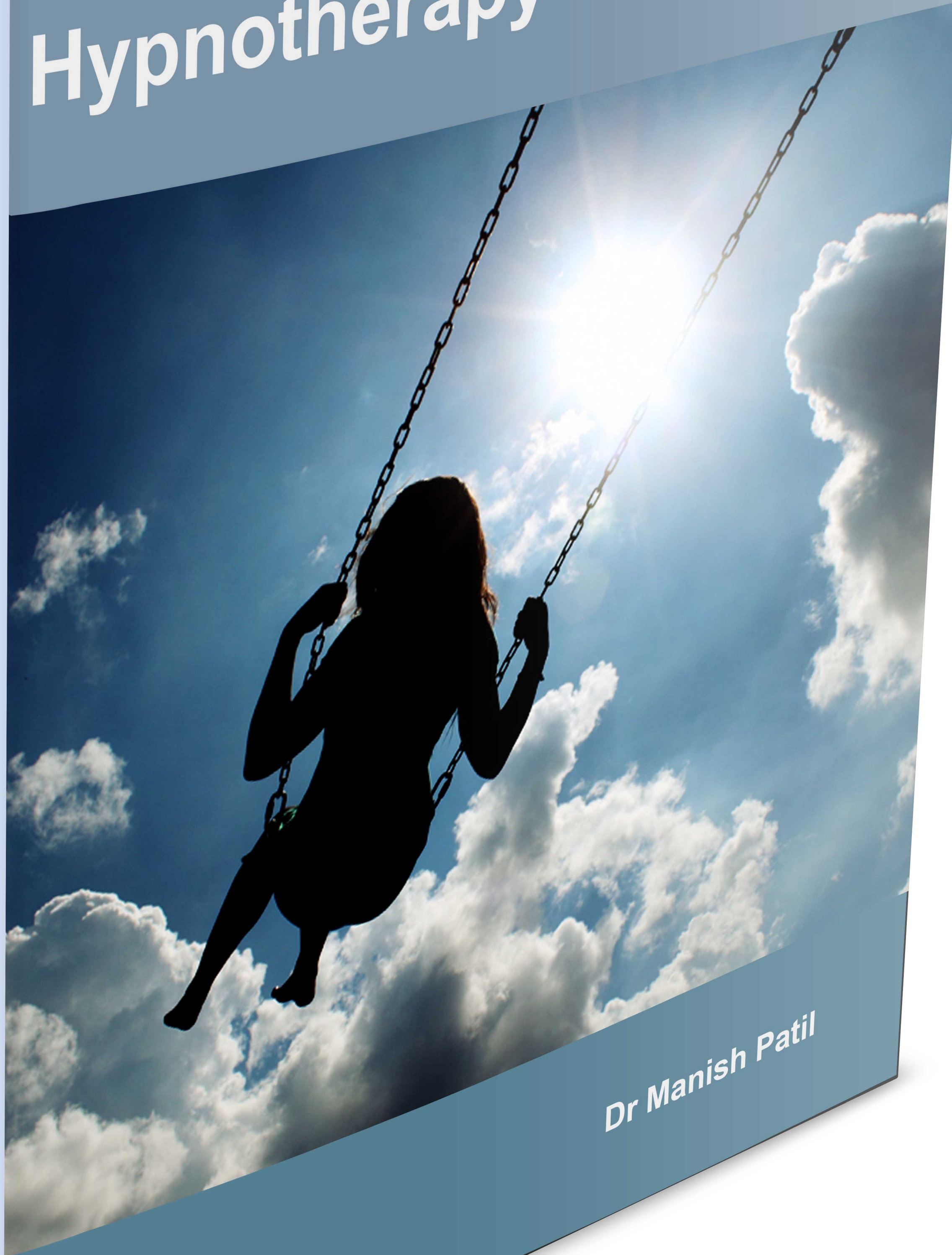


# Hypnotherapy for children

*Hypnotherapy for children*  
Dr. Manish Patil



Dr Manish Patil

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### Hypnosis

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

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

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

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

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

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

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

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

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### Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

### The Power of Suggestion

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

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

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

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

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

### Samadhi through Self Hypnosis

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

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

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can be directed at first to do astral travel, and then later on after some experience has been achieved, this transference of consciousness may be directed to travel into the past and the future. In such states one can describe what has happened, what is happening and what will happen. In this state one can see clairvoyantly and hear clairaudiently.

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

### The Three Forces of God

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

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

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

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

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

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

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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 then 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 poses, 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 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

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.**

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

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

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

### The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

#### THE MULDHARA CHAKRA

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

#### THE SWADHISTHANA CHAKRA

This chakra is situated about a couple of inches above the muldhara 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.

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### 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 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

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and Shushamna and in English as the sympathetic, parasympathetic 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 a 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 i.e. 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 i.e. 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 affected 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 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.

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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?**

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.

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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?

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 be 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**

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**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.

**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). Anymore and you may feel a little confused and not fully benefit from your efforts.

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### **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 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

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remember that we respect our customer's privacy, and your details will not be shared with any third party.

### **Will I receive unwanted emails or promotional mail?**

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

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

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

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

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

### **Are the Hypnotherapy audio sessions registered to my computer?**

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

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

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

### **In which languages can I get my Hypnotherapy audio sessions**

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

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

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

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## **Hypnotherapy for children by Dr. Manish Patil**

### **The Myths of Hypnotherapy**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### **Hypnotherapy Myth #9 – In Hypnotherapy 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.

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

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

### **Summary**

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## **Hypnotherapy for children by Dr. Manish Patil**

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 for children by Manish Patil

## Hypnotherapy for children

Many problems of childhood pass naturally in time, but when a little extra help is required, Hypnotherapy for Children is a gentle and natural way to get things moving. When your child listens to these hypnotherapy downloads, what they will hear is a lulling, absorbing story that is perfect for bedtime.

Stories have been used to educate and provide help for as long as man has sat round fires; the pattern of the story works at an unconscious level to provide a new 'template' for future behavior.

Each of the downloads within this section is prefaced with only a short introduction from the narrator stating "welcome to the Uncommon Knowledge Children's Series' without any reference to hypnotherapy. And each download finishes without any fanfare so that your child can drift naturally into sleep.

**\*Please note that all downloads for children must be purchased by someone over 18years age. The content must be assessed by the child's parent or guardian as suitable before it is listened by the child.**

### Happy bedtime - Kids

#### Make bedtime a happy time with a relaxing hypnotic story

Has the 'happy bedtime story' in your home become a tale of excitability, tantrums or general inability to settle easily into the arms of sleep?

Are you wondering how you can help your child establish a more peaceful and enjoyable going-to-bed routine?

Before they have children, many people have a fond illusion about the joys of bedtime - all cuddles and laughs and closeness before lights out. And it's very nice when it is like that. But sometimes it's more of a nightmare. Your child is irritable. Or naughty. Or anxious. Or ready to fight to the death for their right to stay up as long as they want. Bedtime can end up being exhausting for parents and children alike.

#### Why the story of bedtime is sometimes a tale of woe

There can be lots of reasons why getting ready for bed can turn difficult and of course if your child is regularly behaving out of character you will try to find out what's going on and deal with it in the most appropriate way. And sometimes children just go through phases when they seem to find it hard to settle, as if they haven't got a good 'wind down' routine worked out yet and don't know how to prepare themselves for sleep.

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But how can you teach your children how to 'wind down'? It seems like such an adult notion! (There's a specific download to help adults drift off to sleep.)

A simple way is to use a tailor-made happy bedtime story.

## A hypnotic happy bedtime story can help children relax and sleep

*Kids - Happy bedtime* Hypnotherapy audio session is a Hypnotherapy audio session created specifically for young children that uses the power of storytelling to engage the child's imagination in a process that will help them naturally relax before sleep. It tells a humorous tale of how one child teaches another a simple - but very important - secret.

Order hypnotherapy audio session for *Kids - Happy bedtime* Hypnotherapy audio session and help your child (and yourself) enjoy those special times again. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Stop children bedwetting

### A hypnotic story can gently help a child to gain control

Are you wondering what's the best way to stop children bedwetting?

Is your child becoming distressed about the fact that the bed is wet every morning?

Nocturnal enuresis, to give it its medical name, is natural in young children. As they grow, they first gain day-time bladder control, and gradually they also become able to sleep through the night without having to urinate. This usually happens without any special 'training'. It's natural for humans to acquire control over their bladder functions in time, and you don't have to do anything special to make sure it happens.

Of course, it's sensible to make sure that a child goes to the bathroom before going to bed, and that they don't drink anything, especially anything caffeinated, too close to bedtime, and that they go straight to the bathroom when they wake up in the morning. This sets a regular pattern which the bodily functions can easily adapt to, in their own time.

### Why you sometimes have to seek help to stop children bedwetting

Problems can arise, however, if too much attention is given to the matter. If a child is told off for having a wet bed, for instance, they can become anxious about it. Raised stress levels *reduce* our ability to control functions, and this is especially so in young children. And if comparisons are made with other children who are already dry at night, a child can feel inferior, which will also make them feel stressed.

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At this point, parents and child can get caught in a repeating cycle, where anxiety about what might happen actually *induces* it to happen. And the search for solutions and treatment for bedwetting begins.

So what *can* be done to stop it without making things worse? It is probably already clear to you that simply telling a child to 'try not to do it' just doesn't work.

## How hypnotherapy can help bring on those dry nights

*Stop children bedwetting* Hypnotherapy audio session is a Hypnotherapy audio session story for children created by psychologists experienced in dealing with children's problems. It tells the story of a little boy called Thomas who was really no good at sports, and how he discovered that he was much more capable than he thought while on a magical space-ship adventure in the night.

The story makes no mention whatever of bedwetting, but conveys its message through parallels, while engaging the listener in an entertaining (and informative) tale that any child will enjoy. This indirect approach is a highly effective way to bring about change at the unconscious level - which is what is needed for nighttime bladder control.

Order hypnotherapy audio session to *Stop children bedwetting* and give your child the pleasure of a great story that could also transform their lives. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Build confidence for children

### A hypnotic story to help a child develop confidence and self-assurance

How do you help a timid child be bolder and more willing to try new things and engage with new people?

How do you go about building confidence for children beyond encouraging them to "be brave"?

These questions can trouble parents, teachers and caregivers who see that a child seems scared to get involved in things, or worried about talking to people, even other children. Not engaging, for whatever reason, can lead to a child becoming isolated, or falling back in their development, and just not having as much fun as a kid should!

Of course, every child is an individual, and their personality and temperament may be naturally shy and reserved. Not everyone is outgoing and boisterous, and that doesn't mean they have a problem. Adults who care for children need to be sensitive to these differences. But children, like adults, can also come under negative influences that make them shrink back, regardless of their natural temperament.

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## The shortage of resources for building confidence for children

There are innumerable resources available for adults who feel they lack confidence, but a child may not even know how to describe how they feel, never mind find help. Adults who seek to help them can find loads of advice on parenting skills, but, great as these may be, they focus on what the *adults* do. There is very little that a child can use, for themselves.

Except for stories.

## A hypnotic story can help a child feel ready for anything

*Confidence for children* Hypnotherapy audio session is a Hypnotherapy audio session created especially for young children. Children love nothing more than a good story, and a good story is the most powerful learning aid there is.

The Hypnotherapy audio session consists of an entertaining story full of magical elements that a child can recognize and relate to. There is no moralizing or preaching – just fun! But the essential principles of true confidence are embedded in the story, and the listening child will easily pick up and absorb these principles while enjoying the story.

And because children love nothing more than a good story unless it's hearing the same story again, there will be plenty of opportunity for them to embed these principles even further.

Order hypnotherapy audio session for *Confidence for children* and boost your child's self-assurance. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Help children adjust to having divorced parents

### A hypnotic story to help children deal with the stresses of family break up

Are you worried about how your kids will cope with having divorced parents?

Are you unsure how to prepare them for all the changes?

Divorce and separation happen. No matter how sure you were when you took your marriage vows or decided to have children together, things don't always work out. It is inevitable that children will be emotionally affected when their parents decide to part, and start a whole new life with different rules and routines.

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# Hypnotherapy for children by Manish Patil

## Kids need more than explanations to cope with divorce

If you have young children, it can be difficult to know how to explain things to them, and help them through all the changes without too much distress (some distress is inevitable). It's a good idea to be as open as you can and tell them as much as you can about exactly what is going to happen, and what they can expect. But children process information differently from adults, and sometimes they need more than *explanation*.

They need a way to make sense of what is happening for themselves. And there is no better way to facilitate this process than through the medium of a story.

## A hypnotic story can both calm and strengthen a child

*Divorced parents - for kids* Hypnotherapy audio session is a Hypnotherapy audio session created especially for young children. It tells an engaging and uplifting 'fairy story' that mirrors what is happening in the outer world without being too specific about the details. The process of changing, and happily surviving even major and upsetting changes, is metaphorically explored and brought to a happy conclusion.

Children love to listen to stories over and over, and repeated listening will enable them to vicariously experience this ultimately successful journey of change enough times to absorb it as a 'blueprint' that they can unconsciously apply for themselves.

Order hypnotherapy audio session of *Divorced parents - for kids* and help your children through a major change. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Exam Success

### Do you want the next exam you take to be the best one yet?

Does the idea of taking an exam strike you with fear? Are you so anxious about upcoming exams that you can barely study? Maybe you don't openly dread taking exams, but you feel you never do as well as you should do because of nerves?

Neither of these situations is unusual. There are millions of people who abhor the thought of an exam. However, if you hope to have any chance of passing your exams and being successful in life, **you have to overcome any negative feelings you may have towards testing.**

Taking an exam obviously isn't your idea of a good time. In fact, I'm willing to bet there are hundreds of things you'd rather do. **No one says you have to fall in love with the idea of taking exams.** However, there is an easy way for you to learn to enjoy the exams you take.

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# Hypnotherapy for children by Manish Patil

By teaching your unconscious (subconscious) mind to **transform your feelings of nervousness into feelings of positive excitement**, your trepidation about taking exams can turn into eager anticipation. Think it's impossible? Well it's not – **hypnotherapy can make this a reality.**

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

- Easily absorb every bit of information when studying for an exam.
- Finish each exam you take to the best of your ability.
- Never feel apprehension about taking an exam again.
- Actually look forward to your exams and enjoy the entire exam process.

We don't claim that hypnotherapy will turn you into an exam expert overnight. **Your inner mind is your powerhouse, how you use it, or not, is up to you.** Hypnotherapy couples your motivation to change with the tools to do the job.

**You can change the way you feel about exams.** This exam success hypnotherapy session can give you the motivation to study for and take exams. The door to successful exam scores is within you and hypnotherapy can be the key.

Order hypnotherapy audio session for **Hypnotherapy for exam success!** Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Help kids overcome fear of darkness

**A hypnotic story to make the dark of night a friendly place for children**

Is fear of darkness keeping your child awake and anxious at night?

Has bedtime become a time of worry and stress rather than a wind down for a good night's sleep?

Fear of the dark isn't just a problem for (some) kids, it can trouble adults too. But it's slightly different for adults because they know rationally, that their darkened bedroom is perfectly safe and there is nothing there. But this knowledge isn't enough to stop a child's fear of darkness. So, for children, the challenge is to overcome the gap between what they know and what they feel.

**Fear of darkness grows out of a child's imaginings**

For the young child, the world of mind and imagination is completely mixed up with the outer world, with no clear boundary between the two. It takes quite a long time for a child to learn to tell the difference between their thoughts and imaginings and external phenomena. They have no easy way to distinguish between the bear in the corner of the bedroom and the bear in the zoo.

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So telling a child that there is no bear in the corner of the bedroom is no help at all. The child can clearly see it in their mind's eye, all big and growly, and the fact that you can't see it is no help to them either. They have no trouble imagining a bear that appears to them but makes itself invisible to you.

The easiest way to help a child deal with imaginary monsters is to join them in their mingled world and overcome those monsters with the help of the imagination that created them.

And the easiest way to do that is with a really good story.

## A hypnotic story to help kids learn that the dark is a fine place to be

*Kids - Fear of darkness* Hypnotherapy audio session is a Hypnotherapy audio session created especially for young children by experienced psychologists and story tellers. It tells of a child who wants something very very badly, and the only thing standing in the way of having it is her own fear. As the story unfolds, the heroine learns a wonderful way to master her fears - and so does the listener.

Order hypnotherapy audio session *Kids - Fear of darkness* and help your child get comfortable with the dark again. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Help kids handle insults

### A hypnotic story to help a child learn to deal with insults and teasing

Is your child struggling to handle insults or taunting from other kids?

Is constant teasing or name calling making them anxious and upset?

Children have teased and joked with each other since time immemorial. Having a laugh and calling each other names is all part of the rough and tumble of childhood, a normal part of how children learn to socialize and get on with each other, and to be assertive and confident. But there is no doubt that sometimes it can go too far, be a lot more than 'occasional', and become more than a child can cope with.

### When a child can't handle insults, life gets hard

A child being overwhelmed by teasing may become anxious, tearful and withdrawn. They may try to avoid the troublesome situation by refusing to go to school, or saying they don't feel well. Their confidence may dwindle and they can start to feel bad about themselves. They can find it hard to concentrate and their school work can suffer, which brings further problems in its wake.

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# Hypnotherapy for children by Manish Patil

These can be worrying times for a child. And for their parents or care givers. It's not always easy to determine exactly what is going on, as kids can find it hard to say what is really the matter. They don't have the 'concepts' that adults use to deal with insults and rationalize what is happening. It's hard to know whether to tell them to 'take it on the chin' or to demand that the school authorities step in.

## Effective support for self-esteem

Interestingly, telling a child that they're 'wonderful' or 'the best kid in the world' is not as helpful as people think. This is because this approach focuses on the wrong thing. Insults have nothing to do with the *actual* qualities of the target. It's not about *real* differences. It's a power game, a way of 'getting the upper hand' over somebody. It's more helpful to reassure a child that you love them no matter what, and that they certainly can learn to cope with such 'games'.

But how can you give them a helping hand?

## A hypnotic story can help a child learn to handle insults with ease

*Handling insults for kids* Hypnotherapy audio session is a Hypnotherapy audio session created especially for young children. Children love stories and identify closely with the characters in their stories, and this download contains a powerful story that is not only reassuring but actually practically helpful. The listening child will unconsciously pick up and absorb three essential tools for managing troublesome teasers. (Useful tools for adults too...)

Order hypnotherapy audio session for *Handling insults for kids* and help your children face the future with confidence. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Boost reading confidence for kids

### A hypnotic story to build a child's faith in their ability to learn

Are you concerned about your child's reading confidence?

Do you worry that they're falling back because they don't think they can do it?

Lots of things can knock a child's confidence in their abilities. Sometimes they may have genuine difficulties with sight, hearing, or interpretation of symbols that needs specialist attention. But sometimes they can just find the whole business of learning to read a bit daunting, and get discouraged. If they've been teased by class-mates, have a 'perfect' sibling to compare against, an expectant parent, or simply a different learning speed or style to their peers, they may just decide that reading is not for them.

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As a concerned parent, it's hard to know how best to help them over this hurdle without actually making matters worse! Expecting them to 'try harder' is loading even more pressure when they are already struggling. One load lightening way you can help is by reading lots of stories to your child yourself. And another is to use a hypnotic story to indirectly boost their confidence in their ability to learn and care less about mistakes or challenges.

Whether they can read or not, kids love stories. Stories give them a set of 'templates' through which they can process their world. A story that subtly matches their experience and shows them different ways to handle it can make a huge difference to a child.

And that's why a specific story may be the best way to help them.

## A hypnotic story can help a child take ownership of their abilities

*Reading confidence for kids* Hypnotherapy audio session is a Hypnotherapy audio session created especially for young children who are learning to read. It uses the device of embedded storytelling to 'mirror' the child's situation and suggest a way through. Repeated listening will enable the child to unconsciously absorb and integrate the idea that they master the skills they need through practice and determination.

Order hypnotherapy audio session for *Reading confidence for kids* and help your child learn to trust in themselves. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Overcome first day at school child separation anxiety

### A hypnotic fairy tale to calm kids' fears about starting school

Is your child over-anxious and clingy about starting school?

Are they (or you) worried about how they will cope with being apart from you?

Anxious behavior in young kids who are about to start school or engage in some other activity apart from their parents or caregivers is not a sign that they have separation anxiety disorder - or indeed any disorder at all! It's a normal part of child development as a child moves from the safe, closed, protected world of home where Mom and Dad are 'always there' to the wider world of school, other children and adults who are not family.

### What is child school separation anxiety all about?

Until it's happened many times, a small child has no way of *knowing* that home and Mom and Dad can be relied on in the background of other things they are doing. Even when parents and teachers carefully explain, even when a child is introduced to new activities a little at a time - say spending just

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an hour in nursery school at first - a child does not yet have enough knowledge and experience to be able to make sense of it all.

So although going out into the big world is exciting, and will undoubtedly help your child grow and develop as a human being, it is also stressful. And as children are all unique individuals, they will each respond in their own way to their anxieties about separation. Some kids take to it 'like a duck to water' and are relaxed and happy from the outset. Others need longer to adapt themselves to the new situation.

## How parents can help a child with school separation anxiety

In some cases a child may get a bit overwhelmed by their anxiety and become excessively clingy, tearful, fretful and difficult. This can be a difficult time for parents too. Should they be brisk and matter of fact? Should they be gentle and soothing and let this clearly distressed child just stay home from school? It's important to reassure your child about what, exactly, you are going to do and what they can expect. And stick to it.

And there is something else you can do to help them get over their worries.

## A hypnotic fairy tale to help your child overcome their fears

*School separation anxiety* Hypnotherapy audio session is a Hypnotherapy audio session story for young children created by psychologists experienced in dealing with anxieties and fears. It tells the tale of Little Fox Sammy, who *really* didn't want to go to school, and how he learned to be brave.

This delightful story is not just a tale of magic (though there's magic a plenty). It teaches the listener a highly effective way to face *any* challenging situation. So this download is more than just a remedy for school separation anxiety in children - it is a powerful lesson in important life skills. Learning these skills at an early age will be invaluable to any child (and their parents!).

Order hypnotherapy audio session for *School separation anxiety* and give your child (and yourself) the pleasure of a great story that could actually change their life. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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# Hypnotherapy for children by Manish Patil

## Help a shy child overcome their shyness

### A hypnotic story to make it easier to make friends

Do you have a shy child who finds it difficult to associate easily with others?

Is their shyness getting in the way of enjoying life?

Most children will feel shy some times, in different circumstances. It's normal (even for grown ups) to find mixing with new people and taking the first steps towards making friends somewhat challenging. Everybody is different, but eventually most children get comfortable, establish a place in the group and find one or more people to be 'best friends' with. And then they are on their way.

### Shyness isn't necessarily a 'problem'

But some children can find it really hard. There are many different reasons why this happens, and it doesn't necessarily mean that there is a 'problem'. A child may just be naturally timid. The family may provide what feels like sufficient social stimulation so that the child is not looking for more. The school or social environment can sometimes be a bit unfriendly, or a child may have a few bad experiences that make them less willing to engage.

When you see a child struggling, or actually unhappy, because of their shyness, it can be difficult to know what to do. You can, of course, arrange for more social contact among family and friends, thus giving them more chance to practice socializing. And you can encourage the child to engage more. But what is the best way to encourage them? Just telling them to 'be brave!' could backfire - leaving them feeling worse.

A better way is to use the power of storytelling.

### A hypnotic story can help overcome shyness

*Shy child* Hypnotherapy audio session is a Hypnotherapy audio session story specially for young children created by psychologists with wide experience in child development (and storytelling). It tells the engaging tale of a little boy who really wants to make friends but isn't sure how to go about it and how he discovers a marvelous way to make it easy and fun. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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# Hypnotherapy for children by Manish Patil

## Help children feel confident to speak up in class

### A hypnotic story to build classroom confidence

Are you concerned that your child doesn't speak up in class?

Would you like to help them feel more relaxed and self-assured?

No parent wants to hear their child is too quiet in class and not engaging in the classroom and possibly in social situations such as in the canteen or playground. As a parent or carer, it's a tricky subject to broach sensitively and effectively with your child. How do you help them out of their shell and start interacting more?

### Trivial things can make a child unwilling to say a word in class

The early years in school are a challenging time for children, and every child is different in how they adjust to school and learning. Some take to it like ducks to water and others find one or more aspects of school life hard to handle and need time and encouragement to acquire the necessary skills. And sometimes kids, just like adults, get overly worried about something that for others isn't a big deal, but which holds them back and stops them from being relaxed at school.

And, being little kids, they might not be able to explain exactly what the problem is... or understand well-meant adult 'advice'.

By far the best way to facilitate a child's development at such a tricky time is through the medium of stories. Stories, which all children love, give them an imaginative way to make sense of their world, and to deal with different challenges. And listening to a story is completely different from being 'told what to do'.

### A hypnotic story can reassure and embolden a child

*Speak up in class (kids)* Hypnotherapy audio session is a Hypnotherapy audio session created especially for young children. Through a 'story within a story', the child's situation is reflected and resolved in a practical and empowering way. Repeated listening will enable the child to unconsciously absorb and integrate a sort of 'template' for how to handle such challenges that will remain valuable throughout their life.

Order hypnotherapy audio session for *Speak up in class (kids)* and give your child that extra boost. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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# Hypnotherapy for children by Manish Patil

## Studying Success

### Build mental muscles and study more effectively!

Much like the muscles that move our body, the brain gets stronger the more we exercise it. Each time we read or ponder a possibility our minds expand to accommodate the new information this brings. While we may not consciously retain everything we come across, our minds absorb much more material than we think. **Inside each of us is the ability to tap into this unconscious power and study more effectively.**

Are you really prepared to learn when you sit down to study? Are your thoughts and your notes as organised as they could be? Do you have the motivation it takes to stay focused until you reach success? Do you tend to doubt your ability or get angry with yourself for not learning things quickly? Are you working for or against yourself when you are studying?

**A strong, well-prepared mind comes from practice, conditioning, and encouragement.** We tend to let outside stress invade our thoughts and steal our focus from the task at hand all too easily at times. We sometimes also allow a lack of interest in our subject to distract from our intent to remember. How can we retain information that we were hardly had an interest in to begin with?

In order to study effectively we have to change the way we think about the material we study and believe in our ability to learn. We are not passive observers in this exercise; we are active participants searching for information to impress upon our minds. **We must find within ourselves the desire to absorb information and recall it as needed.**

### Imagine what it would be like to:

- Become more organised and motivated to study!
- Be more confident in your ability to learn new things!
- Build a stronger mind and experience memory success!

Hypnotherapy helps you relax deeply and open your mind to learning new ways of thinking and behaving. Through positive reinforcement and creative visualization you can build greater focus and determination in your studying.

By listening to this hypnotherapy session **you can begin to learn to use your mind like a muscle, strengthening and conditioning it with every exercise.** This hypnotherapy audio session gives you the tools you need to study more effectively and recall information with ease.

**Use the power of your unconscious mind to study successfully!** Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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# Hypnotherapy for children by Manish Patil

## Help for tantrums in children

### A hypnotic story to help a child learn to deal with anger and frustration and self-soothe

Does your child go from angel to devil in the stamp of a foot?

Do the kids' tantrums take over your family life and inhibit you from going out?

Not getting what you want (or think you want) is a normal part of life for every one of us. Much as we would like to be able to control the world and have it obey our wishes, the reality is that we are always getting thwarted and frustrated in one area or another. Even we adults sometimes struggle to cope with that. But it's even tougher for kids.

A very young child does not yet have the experience, understanding or emotional maturity to help themselves through the challenge of discovering that the world isn't how they think it is. So a negative experience can feel to them like the shock of the world ending, which is pretty upsetting. You have to have quite a lot of shocks like this, and survive them, in order to learn that this is how life is and it's not so bad.

### Staying calm is the best response to tantrums in children

So one way parents and caregivers can help a child when frustration builds up into a stomping, screaming, thrashing, red-faced rage is by doing their best to stay calm and not join the child by getting over emotionally aroused themselves. If the child sees that the adults aren't fazed by all the emotion, this will help them learn to manage their own feelings too. It's not easy, and if you as a parent or care-giver need help, we recommend 'Assertive Parenting' and 'Patient Parent' downloads from our Parenting Skills section/ebook.

One of the difficulties that parents face, of course, is that there's no way to reason with a small child. You might have very good reasons for refusing to let your child stay up all night, but none of them make 'sense' to the child. All they know is that a highly uncomfortable emotional storm is raging through them. But there is a way to reach them.

### A hypnotic story can help a child learn to deal with temper

*Tantrums in children* Hypnotherapy audio session is a Hypnotherapy audio session created especially for young children. It tells a delightfully engaging story that is not just good entertainment but a kind of 'mirror' of the child's situation. Children always identify with the characters in a story, and so engage with (and unconsciously learn from) how those characters deal with their own difficulties. Although there will be the inevitable tired, hungry, downright awkward tantrums, they will become less frequent and less intense, as the child learns self-soothing skills and the parent or care-giver gains confidence in the child.

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# Hypnotherapy for children by Manish Patil

Order hypnotherapy audio session for *Tantrums in children* and let peace descend. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Stop Thumb Sucking

Thumb sucking can be such a pain. It can be so automatic that before you know it your thumbs back in your mouth and your slurping away on your own thumb.

Thumb sucking is nature's way of getting us 'off mother's nipple'. It is an activity that let's babies 'come off' the nipple gently *for a while*.

When breast feeding stops thumb sucking may continue just until the baby becomes used to drawing it's nutrition more independently by eating and drinking for itself.

Children or even some adults may find themselves reaching for this symbol of babyhood in times of stress or when they seek comfort or reassurance.

Perhaps you find yourself thumb sucking just occasionally when you feel bored, or in need of comfort.

Maybe you suck your thumb almost constantly the way some people chain smoke.

Whatever the pattern or reason it can be embarrassing and humiliating if others notice and difficult to resist the urge sometimes.

Thumb sucking can displace your teeth and create dryness in the skin of the thumb.

You know it's got to stop sometime. You don't want to be thumb sucking in 5,10,15,20 yeas time!

This Hypnotherapy audio session can help you to be in charge of your thumb and stop it ruling you so much.

Imagine what it's going to be like to let your thumb breathe properly and be free of thumb sucking.

Order hypnotherapy audio session for *Stop Thumb Sucking* now and break free. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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# Hypnotherapy for children by Manish Patil

**Increase your self motivation and achieve your goals, ambitions and dreams**

**Use hypnotherapy to free up your personal internal motivator**

Do you lack motivation to do something even when you know it's important?

Would you prefer to be driven to achieve success instead of simply avoiding failure?

These days, everyone has come across goal-setting and self motivation 'gurus', with their personal motivation techniques and systems to plan your goals, or acquire other achievement-oriented skills. There is value in these and adopting these techniques can provide some level of success, but for many people the real stumbling block is their own motivation. The motivation that lets them study a bit harder or train a bit longer or lets them take the easier option.

**Develop powerful self motivation - feel compelled to achieve your goals**

Hypnotherapy for motivation can help you powerfully increase your unconscious motivation to move towards the things you want to achieve in life. This way, self motivation becomes almost effortless - you feel driven, rather than dragged.

You may have experienced those times when you just can't stop yourself from doing something. Well how would it feel to behave like that towards your important dreams, desires and targets?

- feel effortlessly compelled to do what's important to you.
- recognise earlier when you are getting dragged down and take action
- free your internal positive motivator to keep you up beat and ontrack.
- make choices that help not hinder your path to achieving your goals.

Order hypnotherapy audio session for the *Self Motivation Booster* now. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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## Get back control over anger

### A 'big picture' hypnotherapy download to improve your anger management skills

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

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

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

### Understanding trance is the key to anger management

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

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

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

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

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

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

Order hypnotherapy audio session for *Anger Management* hypnotherapy session now and regain control of yourself. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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

## Recipe series e-books of Manish Patil

- Basic recipes
- Bean salads
- Beans recipes
- Bread machine recipes
- Breads
- Breakfast
- Breakfast recipes
- Brinjal/ Baingan recipes
- Brownies recipes
- Cakes
- Cakes recipes
- Capsicum recipes
- Casseroles recipes
- Cauliflower/ Gobi recipes
- Chicken Dishes
- Chili recipes
- Chinese dishes
- Chinese recipes
- Chocolate recipes
- Christmas recipes
- Chutneys
- Cookies recipes
- Cornbread recipes
- Couscous recipes
- Daal recipes
- Desserts
- Dinner pies
- Dips and spreads
- Diwali sweets
- Dosa recipes
- Drinks
- Egg recipes
- Frozen Desserts
- Fruits recipes
- Fruits dishes
- Ganesha Festival recipes
- Gazpacho recipes
- General basic condiments
- General desserts
- General recipes
- General salads
- General soups
- Grain salads
- Grains dishes
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- Idli recipes
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- Risottos recipes
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- Salsas
- Sandwiches
- Sauces
- Seafood
- Shakes and Sips
- Snacks
- Snacks recipes
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- South Indian nonveg recipies
- Stews recipes
- Stocks recipes
- Stuffed vegetables
- Stuffings recipes
- Tofu recipes
- Tomato recipies
- Variety breads
- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
- Yeast breads (made by hand)