. Mostly this mechanism operates unconsciously - you are not really aware exactly how the things you do all the time without thinking became habits. But you can learn to use this mechanism *deliberately* and *consciously* to develop a habit that you want - like healthy eating. Here's how.

Keep weight off hypnotherapy audio session is an audio hypnotherapy session designed expressly for the successful dieter - the person who has reached their weight loss target and now wants to ensure that they can maintain the right weight for them. Using the power of hypnotherapy to reach right into your unconscious mind, where habits are formed, this powerful session will give you the two keys to successful weight maintenance and make sure you never lose them.

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While you enjoy the profound relaxation and invigoration that come with deep trance, you will effortlessly absorb powerful life-enhancing suggestions that will become a deeply embedded part of you. As you listen regularly, you will find that you just naturally

- feel an irresistible drive to take really good care of yourself
- focus on feeling alive and vital in every way
- make healthier choices about food and exercise
- feel really proud of your body and yourself

Buy *Keep weight off* hypnotherapy audio session and treat yourself as you really deserve. Visit www.vighnaharta.eorg.in now

Keep your weight loss motivation up so your weight goes down

Use hypnotherapy to help yourself maintain weight loss motivation until you reach your goal

Has your initial enthusiasm for your latest diet faded away?

Are you finding it harder and harder to keep to your healthy eating plan?

It's always the same old story, and the only consolation is - it proves you're human. You're not Superman or Superwoman. We always like to think that 'This time!' we're going to get it right. We find the perfect diet plan. We get rid of the naughty stuff. We pick the start day. And off we go, full of enthusiasm and high hopes.

And it's quite likely to go well at first. There's the buzz of the 'new start'. There's the great feeling when we see those first few pounds fall off the scale. We forget that we can't have a 'new start' every day. We forget that there will be days when the scales will stay obstinately still - or even, heaven forbid, go up! When, at last, we remember this, we get discouraged. And it's so tempting to just give up. Until next time.

How do you get off this merry-go-round?

Understand the psychology of weight loss motivation

The key is that little mention of being human. If you keep in mind that you have the psychology of a *human being* and not a *super being*, and you work directly with that human psychology, there is a great deal you can do to help yourself achieve the healthy weight loss that you want.

Firstly, you need to appreciate the role that your unconscious plays in the decisions you make every day - including the decisions about what you will or won't eat. We're talking

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about the decisions that seem to 'make themselves', that happen without your directly 'thinking' about or 'choosing' them.

This sort of decision making comes out of hidden patterns in your mind, a sort of template of 'what to do in every circumstance' that you carry in your head. Everybody has such templates. We build these templates as we go through life, not even noticing that we are doing so, and they guide our actions rather automatically. Fortunately, it is perfectly possible to update an old template which is no longer serving you well.

And the best way to do this is with hypnotherapy.

How hypnotherapy can boost your motivation to lose weight

Weight loss motivation hypnotherapy audio session is an audio hypnotherapy session created by psychologists who completely understand the unconscious processes that can unintentionally hold you back and what it takes to change them.

Listening regularly to this session will

- teach you to *instinctively* use the knowledge you gain from it
- charge up your resolve to keep to your slimming plan
- equip you with powerful, effective ways to make new choices
- help you avoid getting ambushed by yourself or others
- help you reach and maintain your goals

Buy *Weight loss motivation* hypnotherapy audio session now and give yourself the boost that lasts. Visit www.vighnaharta.eorg.in now

Lose weight quickly and easily with the full weight loss hypnotherapy program

Hypnotic solutions to the 10 most common weight loss problems.

We have carefully selected 10 weight loss downloads from our weight loss hypnotherapy category and packaged them up as a comprehensive weight loss hypnotherapy package. The 10 weight loss mp3 downloads contain solutions to the most common weight loss problems, and include the popular 'Weight Loss Motivation' to ensure you maintain the drive to achieve your weight loss goals.

Plus, because you are buying 10 hypnotherapy downloads, we can give you 42% off the price of buying the sessions individually.

The 10 solutions to the most common weight loss problems are;

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- **Think Thin** - adopt the thought strategies of slim people
- **Super Slim Me** - program your mind with your weight loss goals
- **Stop Emotional Eating** - learn to recognise the difference between emotional prompts and real hunger pangs
- **Stop Binge Eating** - gain more control over your eating patterns
- **Lose Your Sweet Tooth** - break the sugar addiction and stabilise your energy levels
- **Enjoy Healthy Cooking** - get control of your diet by getting control in your kitchen
- **Stop Comfort Eating** - use hypnotherapy to bring comfort without the calories
- **Banish Fast Food** - reset your attitude to fast food and regain your natural shape
- **Stop Boredom Eating** - get your kicks in other ways, and stop grazing your way through the day.
- **Weight Loss Motivation** - use hypnotherapy to help yourself maintain weight loss motivation and achieve your weight loss goals.

If you have had problems losing weight, or sticking to diets in the past, using our weight loss hypnotherapy package over the coming weeks will address any difficult areas for you and make losing weight much, much easier and more natural-feeling. Any feelings of deprivation will disappear and you will find yourself wanting to follow a lifestyle and eating patterns that allow you to lose weight naturally.

As the hypnotherapy audio session a help you to move towards your ideal weight, the deep relaxation you experience each time you use them will positively impact your focus, motivation and state of mind as you go along.

How to use your Weight Loss Pack

When you order, you will gain immediate access to all 10 downloads and soon after, you will receive an email telling you about the best way to use your package to achieve the fastest results. Listen to 'Super Slim Me hypnotherapy audio session ' and 'Think Thin hypnotherapy audio session ' first - you can use them both once per day for 3 days.

Then focus on the specific hypnotherapy audio sessions, using the ones which will be most useful to you first, one at a time, until you start to notice improvements in that area. Then you can move on to the next one. You can listen to 'Weight Loss Motivation hypnotherapy audio session ' at any time you feel you need a boost.

Order your weight loss hypnotherapy download package now. Visit www.vighnaharta.eorg.in now

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- Communication skills and Hypnotherapy
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- Cure addiction by Hypnotherapy
- Depression help with Hypnotherapy
- Enjoy life with Hypnotherapy
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- Healthy eating by Hypnotherapy
- Hypnotherapy and anti-aging
- Hypnotherapy and emotional intelligence
- Hypnotherapy and Parenting skills
- Hypnotherapy and Relationship problems
- Hypnotherapy and weight loss
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- Increase interpersonal skills by Hypnotherapy
- Increase job skills by Hypnotherapy
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- 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
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- 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)