

*Increase Job skills*



*by Hypnotherapy*

*Dr. Manish Patil*

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## Increase Job skills by Hypnotherapy by Dr. Manish Patil

### Hypnosis

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

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

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

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

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

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

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

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

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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.

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

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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?**

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

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### 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?

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.

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### 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.

### 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.

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### **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.

### **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.

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### **Is there any way to purchase Hypnotherapy audio sessions anonymously?**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sorry. Presently we are making Hypnotherapy audio sessions only in Marathi, Hindi and Indian English languages. You have to know and understand the language to get benefited by 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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### **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 Hypnotherapy, you can be made to say or do something against your will.**

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

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### 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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## **Increase Job skills by Hypnotherapy**

### **Increase Job skills by Hypnotherapy**

The world of work is ever more challenging and competitive. Learning job skills can improve your chances and enhance your progress. Technical skills can be learned in structured training, often with special tuition and hands-on practice. But where (and how) do you learn the 'soft skills' that can make such a difference, the skills that will make you the chosen candidate, or the person everyone wants on their team?

Using Hypnotherapy, you can really get to work on how you handle different aspects of working life, from punctuality to project management, from selling to dealing with paperwork, from running a meeting to dealing with difficult colleagues.

Our learning job skills Hypnotherapy audio sessions cover a range of different work situations, and will give you the tools to be at your best in any or all of them, confident that you can handle it.

## **How to ask for a pay raise calmly and confidently**

### **Hypnotically rehearse successfully negotiating a pay rise**

Do you find the thought of 'selling yourself' and communicating your value at work deeply uncomfortable? Or perhaps you find your boss intimidating and the thought of asking for a raise just plain scary.

It's a common mistake to assume that your manager at work has carefully thought through your pay level, and that somehow, asking for a pay raise is like telling your boss they are wrong in some way.

### **Recognise your value and be confident you can prove it to others**

Everyone wants to be recognised for a job well done, and of course, paid appropriately. Asking for a pay review can feel like a huge challenge but it's an assertive, self-possessed course of action if presented correctly.

There may be many reasons why you've avoided this conversation with your boss. Maybe people are being made redundant, or jobs outsourced, or your boss is simply difficult to talk to. Perhaps you just don't feel you have the right words or have little idea how to negotiate effectively.

No one likes to invite criticism and asking for a pay raise can feel like doing just that. Your boss might shoot you down for thinking you're better than you are, you're being a difficult employee or you're emotionally blackmailing them. Or your boss might open doors to a better pay level, a more challenging and financially rewarding role and support your professional development.

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It's understandable why the mere thought of asking your boss for a review may leave you with butterflies in your stomach, or tossing and turning at night. This is a catch-22 because to do yourself justice when you have that conversation, you need to be relaxed and confident.

### A calm mind will increase your chances of success

If you present your case looking and sounding terrified, it sends the unconscious message "I am asking you for something I don't believe I deserve". So who could blame a boss for turning the request down?

The *Asking for a Raise* hypnotherapy audio session will:

- teach you the negotiation tools to make a 'convincing case' for more money
- give you tips on how to ask for a raise with confidence
- prime you to feel super confident and relaxed when asking for your pay raise
- allow you to rehearse asking for a raise before actually doing it

**Buy *Ask for a Raise at Work* hypnotherapy audio session now and multiply your chances of success. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### How to pay attention to detail and get more out of life

Do you find it hard to get down to the nitty-gritty details of things? Is it a struggle to make your way through the tedious step-by-step of getting things done, even when you know the goal is important to you? Do you sometimes wonder if you're 'not really one for the details'? It's a bit of a puzzle that so many people find paying attention to detail so difficult, because clearly attention to detail is essential for success.

### Ultimately, detail is everything

A moment's thought reveals that there's not a successful project in life (or even an unsuccessful one, for that matter) which did not depend on the details. Every project, every scheme, every plan, every proposal has its broad outline, its 'big picture'. But the *realization* of the big picture is always very much a matter of detail.

You may be familiar with the old nursery rhyme which teaches this principle to children:

*For want of a nail the shoe was lost.*

*For want of a shoe the horse was lost.*

*For want of a horse the rider was lost.*

*For want of a rider the battle was lost.*

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*For want of a battle the kingdom was lost.*

*And all for the want of a horseshoe nail.*

In other words, one little detail can scupper the biggest project you can conceive.

So *why* does paying attention to detail seem so hard, when clearly it's absolutely essential in life?

### Why details can seem so burdensome

People often assume it's a matter of temperament. You may think that there's one type of person who is psychologically suited to the 'big picture' approach to life. Coming up with the ideas, the visions. And another type of person suited to working at the detailed level, actually getting things done. And never the twain shall meet.

This means that, if you *think* you are more a 'broad outline' sort of person, and not cut out to be a 'plodding through the details' type, you will chafe when you find yourself having to focus on details. You will get irritated, bored, depressed, angry, frustrated. And when things go wrong you are likely to say "I'm just not a details type, you know!"

### The limits of the 'type' argument

But this black and white view of two distinct *types* is severely limiting. And wrong. It leads you to think that the *details* are the source of the problem. It hides the fact that the real issue is not detail itself, but dedication. Because detail is a matter of perspective, which you can modify at will, but dedication is the bedrock beneath every successful project.

"But, but, but!" you may say, thinking of the hours of anguish you have spent grappling fruitlessly with tiresome details. But the distress you experience really comes from this misplaced focus. Like all of us, you have been powerfully affected by the 'common understanding', and take that to be 'the norm'. But actually it's just a social construct!

### Changing your view of yourself and becoming a master of detail

Fortunately, such constructs can be quickly and effectively changed. You can adopt a much more productive view of how you relate to your own projects and schemes. Even if you've spent years thinking of yourself as 'not a detail person', and regard this a fixed part of your identity, if you would really like to master paying attention to detail, you can. And the quickest and most effective way is to use Hypnotherapy.

### How Hypnotherapy can help you pay attention to detail

*Attention to detail* hypnotherapy audio session is an audio Hypnotherapy session which pays close attention to the detail of the processes involved in bringing about a change of perspective at the macro and the micro level. It will take you in at the macro level ('the big picture') and

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metaphorically 'carry' you to the micro level. And, for the duration, *you* need not concern yourself with the details at all.

When you listen to *Attention to detail* hypnotherapy audio session, you will find yourself entering a state of profound relaxed trance - well understood to be the optimum mental state for absorbing and integrating new learning. You will find your understanding of yourself expanding and developing. You will learn an invaluable new psychological tool that will help you see details in a whole new light. And you can use it in so many areas of life.

**Buy *Attention to detail* hypnotherapy audio session and make sure you get what you want out of your life. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Gain the Attitude of Natural Leaders

#### Program yourself with a blueprint for natural leadership

Leadership can be a tricky thing. On one hand you're supposed to appear calm under pressure, on the other you need to impart passion and energy to your team. And what about those days when you just don't feel like leading?

No matter the situation you find yourself in, knowing *how* to lead and *feeling* like a leader is vital to give you the confidence that others will believe in. Then when you are called upon to demonstrate leadership skills, those skills can come to the fore instantly.

#### Leadership skills can be learned

Some leaders are born ready to motivate and inspire, but many more have learned leadership skills along the way. What we do know is that good leaders share certain qualities. This Buy will imprint these on your mind using the uniquely focusing effects of Hypnotherapy.

#### Some key characteristics of great leaders:

- able to inspire and exude confidence
- unafraid to make mistakes or take responsibility
- able to positively influence others without being bossy or over-bearing
- knowing how and when to delegate and trust others
- being a part of the team, not seeking glory for themselves at the expense of others
- possessing 'grace under fire', and the ability to think calmly under pressure

And there's another less obvious quality of a good leader - they look like leaders. Not in physical stature but in the way they move, speak and relate to others.

The *Be a Leader* hypnotherapy audio session will inspire you with confidence and help program your instincts with the leadership edge.

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## **Increase Job skills by Hypnotherapy**

Buy *Be a Leader* hypnotherapy audio session now and see your leadership abilities start to shine... Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### **Get the punctuality habit**

If you have problems being on time, you'll already feel bad about appearing sloppy, lazy, unprofessional, selfish or undisciplined due to poor time-keeping.

Being punctual shows respect and consideration for others. Punctuality also shows you have self-discipline and organizational ability.

### **The best of intentions**

But how annoying is it when you don't intend to be late but somehow you just never seem to be on time?

Of course everyone can be late for an appointment if circumstances really do go against them - the plane is delayed, there's a huge traffic jam or a thief steals your wallet. This kind of thing may be unavoidable but I'm talking about general bad time keeping. If you are on time 8 times out of 10 then you are a punctual person, but if you are late more often than this then your punctuality could do with a helping hand.

### **Reasons for poor punctuality**

Maybe you never seem to leave yourself enough time and always seem to underestimate just how long you'll take to arrive. Perhaps you end up trying to beat the clock on the way to your appointment and arrive stressed and apologetic. Being more punctual is all about good planning and organization and knowing when to act.

### **The benefits of improved punctuality**

When you are more punctual then everyone benefits including you. People like knowing and working with reliable people because they know they can depend on them.

This session will help program your mind to automatically adopt and use the punctuality habit. It's going to be amazing how your life becomes transformed by being punctual and organized with your time.

Buy *Be Punctual* hypnotherapy audio session now and transform your working and personal life. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## **Increase Job skills by Hypnotherapy**

**Be a better writer and connect with your readers**

### **Use Hypnotherapy to powerfully enhance your writing**

Do you love writing and constantly strive to be a better writer?

Do you wonder what would make the biggest difference to how you write?

It's now possible for anyone to publish anything and find an audience thanks to the internet. But there's a wide chasm between writing and writing that will be read.

### **To reach an audience good writing is more vital than ever**

If you write and want attention, you must really stand out from the crowd. No matter whether you're writing for books, magazines, ebooks, websites or blogs, business, education or pleasure - quality counts more than ever.

But how, apart from the obvious practical ways to improve writing skills that you'll find in any decent writer's manual or course, can you really 'lift' your writing to the next level?

### **Hypnotherapy can help you enhance your writing powers**

*Be a better writer* hypnotherapy audio session is an audio Hypnotherapy session created by psychologists with wide experience in developing and enhancing creativity. It doesn't tell you how, or what, or when to write. Instead, it focuses on helping you use the resources of your unconscious mind to develop the core *psychological* skills of being a great writer.

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

- you begin to feel a deeper personal connection with your reader as you write
- the act of writing starts to feel more like a direct sharing of enthusiasm and ideas with another person
- you feel both more committed to and more detached from your own writing
- you become more realistic and disciplined in your approach, avoiding the pitfalls of perfectionism
- your writing steadily improves over time as passion and pragmatism become a defining characteristic.

**Buy *Be a better writer* hypnotherapy audio session and communicate with the world. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**



## **Increase Job skills by Hypnotherapy**

### **Confidence with your Boss**

Many people find dealing with their boss difficult. Often they will forget what they are trying to say, find it hard to concentrate and generally feel uncomfortable - even panicky.

This is a common problem when you are keen to impress someone but to be truly effective, you need a new way of relating to your boss.

#### **Your boss's problem, not yours?**

It could just be something about your boss that you find intimidating - perhaps they are unpredictable, or prone to angry outbursts. Whatever the cause, when you start to feel confident around your boss your whole working life, self respect and enjoyment of your job is going to greatly improve.

#### **The importance of status**

The reason we all experience emotions such as shame, embarrassment and humiliation is because we are unconsciously sensitive to the 'pecking order'. Status matters in our lives much more than we think.

Status is an amazing thing. When we are in the presence of someone we feel has greater authority (higher status) than we do, our blood pressure reliably becomes higher! In medicine there is even a name for it - white coat syndrome. If someone is having their blood pressure reading taken by a doctor to whom they feel lower in status they may give an inaccurately high blood pressure reading.

When doctors have what is known as a 'good bedside manner' they make the patient feel important and therefore on an equal footing whilst still maintaining the patient's respect for them.

So it could be that you had been experiencing a spot of 'white coat syndrome' with your boss. Maybe authority and status has intimidated you throughout your life to some extent through social conditioning.

#### **Watch out for inferiority signals**

You may be very sensitive to people in higher status positions such as your boss and it's true to say that they are usually at least unconsciously aware if someone is giving off signals of inferiority. This may make them unconsciously feel you wouldn't be right for promotion or ready for more responsibility. It may even encourage them to treat you in less than fair ways. This is because people often treat people in accordance with the signals people give off as to how they think they should be treated.

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## Increase Job skills by Hypnotherapy

### Confidence repels bullies

If you make it subtly clear that you feel you warrant respect, are confident in yourself and won't take any nonsense then people will pick up on this and treat you accordingly. It could be that your boss is a bit of a bully however feeling more confident around them *whatever* they are like as a person can only make things better.

**Buy *Confidence with your Boss* hypnotherapy audio session and start feeling better round them immediately. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Choosing a career - a truly life changing decision

#### Use Hypnotherapy to explore your perfect career choice

For most of us, the first time we considered a career choice was when we were very little, and some kindly adult leaned over and said "And what do *you* want to be when you grow up?" It was simple. We wanted to be train drivers. Ballerinas. Clowns. Nurses. Astronauts. Aged four, you don't know about accountancy, programming, politics, translation. Or anything else very useful about choosing a career.

#### Career advice from four year olds?

Unfortunately, even though you may be older now, you may still know as little about how to go about choosing a career that's right for you as the average four year old who's wowed by colourful uniforms or big machines. Schools and colleges often have career information available. This tells you how many thousands of different ways there are to earn a living. But careers *advice* is often sadly lacking. How do you *choose*?

#### The place of money in choosing a career path

Of course, for many people the first consideration is how to make enough money to live on. This can severely constrain your choices, but should not be regarded as a necessarily 'bad thing'. It *is* important to be able to support yourself, and potentially a family. There are times in life when taking a job because the money is right is a good choice. But experience shows that pay alone rarely makes for career satisfaction.

So what do you need to do to make the best possible career choice for yourself, within the constraints that affect you personally?

#### Practical steps to choosing a career that suits you

Firstly, get to know yourself. What makes you tick? What sort of activities do you enjoy doing and never have to struggle to motivate yourself to do? What talents have you got or can you develop? What kind of people do you like to be around? Think about whether you want your career to bring you *recognition*, or *security*, or *challenge*, or a *sense of belonging to a team*.

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## Increase Job skills by Hypnotherapy

It can take time to find the answers to these questions. You may have to take several different jobs before you know the answer to some of them. You may have to be prepared to try different things, and not allow yourself to get discouraged if some of them don't work out. Nowadays, it's usual for people to pass through several different careers as they mature. It's rare to spend your working life in only one sphere.

### Hypnotherapy can highlight your true career choice options

This can all seem very daunting! But there is something else you can do to give yourself a helping hand. *Choosing a career* hypnotherapy audio session is an audio Hypnotherapy session which is focused on the psychological, unconscious aspects of career decision making.

Your head (your conscious mind) may be full of a mass of information about different career paths, so much so that it hurts. *Choosing a career* hypnotherapy audio session will take you to a deep place inside yourself where you can become a detached observer of the situation. This enables you to take a clear view of your options and identify those which are most likely to meet *your* specific needs and interests. And it will help you stay calm and relaxed.

**Buy *Choosing a career* hypnotherapy audio session and take the first important steps to your new life. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Stop Crying at Work for Women

You know you shouldn't cry at work but there are times when it feels you just can't help it!

Have you ever unexpectedly found yourself crying when you really didn't want to be?

In front of colleagues at work or with your boss? Maybe when you feel you've been criticized or feel overwhelmed, getting angry, feeling misunderstood or even when you've been complimented!

Women typically cry more than men and traditionally it's been more acceptable in western cultures for women to cry publicly.

Men cry through sadness. Women cry for many other reasons such as anger, frustration and relief.

Because a women's brain is more 'wired' to crying for more emotions she is more likely to feel like crying at work. This can be baffling to male colleagues.

There is nothing wrong with crying *par se*. Crying on the right occasions can act as a stress release valve and also send out the signal to others: 'I'm vulnerable please take care of me-don't attack!'

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## Increase Job skills by Hypnotherapy

Having access to our emotional lives can make us better able to be empathetic and understand others but if we have too little control over our emotions we become like a rider less horse and carriage careering unpredictably in all directions.

Most people in a work situation would understand if crying occurred after some tragic or major shocking event such as unexpected death or if someone's personal life circumstances have become overwhelming difficult.

But when tears seem to happen randomly then it's seen as weak, unprofessional, incapable, distracting or even manipulative.

Tears in the workplace are seen as inappropriate and have adverse effects on your professional image making you seem inept, over-emotional, unable to think logically and generally incompetent.

Male and female bosses view crying at work as a sign of un-professionalism and someone not being up for the job.

Crying displaying vulnerability at work seems to show that you can't deal with difficult situations and perhaps should not be working in areas of responsibility.

Tears undermine your work-image and may even prevent you being promoted or considered for new exciting posts.

Just as anger management sessions teach us how to respond more productively to frustration in our lives to become more mature people so to can 'crying management' help us to find alternative responses to old 'crybaby' triggers.

Just imagine when you become more confident in your own emotional management. You'll be able to meet confrontation and all other obstacles without crying because you'll feel calmer and better in those times! You'll have a clear sense of distinction between the 'work you' and the 'personal life you.'

This hypnotherapy audio session will help 'program' you with a greater sense of a relaxed overview of situations and events as well as encouraging you to hypnotically rehearse those tricky times where you may have 'lost it' before.

**Buy *Stop Crying in the Workplace* hypnotherapy audio session now and become the professional you need to be! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

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## Increase Job skills by Hypnotherapy

### Decision making - taking the really big decisions

#### Hypnotherapy can help you make better choices

Does decision making leave you floundering or paralyzed?

Are you hampered by fear of what will happen if you get it wrong?

It's easy to laugh at people who can't decide whether to have tea or coffee, or whether to put on the red shirt or the blue one, and so throw away half their lives on seemingly pointless indecisiveness. But the feeling of *not being able to make up your mind*, of *wanting to get it right* is nonetheless a painful one.

And we all face it when it comes to making choices about really important things.

#### Some types of decision making are easier than others

Of course, sometimes, even important decisions are easy to make, in the sense that you have some clear moral or pragmatic pointer to guide you and are committed to following it. They may not be easy to *implement*, but you have a clear sense of what you are going to do, and you make up your mind and go and do it, whatever it takes.

But in very many situations it really isn't clear what the 'best' answer is, or what is the 'right' thing to do. This is when you can fall into agonies of indecision, analyzing the pros and cons over and over, trying to see all the possible consequences of one choice over another. Sometimes it helps to just *wait* until things become clear. But sometimes you just have to go ahead and choose anyway, without any reassurances about the outcome.

So what is the most helpful way to deal with such a situation?

#### Hypnotherapy can help you be a more intuitive decision maker

*Making big decisions* hypnotherapy audio session is an audio Hypnotherapy session created by psychologists that helps you tap into your unconscious intuitions and feed them into your decision making process.

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

- the thought of making decisions becomes less fraught and daunting
- you feel less concerned with getting things absolutely 'right'
- you focus more on probability and likelihood rather than certainty
- you become more attuned to your intuitive assessment of complex situations
- you can combine your intuition and your analysis to make better choices more of the time

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## Increase Job skills by Hypnotherapy

Buy *Making big decisions* hypnotherapy audio session and be more confident navigating your way through life's complexities. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Form filling fun - how to enjoy the paperwork you think you hate

#### A Hypnotherapy audio session to change your attitude to admin

Is your tax return overdue? Have you been putting off filling in that claim form? Is there a pile of official looking documents tucked away in a drawer, waiting for you to 'get around to it'? And are you prepared to do almost anything *rather* than get down to the paperwork you know you need to tackle?

#### Paperwork and red tape tie up modern life

The complexities of modern life have led to a positive pandemic of bureaucracy. Red tape ties you up in every direction. Everything you do requires forms to be filled, approval to be sought, information to be processed. Often the same information over and over again. How tedious and dull is that? It's no wonder most of us are Olympic champion procrastinators when it comes to paperwork.

#### Common strategies for cutting paperwork are ineffectual

But when it comes to reducing the blight on our lives caused by form filling and bill paying and voter registration and so on and so forth, our strategies are quite often counter-productive. Railing at the originators of the bureaucratic overload raises your blood pressure and has little impact on the flow of paper through the door. And procrastination eventually just leads you into the mother of all paper jams.

#### Is there another way?

Well, yes, there is! You've heard the old saying - "If you can't beat 'em, join 'em!" If paperwork really is an inescapable part of life, who dictated that you *have* to find it burdensome, irritating, or tedious? What if you were to find it interesting, rewarding, even fun?

#### Who says paperwork is boring?

Most people boggle at this notion, but think about it for a minute. How much of our attitude to paperwork is pure *conditioning*? Do we find it boring and dull because everybody around us *says* it is boring and dull and we have never questioned this assumption? Do we find it tedious and burdensome because we constantly tell ourselves (while we're doing it!) how tedious it is?

#### Overcoming the barriers to change so you can enjoy paperwork

But even if you are prepared to entertain the possibility that you *might* get something out of paperwork, the sheer dead weight of that conditioning makes a pretty daunting barrier. If you've

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## Increase Job skills by Hypnotherapy

*always* held a particular view, and *always* acted in a particular way, how do you overcome the inertia that holds you back from adopting a new view and acting differently?

*Enjoy paperwork* hypnotherapy audio session is an innovative audio Hypnotherapy session which tackles both unquestioned assumptions and inertia by working directly on your unconscious. It's a delightful paradox that this deeply relaxing session will enable you to really enjoy getting your paperwork done by first encouraging you to do nothing at all!

When you sit back and listen to *Enjoy paperwork* hypnotherapy audio session, you'll find yourself being carried away into another world. The challenge of 'changing your mind' will be transformed into an effortless re-orientation whose effects you will feel far beyond those forms, returns, claims, bills, and so on. And won't it be great when you catch yourself actually *enjoying* dealing with them? Or at least, enjoying the benefits of being organised and not having red reminders or over-due fees.

**Buy *Enjoy paperwork* hypnotherapy audio session and begin to see forms and bills in a wholly different light. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Enjoy work - no matter what it is

#### A Hypnotherapy audio to shift your attitude to work and improve your everyday life

How can you enjoy work which you find dull or unrewarding?

Not many people get a 'dream job' earning a good living doing something they love doing all day long. Most of us are in a 'compromise job', where we find some of our work pleasant or satisfying in some way and put up with the rest. And then there are 'nightmare jobs' where we put up with work we hate because we need the money and nothing else is on offer.

Wishing for the weekend is wishing your life away so you've got two options to help you enjoy your work more. You can view the job as short term and get serious about improving your skills and hunting down a more suitable job. And you can change your attitude to your job so that even if the move toward the dream job takes some time, the journey to get there is less painful.

Is it just a question of gritting your teeth or is there a different way?

#### Put up and shut up - or keep wishing you could enjoy work?

Well, sometimes it's true that you have to just get on with things, even when you're not enjoying them. But you can make life much more enjoyable - and enjoy your job much more, no matter what it is - than many people realize. This is not just a matter of sticking on a false smile, or 'looking on the bright side' and pretending there is nothing wrong. It's about taking a whole new approach.

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## Increase Job skills by Hypnotherapy

**Hypnotherapy makes it easy to develop a new mindset about work**

*Enjoy your work* hypnotherapy audio session is an audio Hypnotherapy session designed by psychologists to equip people with the creative psychological tools that will transform the work experience.

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

- your 'typical' thoughts about what you are doing begin to change
- you become more strongly conscious of being an 'active agent' in your own life, and not just a passive subject
- you begin to see more opportunities to draw satisfaction from your job and actually start to enjoy work
- you find yourself getting surprisingly creative about making what you do more personally rewarding
- you feel a greater sense of achievement and satisfaction in your life

**Buy *Enjoy your work* hypnotherapy audio session and transform everything you do. 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.

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.

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## Increase Job skills by Hypnotherapy

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 audio 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.

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

### Develop the courage to find a new job

Looking for a new job can feel like a big step. It takes confidence to admit you don't like your current job, and confidence to go looking for a new one.

While a new job can give you greater satisfaction, opportunities, sense of meaning and self respect, you may not feel much like moving just now. Even the pull of more money may not get you over your inertia.

But is there ever going to be a 'perfect time'? What would need to happen for you to get out there and find yourself a new job?

### Job-seeking skills

It may be the mechanics of job hunting that are putting you off. Perhaps you feel anxious about applying for a new job, making the call for an application form or presenting yourself in the best possible way at an interview.

Or maybe the thought of starting a new job with all its challenges feels overwhelming.

### Motivation to start your job search

If you are feeling under motivated it can be difficult to appreciate what you have to offer a workplace. Without regular reminders of your own skills through exciting and challenging work, you can feel as if you have little to offer.

Or perhaps you have not been working for a while and that's why you feel you have lost confidence in the workplace and need to re-build confidence to get back into it.

One thing's for sure - feeling negative about finding and going for a new job can really hold you back.

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## **Increase Job skills by Hypnotherapy**

This hypnotherapy audio session will get you feeling positive, confident, calm and relaxed about finding your new job.

**Buy *Courage to Find a New Job* hypnotherapy audio session now and take the first positive step. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### **Finish What You Start hypnotherapy audio session**

#### **Sprint all the way past the finish line**

Do you have a pile of unfinished projects gathering dust at the back of your mind, reminding you every day of all the things you never completed?

Do you wonder what might have happened if you had reached that goal, completed that project, or achieved that aim?

#### **Why is it so hard to maintain the momentum?**

Starting a new project whether it's writing a novel, learning a musical instrument or even running a business can be very exciting. But once the initial excitement has worn off and the 'newness' has gone then the actual effort and grind involved can just seem like a thankless task.

#### **Learn to keep going, right to the very end.**

The trick to finishing what you start is to undertake the task for reasons other than the excitement it carries and to actively avoid getting 'paid early', that is, gaining some sort of benefit such as attention or congratulations before the goal is complete. Like a 100 meter sprinter who drops the pace at 97 meters, only to be beaten to the gold - why go hard for so long only to give up before you're done?

Henry Ford, Louise Pasteur, Gandhi, Nelson Mandela, and in fact anyone whose ever achieved anything could have got bored, given up too soon but they knew how to keep at something doing it and doing it because their goals were non-negotiable in their own minds. Self discipline allowed them to keep their promises to themselves.

After all, if you are creative enough with your procrastination you'll always come up with what seems like a good reason not to do something. This hypnotherapy audio session gets you sticking to your plans - not wimpling out through disguised laziness.

If you are serious about being successful in your chosen enterprise then

**Buy *Finish What You Start* hypnotherapy audio session now. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

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## Increase Job skills by Hypnotherapy

Make an impromptu speech with ease

**Use Hypnotherapy to tap into your inner creativity and calm and be ready to stand up and speak**

Does the thought of giving an impromptu speech turn your heart to ice?

Do you dread the day when you will be asked to speak without preparation?

Public speaking is notorious as the number one fear, but when most people think about making a speech or giving a presentation they are not usually imagining standing up there and spouting without having any time to prepare. Yet any of us could be unexpectedly asked to 'say a few words'. So if you don't have any time to prepare, how can you 'be prepared'?

### The key to making a good impromptu speech

The key to giving unprepared talks isn't having any number of topics 'stored up' in your head ready to be rolled out when the occasion demands. The key is getting very familiar with, and really comfortable with, the essential *structure* of a good short talk, and then practicing threading any topic that you might briefly speak about into that structure.

In a nutshell, the essential talk or presentation consists of:

- the introduction - you tell them what you're going to tell them
- the talk - you tell them
- the recap - you tell them what you've told them

This structure is extremely flexible and allows you to concentrate on the bit in the middle that really matters - the talk - and create it out of only three or four 'main points'. 'Making three points' is a far less scary proposition than 'giving an unrehearsed speech'.

But it can still feel pretty scary if you've never done it, so it's good to know that there is a powerful and effective way to start training your mind to 'think on its feet' and be ready to come up with those three points when you need them. And the even better news is that spontaneous speeches created on the spur of the moment are often the most memorable and entertaining.

How do you do it?

### Hypnotherapy can help make it so easy to give an unprepared talk

*Impromptu speech* hypnotherapy audio session is an audio Hypnotherapy session created by psychologists with wide experience in public speaking and in helping people overcome internal blocks and barriers. Listening and relaxing regularly to this hypnotherapy audio session will help you

## Increase Job skills by Hypnotherapy

- feel more and more relaxed about being asked to speak unexpectedly
- enhance your creativity and inventiveness
- deeply embed the principles of unrehearsed presentation
- easily remember what to do when the call comes
- look forward to every opportunity to speak

Buy *Impromptu speech* hypnotherapy audio session and be prepared without preparing. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Beat interview anxiety and boost your job interview performance

There's nothing worse than knowing you're the one for the job then seeing your best efforts go to waste because of interview nerves.

All the practical preparation in the world doesn't help you when you can barely remember your own name because of anxiety!

Of course practical preparation is essential, but it's all wasted if you fail to...**Prepare Emotionally, as Well as Practically**

Getting the wrong emotional response when the critical moment comes can lay all your best plans to waste.

So the **Relaxing in Interviews** Buy will allow you to do just that...Relax properly so you can do yourself justice. After all, that's all you can ask isn't it?

Being calm and relaxed enough to show the interviewers just what you can do, then you can leave the interview knowing that you did your best.

After that, it's out of your control. After all, no-one can guarantee they will get a job!

But you can make it more **likely** by preparing emotionally.

Experience the **Relaxing in Interviews** hypnotherapy audio session today and see the difference it makes the next time you have to present yourself to others. (And please, do let us know when you get the job!) Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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## Increase Job skills by Hypnotherapy

### Interview Confidence Booster

#### Boost your interview confidence with the help of Hypnotherapy!

Going on an interview can certainly cause anxiety. Suddenly you feel like you're in the hot seat. Do you tend to sweat and shake or shift uncomfortably? Do you feel your mouth go dry or your voice strain to speak? Do you doubt your ability to come across as knowledgeable or prepared during the interview? Do you fear the interviewer can see how nervous you are? Your problem may not be ill preparedness or a bit of unavoidable anxiety, but a lack of self-confidence.

**Confidence can go a long way towards a winning interview experience.** You never know what type of questions the interviewer will ask and you want to be prepared for everything. Of course that's not always possible, so when you're stumped by unexpected questions remaining confidently calm can help you breeze through these tough moments with ease. **Quite often what makes the strongest impression is not the answers we give but the quality of our personality.**

Even when the answers are obvious, confidence is an important factor in your interview. On an even playing field **it can be what makes you stand out from the rest.** Heck, even on an uneven playing field it can give you a boost. But how does one carry an air of confidence in such an anxiety-ridden interview experience?

**There is a hidden ability within you to soothe your anxiety and pre-interview jitters.** Hypnotherapy can help you build your confidence and avoid embarrassing interview mishaps. **The calm confidence we all wish to exude is already within us,** we just have to tap into it. Hypnotherapy can help you relax deeply and bring that confidence to the surface. Hypnotherapy is not a gimmick or a trick; it's merely a natural way of modifying unwanted (or wanted) unconscious behaviors.

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

- Walk into an interview exuding strength and confidence
- No longer worry about how you look or sound when questioned
- Feel good about yourself and your abilities right from the start

This Hypnotherapy audio session uses deep relaxation, visualization, and other helpful techniques **to help you build the confidence you need to get through your interview.** This hypnotherapy audio session can even help you to bring that confidence into other areas of your life. The relaxation benefits of Hypnotherapy alone are worth giving it a try, but with repeated listening your interview confidence can be remarkably improved.

**Let Hypnotherapy help you gain interview confidence! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

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## Increase Job skills by Hypnotherapy

### Job loss can be hard to deal with - give yourself a helping hand

Losing your job is tough.

Your self confidence gets knocked sideways, you may feel a loss of status and security - all leading to self doubt just when you need to pick yourself up and turn your life around.

However, change means opportunity. Many great opportunities come when one phase of life ends, opening up the space for new possibilities and rewards. Whether dealing with the loss or identifying the opportunities, you will have to take practical measures.

For this you need a clear and calm mind.

'*Dealing with job loss* hypnotherapy audio session ' will enable you to deal with job loss surprisingly calmly and constructively.

It will give you psychological tools to maximize optimism and self confidence and the space to cope more effectively with the negative emotions. Regret or bitterness about the past are natural responses to job loss, but the '*Dealing with job loss*' hypnotherapy audio session encourages you to move on with vigor and positivity. It will help you:

- move on - what's done is done
- remind yourself on a deep level of your qualities, the things that you have achieved and can achieve in the future
- give you a real sense that you are at the beginning of something new and productive.

**Buy '*Dealing with job loss* hypnotherapy audio session ' now and feel the possibilities unfold... Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Job search perseverance - keep going till you find it

#### Hypnotherapy can significantly boost your job search perseverance

Is the hunt for work getting you down?

Do you find it hard to motivate yourself to keep up with the application letters and the search for new opportunities?

Looking for work is no joke. You may start off with high hopes, full of enthusiasm, determined to 'do what it takes'. You polish up your CV or your résumé. You scan the newspapers, the trade journals, the online job search sites. You polish your shoes and maybe get some new clothes to wear to interview. You send off a load of applications. And then - nothing.

#### The reality of going on a job search

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## Increase Job skills by Hypnotherapy

If you're lucky, you might get actual letters of rejection. How is that lucky? Because most people don't even get that. They just don't hear. But whether it's silence or real letters in the mail saying no thanks, the reality is that there is no job, and not even an invitation to interview. A few weeks of this, and it's hardly surprising that your motivation withers away and you become despondent.

But, if you really want a job, you just have to have perseverance. You have to keep going. You can't afford to let things slip. So how do you boost your motivation to persevere and keep on sending off applications? How can you build up your enthusiasm and keep your determination strong?

### How Hypnotherapy can help you stay motivated and proactive

*Job hunting perseverance* hypnotherapy audio session is an audio Hypnotherapy session which focuses very precisely on the sources of motivation and dedication that keep an individual on their chosen path until they reach their goal. It works at the unconscious level to generate a high powered inner drive that feels simply irresistible.

As you listen regularly to your audio session, you'll find that

- it gets easier to stay focused and do what you have to do
- you feel stronger and more determined
- you sense your personal character developing
- you experience a growing satisfaction with your efforts
- and you enjoy your time off much more

Whatever happens in the future, you know that you will keep the benefits you have gained from this process and be able to turn them to advantage in your life.

**Buy *Job hunting perseverance* a hypnotherapy audio session and get hunting. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Meet deadlines - and stop having to make excuses

#### Hypnotherapy is a brilliant way to get yourself to meet deadlines like clockwork

Are you always working on things right up to the last minute - and then finding you still miss the boat?

Do you feel bad about not being on top of things, and wish you could be stronger willed about getting things done?

The fact that you're reading this right now shows that you really do care about meeting deadlines. It isn't nice to feel that important things have been left undone, or responsibilities not met. You may have the sense that you put a lot of effort in to what you do, and it's so frustrating to get

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## Increase Job skills by Hypnotherapy

caught out by a missed deadline and have your efforts go to waste, or not receive the appreciation due to them.

### Getting ambushed by deadlines

Or you may feel when you take on a project or scheme that you have plenty of time to get everything accomplished, and feel confident that you will deliver on schedule, but somehow it seems that the deadlines creep up on you and ambush you unawares. It's as if time melts away when you're not looking, leaving you stranded on the shore as the ship sails away without you.

### The difference between missing deadlines and meeting deadlines

So what's really going on when you *accept* a deadline, *believe* you can manage it, *commit* to meet it, *work* hard on the task - and *still* manage to only just scrape the deadline, perhaps with the task not as well done as you would like, or miss it altogether? Is it just incompetence (as maybe some have said to you)? Is it just poor time management?

Time management and competence are of course both vital factors in the completion of time-critical projects and functions. Developing good time management will certainly improve your ability to meet deadlines. And improving your skills at doing your own job is also undoubtedly going to impact on your effectiveness. But there is another key to getting successful at meeting deadlines on time, every time.

And the key is not what you do *outside*, but what you do *inside*.

### Hypnotherapy can help you meet deadlines with ease

*Meeting deadlines* hypnotherapy audio session is an audio Hypnotherapy session created by experienced psychologists to help you switch on the focused interior mindset and unshakeable inner commitment that will transform the way you go about completing projects to meet their cut-off points.

As you relax into a deep trance in response to powerful targeted hypnotic suggestions, you will understand that willpower and intention, important as they undoubtedly are, are less important than your own full commitment to *what really matters to you*. And the connection between this and what you do when you have to meet deadlines will become crystal clear.

When you have enjoyed listening to this hypnotherapy audio session a few times, you will begin to notice subtle yet powerful changes in how you approach your project planning and accomplishment. You'll find that you just naturally

- deal with time constraints and distractions with ease
- plan more realistically and effectively
- feel a far deeper sense of commitment to your goals
- keep a 'big picture' view of how things are going

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## Increase Job skills by Hypnotherapy

- get more done on time

Buy *Meeting deadlines* hypnotherapy audio session and put yourself in control. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Build Your Confidence in Meetings

**A relaxing Hypnotherapy audio session to teach your unconscious how to stay calm and speak clearly in groups**

Do you want to contribute to meetings but are afraid to speak in front of others?

Do nerves take over and leave you frustrated and mute?

Meetings are a necessary evil of work and community life. It is possible to communicate remotely using emails or social networks but there is no substitute for people getting together to discuss important issues, plan and make decisions. This is why meetings are a daily part of our working lives.

Many people find that they are perfectly relaxed in social groups, but find work meetings a very difficult, painful experience. You know that the other people at the meeting are expecting you to contribute but you can barely speak. And when you do, your mouth lets you down while your body is in full fight or flight mode with churning stomach, sweaty palms and nausea.

All this anxiety in meetings stops you from performing at your best. Being more relaxed in meetings means you can focus on the job in hand - and not on your own emotions and physical responses - and avoid being angry at your own performance and stop dreading the inevitable next meeting.

### Relax in meetings and do yourself justice

To progress in your career you have to perform well and contribute effectively in meetings. It's extremely frustrating for co-workers to have missing input to a meeting, as your contribution may be the vital opinion or information that makes the difference between success, mediocrity or even failure. This is the win-win of being more confident in meetings - you get the buzz from contributing and influencing the outcome, and your co-workers gain a more valuable colleague who they are more likely to respect and support in future.

Becoming calm in meetings means you can talk better but it also means you can listen better to others. So many people say that anxiety in meetings prevents them from actually hearing what others are saying because they become so preoccupied with what they, themselves, are going to talk about.

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## Increase Job skills by Hypnotherapy

**What would it be like to actually enjoy meetings?**

At the moment the idea of actually enjoying a meeting probably sounds like an impossibility. But it's not.

**Buy *Confidence in Meetings* hypnotherapy audio session now. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

Start listening today and you will reprogram your instincts to replace fear with calm and confidence. The next meeting you attend will be a very different experience indeed. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Beat those Monday blues!

**Start your week with a bang – every week**

Are you 'allergic' to Mondays?

Do those Monday blues get you feeling down on a nice, tight, seven-day cycle, reliably blighting the start of each week for you?

That modern fount of all knowledge, Wikipedia, has a fascinating page on the ancient origins and meanings of week-day names and why we even have such a thing as a 'week'. The 'weekend' is not at all ancient. We've only been using that word since 1935! All this reminds us that, even though there are clearly recognizable time cycles in nature, the way we divide up and name time periods is completely arbitrary.

What this means is that days of the week, from Monday to Sunday, are nothing but human inventions. No 'day' (or week, month or year, for that matter) has any specific, objective, identifiable, inherently fixed quality or attribute of its own. You can't do scientific studies on them. They don't really 'exist'. So where do the Monday blues spring from?

**Where do Monday morning blues come from?**

There is no question that some people have perfectly good reasons to dread going into work. They may hate the job they do. Or the people they work with. Or the environment they have to work in. If, for whatever reason, they are not able to find more palatable employment, they may well struggle to feel good about the inevitable weekly return of Monday.

But for most people the whole Monday shtick is really just another cultural convention. Sure, plenty people may have an unfortunate childhood association between Mondays and *having* to go to school, but the widespread notion that if it's Monday you *must* be feeling down has turned into a subtle form of social pressure. People think you're odd if you don't join in.

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## Increase Job skills by Hypnotherapy

As a result, plenty of people who are more or less happy, or even perfectly happy, with their jobs, allow themselves to be conditioned by the herd into behaving as if there's something inherently wrong with Mondays. And when you repeat and repeat and repeat a negative behavior, is it any wonder that you really do begin to feel bad about Monday morning?

### Why you can't just snap out of Monday blues

The trouble with all that conditioning (a.k.a. 'brainwashing') is that it makes it particularly difficult to just *stop* feeling like that. You might tell yourself not to be so silly, but those gloomy feelings don't listen. The association is too strong for reason. So, if you really want to feel better about the start of the week, you need an approach that can reach - and break - that unconscious association. Like Hypnotherapy.

### Hypnotherapy can quickly build positive associations in your mind

*Beat the Monday blues* hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists with wide experience in the deep mechanisms of change that will help you quickly feel very different.

As you relax and listen repeatedly to your hypnotherapy audio session, you'll quickly find yourself

- experiencing a profound change of outlook
- thinking differently about the passage of time
- 'taking charge' of your own responses
- building strong positive associations that help you make positive choices
- looking forward to the start of every week

Buy *Beat the Monday blues* hypnotherapy audio session and make sure you start the week as you mean to go on. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Be More Persuasive

**Learn persuasion skills from the experts - Hypnotherapy is above all, a persuasion tool.**

Some people are so persuasive. Not the bamboozlers who may have you politely nodding (but inwardly thinking: 'no way!') I mean the *really* persuasive; the ones who have the knack of getting you on side and in line with their thinking. So how do truly persuasive people do this?

#### Step 1: Capturing attention

Put simply, to persuade someone you need to hypnotize them. Not in the watch swinging, eyes closed, sense, but by powerfully narrowing the focus of their attention onto what you are saying, so that everything else leaves their awareness. To do this you have to grab their attention and keep it.

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### Step 2: Convincing communication

When you need to believe in what you are saying and communicate with your entire being, not just your voice, your conscious/unconscious communication is congruent which makes you so much more believable and persuasive to the listener.

### Step 3: Appeal to emotions

People believe with their emotions and know with their logic. What convinces us is when we become *emotionally* involved with an idea. Although of course your argument needs to contain logic too, it's the *emotion* that ultimately wins out (even when you're convincing people who pride themselves on their logic!) Research shows that brain damage that eliminates the emotional component to decision making, makes it impossible to make decisions at all.

When it comes down to it, emotion decides.

### Step 4: Build rapport

You don't need to be a super sales person to be more persuasive - you simply need to be able to stand in the shoes of the person you are communicating to. You build rapport by listening and discovering what is important to someone and then feeding that back and blending it with your ideas. In this way it sounds familiar to them and doesn't feel like a massive leap. Building rapport by including someone's existing beliefs into your argument is a sure fire way to increase your persuasiveness.

### The *Be More Persuasive* Hypnotherapy audio session

*Be More Persuasive* hypnotherapy audio session will teach you the secrets of good persuasion and give you the confidence to be more proactive in persuading others. The Hypnotherapy will give you super confidence to promote your ideas with complete conviction whilst remaining flexible and creative.

**Buy *Be More Persuasive* hypnotherapy audio session now and watch how you can get people on board... Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Be more professional and reap the rewards

#### Adopt the mindset and behaviors of the true professional using Hypnotherapy

Do you sometimes say things at work that you think might damage your career chances?

Do you wonder if you need to be more professional about what you do?

Nobody really regrets the passing of the stiff formalities and strict dress and behavior codes that used to govern both working and social life. It's great that now people can be more relaxed and

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## Increase Job skills by Hypnotherapy

natural with each other, and there's no doubt that the advent of the internet and instant communication has hastened and eased this change. And a good thing, too.

But it's unwise to assume that this now means that anything goes, anywhere.

### Why it matters to be more professional

The distinction between our public roles as working people, engaged in some kind of business activity or official service, and as private individuals, relating to our own families and personal social circle, is still an important one. It makes a difference to us all to *know* that we are dealing with someone who is 'on duty', and that we can therefore *assume* that certain standards will be adhered to, or that certain tasks will automatically be taken care of.

We often rely on an external indicator, like a uniform, to tell us who we are dealing with. We identify the police officer, the nurse, the bus conductor and others by what they wear. When we see that uniform, we expect certain things. In other cases, we rely not on a specific uniform, but on a certain standard of dress, a certain manner of behavior, to indicate that this person is in 'work mode' and we can expect them to act accordingly.

### Is being professional nothing more than a façade?

It's quite true that these are all conventions. Fronts. Pretenses. In themselves, they tell you nothing about the *person*. Anyone can wear a uniform, or a suit, or act formally, and none of that, in itself, is a guarantee that you can rely on them in any way. It is true that it's always results that count in the end. What did they *actually do*? What was the real outcome? Was it satisfactory or unsatisfactory?

Nonetheless, when you look at successful people in the working world, no matter what field they are in, it's clear that they have something in common. They pay as much attention to how they present themselves, how they come across, how they conduct themselves, as they do to making sure that what they do is of the very highest standard. Their 'front' is not a front at all, but the outward expression of their inner attitude.

### What does it take to be more professional?

Other people recognize this, which is why these successful people get the respect that they do. And if you wish to emulate their success, what better way than to emulate their approach, inwardly and outwardly?

But changing gear from an informal, laid-back, easy-going approach to your working life and focusing on being more professional in how you present yourself and how you handle your work is not always easy, as we are all creatures of habit and find it hard to get out of our ruts. But there is a way to make it easier.

## Increase Job skills by Hypnotherapy

**Hypnotherapy can make it so much easier for you to be more professional**

*Be More Professional* hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that uses the powers of your unconscious mind to help you break old habits and establish new and more useful ones.

As you listen repeatedly to your hypnotherapy audio session, you will find yourself effortlessly absorbing and integrating the principles that underlie true professionalism. You'll notice that you

- feel an increasingly powerful urge to take your life forward
- commit completely to excellence and accountability
- clearly differentiate between your private and working life
- take more time and care over how you present yourself
- are less ready to tolerate sloppiness in yourself or others
- feel a growing sense of achievement as things begin to change for the better

**Buy *Be More Professional* hypnotherapy audio session and see just how far you can take it. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Overcome first day fears in a new job

The first day of work in a new job is always a nervous prospect.

Not only are you meeting new people but you are having to learn new surroundings, new procedures and systems and, on top of all that, present yourself favorably.

And what if you can't do it? What if somehow you were just lucky to get through the interview?

### Do you feel like a fraud?

People often say they feel like a fraud going into a new job. But of course you can't be perfect to start with because you are still learning. You also have to trust the judgement of the people who hired you that you are suitable for the job.

Starting a new job is more about tolerating uncertainty than it is about self confidence. You can't be confident about something that you have never done before. Only that you will give it your best shot.

And first impressions *are* important but no one will really know how good you can really be from the first day or even week.

### Too much emotion stops thought

## Increase Job skills by Hypnotherapy

Although a little excitement can help raise your game, too much anxiety can impede your ability to think clearly. Too much of any emotion causes an 'emotional hijacking' where the emotional parts of your brain swamp the thinking parts.

This hypnotherapy audio session will get you so relaxed that you'll find it so much easier to concentrate and focus (and enjoy) your first day at work. It will prepare a blueprint in your mind for a happy, relaxed you when you go in on that first day.

Starting a new job can be nerve wracking. Overcome *First Day of Work Nerves* hypnotherapy audio session will make it a surprising pleasure.

**Buy *First Day at Work Nerves* hypnotherapy audio session now and start looking forward to the day you start your new job. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Powerful public speaking - the ULTIMATE solution to public speaking fear!

#### Hypnotherapy can help you really raise your game at making speeches and presentations

Is that old public speaking fear still tripping you up inside even though you've worked really hard to develop your abilities?

Do you want to take your public speaking to a whole new level?

To speak well in front of audiences and give good presentations on any topic in work or social situations, you have to grapple with practicalities. There's masses of advice to help presenters master the basics, from structuring the material and making the content really interesting to using body language effectively. Applying yourself to learning, practicing and mastering these skills is essential to success as a public speaker.

And you've probably done it. (You have, haven't you?)

#### What makes a really great public speaker?

But there is more to making a really great speech or presentation than knowing how to do it and being very competent. There is more to it than just knowing how to deal with anxiety or barracking from the audience. The really *memorable* speakers and presenters stand out from the merely good speakers and presenters because they bring something else into the mix when they open their mouths and start to talk about their topic.

It's not that the great presenters are some special kind of human being, with gifts that the rest of us cannot aspire to. What they have done is cracked the secret of so intimately associating themselves with the content of what they are saying that the distinction between speaker and topic vanishes and *it's all about the content*.

#### Public speaking fear is just irrelevant when you commit to the content

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## Increase Job skills by Hypnotherapy

This is not just knowing your material inside out. This is being totally and honestly committed to its *value* and *significance* for your audience. So committed that you almost take yourself out of the picture, because it's not about you. This creates a completely different mood, an energy and liveliness that just carries the audience along. This is not something you can fake (though plenty of people try). It has to be genuine to work.

So how do you get there? How do you tap into that state of energy, that state of being in flow, that will take your talks and presentations up to the next level, and the next, and the next? How do you finally wipe the last traces of any public speaking fear that might be holding you back?

### Hypnotherapy is an invaluable tool for the presenter

*Powerful public speaking* hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists (and presenters) that will teach you how to prime your brain to make that vital connection and steadily raise the level of your performance.

As you relax regularly into deep trance with your hypnotherapy audio session, you will be integrating and embedding a series of powerful hypnotic patterns in your brain. You will increasingly notice that

- you feel more relaxed and confident when speaking than you ever thought possible
- you sense a greater flow of energy between yourself and the audience
- you have forgotten to notice your own feelings while presenting
- your presentation improves *every time* you give another talk or speech
- you begin to wonder just how far you can take this

Buy *Powerful public speaking* hypnotherapy audio session and give yourself the opportunity to excel. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### How to beat long term presentation anxiety

#### Hypnotherapy can help you stay calm and cool in the time leading up to your presentation

Do you get presentation anxiety days, weeks or months ahead of the event?

Does the scheduling of an event where you will have to appear before an audience condemn you to weeks of sleepless nights and stress-filled days?

Having a looming sense of doom hanging over you makes it hard to enjoy life and even to function normally. Worrying thoughts swarm in your head about your PowerPoint slides letting you down, or losing the thread of what you have to say, or disappointing your audience in some way or other. And they're so convincing! They make you absolutely believe that it's going to be a battle to get through.

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It's bad enough to have such thoughts the day before, or a couple of hours before, you're due to stand up and open your mouth, but if there's a lot of time between you and the event, the ever present worry can become a real burden. What's more, constantly thinking such negative thoughts actually *conditions* you to expect things to go badly - which hardly helps your confidence on the day.

But how do you get out of a feedback loop like that?

### Hypnotherapy is an ideal way to counter negative thoughts

*Presentation anxiety* hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists with wide experience in public speaking that uses the power of Hypnotherapy to sever the automatic association your brain has made between being in front of an audience and feeling bad.

When you take time out to listen regularly to the powerful hypnotic suggestions on your hypnotherapy audio session, you'll quickly notice that

- you relax very deeply and feel a profound sense of unshakeable calm
- worrying thoughts start to fade and lose their emotional power
- you develop a sensibly optimistic perspective on your preparations
- it becomes easy to give appropriate time and energy to preparation
- and easy to set planning aside and attend to your normal life
- you feel much more relaxed and confident about public speaking in general

**Buy *Presentation anxiety* hypnotherapy audio session and make sure you feel calm and assured in the time leading up to your presentation. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Master the hidden skills of project management planning

People encounter project management planning in many areas of life - including areas where that term would never be used. Organizing a successful big party, for instance, requires considerable project management skills. Or becoming involved in a community organization trying to achieve particular goals. And, of course, many types of work call for organizational skills of a high order.

### There's more to project planning than meets the eye

Many organizations offer staff training in how to manage projects, and business schools and other institutions offer courses where you can learn how to plan and define scope and costs, and how to keep things under control as a project progresses. But even if you've taken such a course (and many people don't get such an opportunity, and have to pick up what they can 'on the job') there's more to it than just technical skill.

Really good project management - whether at work, at home, or in the community - requires a number of *psychological* attributes as well as practical knowledge of how to organize things.

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You need to be able to stay calm and keep a clear head when the pressure is on. You need to be able to keep your team going when challenges arise, or enthusiasm flags. You need a sense of purpose and commitment to carry you through.

They don't teach much of that on project management planning courses.

### How to help yourself be a better project manager

But there is a great deal you can do to develop and strengthen your inner resources *yourself*, so that you can call on your own creativity, determination, clarity, empathy, and enthusiasm and put them all at the service of the project you are focusing on.

*Project management* hypnotherapy audio session is an audio Hypnotherapy session focusing specifically on developing the *hidden* skills you need to be a successful project manager. Cutting edge psychological understandings of how to acquire and integrate new learning underlie the powerful hypnotic suggestions which will help you develop the attitudes and mental skills that will make you even more successful at bringing about the results you want.

**Buy *Project management* hypnotherapy audio session and take your organizational skills to a new level. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### **Banish public speaking fear by re-educating your unconscious mind using powerful hypnotherapy techniques**

**Respond to presentations with confidence, energy and enthusiasm instead of anxiety and nerves.**

Public speaking - you know the feeling... you work for weeks, prepare your presentation to the best of your ability, try and ignore the nerves building up, then... Get on the platform or stand up at the meeting and POW!

Dry mouth, shaky legs, blank mind...

### **What the heck happened?**

You did everything the public speaking books say: You prepared well, got to know your audience, used all sorts of learning tools to reduce uncertainty and fear...

But somehow your brain tripped you up.

### **This is what happened...**

For one reason or another, your brain has learnt to provide you with the wrong unconscious response when you speak in public.

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Instead of appropriate levels of adrenalin and excitement to optimise your performance, you get a fear response like you're being attacked by a wild animal.

Everything in your body and mind is saying "run away!!!". But you can't, you have to ignore your 'fight or flight' response and stay put. And what's more, you have to sound eloquent and informed at the same time. Not easy. Impossible in fact.

**So here's what we do about it...**

Your brain simply needs to be re-educated into the right sort of reactions for public speaking. Using Hypnotherapy, public speaking can actually become something you enjoy!

The *Public Speaking Confidence* hypnotherapy audio session will retrain your brain to:

- get rid of your old public speaking fear
- provide you with the right level of adrenalin and excitement
- allow you to actually enjoy giving presentations (sounds impossible doesn't it?)

We have helped so many people with this problem (it's a very common one!) that we're 100% confident that this audio session will make a major difference to the way you feel when doing public speaking. For curing fear of public speaking, Hypnotherapy really is unbeatable.

Listen to hypnotherapy audio session in the run up to an engagement - even in the minutes before if you want - you'll be amazed at what a little unconscious re-education can do! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Public Speaking Confidence

**Stand up and be heard - with the help of Hypnotherapy!**

All eyes are on you. Every person in the room is listening intently, waiting for you to speak. The silence is immense, almost deafening, as you attempt to gather your thoughts into words. Instead, fear holds your tongue captive and you start sweating. You are unable to speak and you can feel the audience becoming uneasy. If only you could stop your heart from pounding so loudly in your chest, then maybe, just maybe, you could hear yourself think.

**It's natural to feel nervous when you're the focus of so much attention.** Public speaking, in front of large groups of people, or small groups, can be extremely intimidating. For some people the fear of public speaking trumps all others, making it seem impossible to overcome. **But deep down you want to share your thoughts on this subject.** People respect your opinions and outlook, which is why you were chosen to speak.

Yet somehow, regardless of your preparation and expertise, when it comes to public speaking, you freeze. **Are you afraid you will make a mistake, say the wrong thing, stumble over your words?** What if people laugh or are just not interested? What if they can tell how nervous you

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are about public speaking? Will that seem unprofessional? The truth is that most of them won't even notice, and if they do, would understand and feel the same way. **They are there to hear you speak, not to judge your performance.**

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

- Enjoy the excitement of public speaking!
- Stand tall and strong in front of your audience!
- Share your thoughts proudly and freely!

**Hypnotherapy** audio session **can help you to associate public speaking as a positive experience.** Instead of feeling terrified as you approach the podium, you can revel in the anticipation and excitement of the moment. Your creative unconscious (subconscious) mind is very adaptable. With the right suggestions you can overcome your fear of public speaking and take steps toward freedom.

This hypnotherapy audio session will leave you feeling relaxed and at ease, **giving you the extra bit of preparation you need for confident public speaking.** Your ability to concentrate will improve as you learn to communicate calmly and effectively, hallmarks of powerful public speakers.

**Let Hypnotherapy guide you to public speaking excellence! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Public speaking presentations - the question from hell

**Powerful hypnotic training to help you handle anything your audience can throw at you**

Are your public speaking presentations stressful occasions blighted by the dread of being asked something you can't answer?

Do you find yourself "hoping you'll get through alright" rather than confidently looking forward to a great presentation?

If you've been working hard to develop your skills as a presenter or public speaker, you'll know the satisfaction that comes from getting better and better at what you do. It's very rewarding to see from the response of your audience that you are coming across well. When you know that you can explain, inform, challenge, enlighten or entertain really effectively, you begin to feel that you are really getting somewhere.

### An unexpected consequence of being good at public speaking

When an audience follows your every word, laughs at your jokes, compliments you, tells you how they look forward to hearing you again, and so on, several things can happen. Your self-esteem gets a satisfying boost (something we all enjoy). You sense a rise in status (because

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people are looking up to you). You feel increasingly confident of your command of your subject. And you may get a nasty hollow feeling inside.

This can be quite a shock.

You would think that someone who has been at pains to improve their public speaking presentations and has manifestly got better at it would feel reliably relaxed and confident. But that hollow secret dread of being faced with the 'question from hell' is actually a fairly common experience. It comes about because of the uncomfortable discrepancy between how you see yourself, how you think others see you and how you want to be seen.

How can you deal with this (inevitable) discrepancy effectively and comfortably and stop it getting in the way?

### Conquer the final fear of public speaking presentations with Hypnotherapy

*Public speaking - the question from hell* hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists with wide experience in public speaking that addresses this question at the root. Which is to say - at the level of the unconscious mind.

As you listen repeatedly to your Buy, you will

- learn how to relax yourself quickly and deeply
- discover how to establish and maintain the optimum state for effective learning and communication
- hypnotically rehearse and master powerful response strategies
- develop more creative ways to respond flexibly to any challenge
- become even better than you are now at public speaking presentations

**Buy *Public speaking - the question from hell* hypnotherapy audio session and make sure you can handle anything. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Alleviate anxiety about returning to work

Returning to work after being away from the workplace for a while can feel daunting. But why should the thought of returning to work after months or years away be so anxiety-provoking?

Your reason for being out of work for a while may be one of many. You may have been a 'stay-at-home-mom', deciding that raising the kids was the most important thing for you to do. You may have pursued a self-employed career for a while and dread going back to work for someone else. Whatever the reason, fears about returning to work are usually the same.

**Can I still cut it in the world of work?**

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The trouble with being out of work for a while is that you forget just how capable you are. Working every day gives you constant feedback about your skills and abilities, and without that, it is easy to feel a lack of confidence.

We also find that people fear being out of touch with new technology or feel that younger 'whizz kids' will have the edge on them.

### Just because it doesn't look like work...

It's vital for you to know that the modern workplace is all about transferable skills. For example, say someone had been ill for many years. To cope with illness you need skills like forbearance, planning around events, self management, communication to others and so forth.

If you have spent years parenting children then you have major communication and negotiation skills not available to younger or childless colleagues. You will be able to manage, direct, influence and persuade. You can manage the expectations and emotions of your child and of yourself and possibly other adults as well.

Anything we don't do for a long time can start to feel alien to us but it really is just a question of getting back into it.

*Returning to Work* hypnotherapy audio session is all about getting you really confident in yourself to return to the workplace with confidence and enthusiasm. It will change self doubt into an appreciation of your strengths and potentials so that going back into the workplace feels easy and comfortable.

**Buy *Returning to Work* hypnotherapy audio session now and embrace a whole new life. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Want to give your selling skills that superstar 'punch'?

What makes for really great selling skills? Is it knowing your product? Knowing your prospect? Sheer grit and determination? Unshakable self-confidence? Look in any 'how to sell' manual and you'll see chapters and chapters on all these topics and more. But there is a key element most sales manuals won't tell you much about. How can you *reliably* get yourself into that 'peak state of flow' that really brings the results?

### Selling can be tough. Real tough.

Anybody working in sales soon gets to know the bad days from the good days. On the good days, everything goes swimmingly. It feels really easy to say the right things, get the rapport going, choose just the right moment to close, and end up with another satisfied customer. On the bad days, it's the reverse. And it's not as if it's all Even Stevens - one good day, one bad day, balancing out. Bad days always seem to come in crowds!

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## Increase Job skills by Hypnotherapy

And when you get a string of difficult sales prospects in a row, it can really get you down. One 'no' after another can erode your confidence after a while, no matter how well you know your stuff. You can start to feel a bit reluctant to pick up that phone, or get in your car for another day on the road. And then you can start to feel a *lot* reluctant.

### How you can use Hypnotherapy to really boost your selling skills

But is it really possible to shift the balance, to master the art of getting the good days to prevail, to become the 'norm'? The answer is yes. And the key is Hypnotherapy - the power ignition for your *unconscious* selling skills.

*Sales superstar* hypnotherapy audio session is an audio Hypnotherapy session which takes everything you already know about selling and ramps it up to a wholly new level. Powerful hypnotic suggestions will unlock the untapped creativity of your mind and train you in the mental skills of great performers in every field.

Regular listening to this deeply relaxing and empowering session will get you feeling great both physically and psychologically. You will literally feel the surge of energy inside you. As you integrate all the techniques and processes you are effortlessly learning, you'll find your selling becomes noticeably easier and more effective, and that you handle the occasional bad day with ease, inspired to do better and better all the time.

**Buy *Sales superstar* hypnotherapy audio session and amaze yourself how good you can be. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Give memorable presentations without speakers notes

#### Hypnotherapy can help you master the art of remembering what you want to say to your audience

Do you still rely heavily on speakers notes when you give a presentation?

Does the thought of speaking notes-free fill you with dread?

Notes have their place in public speaking and presentations. When you are working out the structure of the information you are going to impart to your audience, that is, what you want to say and the order in which you want to say it, preparing an outline is invaluable. It helps you to visualize the shape and form of your talk and get control of all the material.

At the next stage too, as you polish up the content and start rehearsing your delivery, a good set of notes provides a useful scaffolding for the 'building' of your presentation, and allow you to home in on any element you want to highlight or expand upon, without losing sight of your overall goal.

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### Speakers notes eventually outlive their usefulness

But when you've built a fine house, you don't really want the scaffolding to remain standing around it, do you? You want people to focus on the house itself, not on how it was built.

The trouble is, those speakers notes can become a bit of a comfort blanket, not to say a crutch. They are a source of reassurance, a protection charm against the nightmare of losing the plot one day. But that charm can actually start to get in the way of good presentation. Because it becomes about the notes, and not about what you're burning to tell your audience.

What would it be like to be speak notes free? By all means to use them in preparation and rehearsal, but then to set them aside and fly free, confident in your subject and sure about what you want to say?

It can be done.

### Hypnotherapy can help you break free from speakers notes

*Speak without notes* hypnotherapy audio session is an audio Hypnotherapy session carefully put together by psychologists with wide experience in public speaking that will get you confidently presenting without a piece of paper in sight.

As you relax and listen repeatedly to your hypnotherapy audio session, you will

- regularly put yourself in a very powerful learning state
- build an unshakeable association between speaking and calm, relaxed confidence
- master a powerful method of recall to hold all the details of your material in your head
- gradually wean yourself off reliance on the use of notes
- become a livelier and more engaging presenter

**Buy *Speak without notes* hypnotherapy audio session and become a better speaker today. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Be a team player and set the world on fire

### A Hypnotherapy audio session to develop the 'team player' mindset.

No man is an island, entire of itself.' No woman, either.

When you look at the amazing world around you, you have to hand it to human beings. For example, working together over time, in teams ranging from two people in a shed to thousands of coordinated workers, they have created the technology you are using now to sit at home at your computer and read these words about being a team player from far away. No one person could even conceivably have achieved this on their own.



## Increase Job skills by Hypnotherapy

Just a few seconds thought reminds you that nearly everything in the world you live in now is the cumulative result of people working together. There is simply no question that team work and team skills are *the* vital ingredient for success in any endeavor, whether you want to win a ball game or build a jumbo jet or succeed in business.

### There's nothing tougher than getting people to work in a team

While all the above may be true, you can't have helped noticing that working with other people is one of the most difficult things you can do. People are just born disputatious, it seems. Every team struggles with the differences of opinion, with the attitudes of the 'prima donna' types who want all the credit, with the slackers who don't pull their weight.

### The challenge for the individual team player

And if you are perhaps less naturally gregarious than others, or more inclined to 'do your own thing', you can find the demands of being a team player taking a toll on you. You may find yourself becoming stressed when conflicts arise, or feel that your contribution is not sufficiently valued, or even that you are being side-lined because you don't 'fit in'.

### What you can do to be more of a team player

Whatever our circumstances, personality, or preferences, we all actually have a *need* to feel connection with other people. We evolved to work in groups, and research has shown that people with strong social ties are measurably healthier than people who live more isolated lives. (1)

When you understand that being part of a team both fulfils a basic need and enhances your prospects of success in almost everything, you can begin to see the demands of team membership in a different light. Even if you feel you lack natural team skills, you can acquire them. Being a good team player is an art you can *learn*.

### Start being a better team player today - unconsciously

There is no shortage of material on how to be a good team player. You can scour the internet and the bookshops for help with developing essential team skills like adaptability, collaboration, commitment, communication, creativity, tenacity and focus on the goal.

But you don't need to wait until you've read all that to get started.

*Be a team player* hypnotherapy audio session will give you a kick start on your road to becoming the person everyone wants to have in *their* team. *Be a team player* hypnotherapy audio session starts with *unconscious* motivation. Instead of focusing on your conscious goals and your will power, it will help you to reconnect with your deepest drives and gain power from them.

Because will power is not involved, *Be a team player* hypnotherapy audio session makes developing the mindset you need to do well and be well in group endeavor easy and effortless.

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## **Increase Job skills by Hypnotherapy**

**Buy *Be a team player* hypnotherapy audio session now and make the most of being in your team. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

(1) Berkman LF, Glass T, Brissette I, et al. 'From social integration to health: Durkheim in the new millennium', *Social Science and Medicine* 2000; 51(6): 843-57.

### **Be super confident at telesales**

We all know that a positive mental attitude is vital to successful telesales. If you make that sales call feeling like a nuisance and expecting your prospect to tell you where to get off then your attitude will transmit to your prospect and *will* put them off.

If you find yourself becoming increasingly de-motivated with each call and worrying about your tally and record then you need to have a change of feeling and thinking around your calls.

Just like playing a sport such as golf you need to forget the call that went before and forget about the calls to come and just be 'in the moment' with the call that you are making. Forget your tally forget results when you are communicating you are just communicating.

You'll learn to go totally 'in the zone' when making those calls so that past and present disappear and only now exists-the moment of the one and only call you are on.

Imagine naturally making confident sales call after confident sales call. Imagine when you see setbacks as temporary and forget the last call whether it was a sell or not and move onto the next.

There are very real persuasion techniques you can learn and make an instinctive part of what you do naturally. Confident tele-selling is all about acquiring the right mind set.

This hypnotherapy audio session will focus on getting you relaxed, poised focused calm and effective on the phone.

With confident telesales you'll become better at being compelling and 'painting pictures in your prospects minds' with the words that you use.

You'll have the chance to start building instant rapport with your prospects and focus their mind on the benefits of what you are offering.

**Buy *Super Confident Telesales* hypnotherapy audio session now and become a super sales person. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Increase Job skills by Hypnotherapy

### Time management - learn to value every minute

#### Use Hypnotherapy to help you focus on what's important

Are there always more tasks than time to complete them?

Great time management can make your life great as you're spending time on what's important to you and the rest can slide. At the other end of the spectrum, wasting time and not spending it wisely, is literally wasting your life.

#### Time is the most valuable asset you possess

How much time do you let leak away? People say: 'time is money' but time is also achievement, success, progress and satisfaction.

#### Managing your time means not wasting time on irrelevancies

Maybe your time management problems arise because you don't prioritize properly. Perhaps you procrastinate or feel that you never seem to progress towards realizing your ambitions. This time management session can change all that.

Anxiety, indecision, deadline pressure, habits of laziness, excess emotion, feeling overwhelmed, lack of organization and planning, being easily distracted and even perfectionism can all prevent the best possible use of your time. As can tiredness.

#### Time management is all about acquiring habits of excellence.

This *Time Management - Value Your Time* hypnotherapy audio session will lay unconscious templates deep within your mind so that you'll really feel the preciousness of your time. Time wasting will be a thing of the past and you'll become more productive and work towards the fulfillment of your ambitions quicker than you thought possible.

Hypnotherapy can program your mind to stick to what you decide, rather than your good intentions evaporating after a couple of days.

**Buy *Time Management - Value Your Time* hypnotherapy audio session now and give your life the attention it deserves. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Increase Job skills by Hypnotherapy

### Increase your typing speed hypnotically

It can be frustrating when you're learning to type. You don't want to be looking at the keyboard the whole time. What you want is for fast typing to become second nature.

This session can help. Hypnotherapy is a great training tool. We use Hypnotherapy to get your hands doing the 'thinking.'

When you walk you don't really have to think about it too much or when you blink or speak or chew your food. All these activities are taken care of by your unconscious mind. And that is what happens when you master some activity. A great pianist trusts his or her fingers - because they move quicker than conscious thought. Hypnotherapy appeals to your unconscious mind; the part of you which will become expert at speed typing.

### Speed typing is such an asset

Being able to touch type quickly is such an asset. Sixty, seventy or even more words per minute without even having to think about the key board.

Of course to make the best use of *Improve Your Typing Speed* you need to actually learn touch typing to begin with - this session is going to give you a tool to use self hypnotically so that when ever you have a spare five minutes you'll be able to enter a wide awake trance state and hypnotically improve your typing speed.

Buy *Improve Your Typing Speed* hypnotherapy audio session now and discover powerful deep relaxing Hypnotherapy and a great fun way to put your typing speed into overdrive.

### Stop being a workaholic and get your life back

#### A powerful Hypnotherapy audio to break your addiction to work and regain a work-life balance

Are you a workaholic?

A workaholic is addicted to work. Work addiction leads to long term stress which is a major factor in ill health. There is value in hard work but are you working *at the expense of your life?* Focusing on goals, being driven and success orientated gets you places but workaholics often find that when they get where they were aiming for, there is nothing there.

Workaholics often neglect family, friends, other interests, sleep, exercise and time to be creative (which can help their work life) because of the obsessive need to work.

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## Increase Job skills by Hypnotherapy

### Workaholics and perfectionism

Having high standards is good, but if you constantly require perfection from yourself or others then you tend to become a tyrannical bully, even if you end up just bullying yourself.

### Workaholics and balance

Being a workaholic *can* mean you achieve great things, but more people achieve great things *without* being addicted to work. Workaholism, as with all addictions, has diminishing returns. This means that the more you do of whatever you are addicted to, the more you have to do to feel the same buzz or just to feel 'normal.'

You need time away from work where you are both psychologically and physically distanced from it. If you are still obsessing about work, or endlessly checking your smartphone when you should be focused on your loved ones, then you are still in work mode.

### What you need in life

We all have shared basic needs in life. We all need to feel safe, secure, connected to people around us. We all need to receive and give attention, be stretched and stimulated, intimate with others, a sense of status, fed, rested and watered. These needs once met make us feel healthy or 'normal.' If we use work to unconsciously try to meet these needs then we may meet some at the expense of others. And your needs as a human being have to be met *in balance*.

Meeting some of your needs away from work enables you to have the *spare capacity* to be more affective when you are actually at work. So making sure you have a rich and varied social life outside of work, feeling intimately connected to at least one other person (be it relative, partner or best buddy), feeling secure and relaxed, sleeping and eating well will make you feel human and able to put your life into perspective. You are not a machine but even if you were every machine needs downtime sometime.

This *Stop Being a Workaholic* hypnotherapy audio session will keep you focused on your long term goals even more effectively because it will encourage you to take care of all parts of your life for balance and harmony.

**Buy the *Stop Being a Workaholic* hypnotherapy audio session now and remember what life is really about. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Increase Job skills by Hypnotherapy

### Get help coping with workplace bullying

Workplace bullying is shockingly common, and if you have been a victim of it, you will know that affects your whole life, not just your life at work.

Workplace bullying can undermine self confidence, self esteem and even produce symptoms of depression. If you are being bullied at work you must get help, which may include legal assistance. This session is designed to get you feeling strong in yourself but please don't suffer alone. Every employer should have an anti-bullying policy, and remember, if you are being bullied, any 'weakness' is on the part of the bully, not you.

### How workplace bullying happens

Most people who are bullied at work are targeted by a line manager. Bullies are often (but not always) in positions of power. If someone is bullying others they cannot handle the responsibility of being in authority in an adult manner.

### What is bullying?

Bullying is any intentional and repetitious aggressive behavior designed to undermine, embarrass, or otherwise distress the target of such behavior. The worse thing is that some bullying may seem petty or 'nothing much to complain about' but any undermining behavior used repetitiously can become unbearable. Water torture is just a drip on the head. One drip on the head is no problem but 100,000 repetitive drips can drive you insane! We all have needs in life to be psychological and physically healthy. For example:

- **We all need to feel safe and secure.** A bully will try to block this need in those they target by being unpredictable, hinting at or making overt threats or being 'nice' one minute and nasty the next, so you never know where you are with them. The experience of being bullied is traumatic and can make you less able to concentrate on your work. Any assertions that your work is not up to scratch may then become a self-fulfilling prophecy as your work becomes less efficient because of the bullying itself.
- **We all need to feel connected to other people and to give and receive attention.** A bully will often try to block this fundamental need by ostracizing the target of the bullying. Not being invited to meetings, social events or even not receiving a cup of tea when everyone else gets one can be part of bullying (if it is intentional which the bully will of course claim it isn't.)
- **We all need to have a sense of status and achievement.** A bully may take credit for your work and undermine what you've done. They may relieve you of duties without telling you, be unfairly critical and remove desks, laptops or other items connected to your status. They may place crazily unrealistic work demands on you, making you feel it is 'your fault' if you can't cope. Bullying often involves attempts to humiliate and undermine you in front of peers.

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- **We all need to have enough rest, food etc.** Bullies may drive you to exhaustion making you work overtime, denying you family time or sufficient rest.
- **We all need to feel intimate and understood with at least one other person.** The bully may make it so hard for you that you feel no one else can really understand how bad it is. This can make you feel less connected and intimate with important people in your life.

Some bullies will target just about everybody but many will single out certain people.

### Profile of a typical bullying target

Please understand that absolutely anybody can be targeted by a bully. Bullies will often test potential victims to see if they can manipulate them. They will push a little here and there to see what gives. A typical target for bullying in the workplace will be someone who is:

- **Conscientious.** If you are hardworking then this may make you a target because you may be perceived as someone who will 'upset the apple cart' or make the bully appear lazy or incompetent in comparison. Also if you are conscientious then you are more likely to blame yourself when things go wrong rather than the bully.
- **Sensitive.** If you are perceived as sensitive then the bully will feel you have more 'buttons to press.'
- **Popular and/or attractive.** Jealousy may drive the bully to target you.
- **Quiet.** If you tend to keep your head down the bully may instinctively feel you won't let on what is happening (and possibly blame yourself for the bullying).
- **In the wrong place at the wrong time**

### Why bullies bully

There is no evidence that bullies treat others badly because they themselves have low self esteem (1). People with genuinely low self esteem tend to treat themselves badly but not other people. On the contrary bullies are often genuinely full of themselves and feel superior. They bully because they feel the bully target may show them up as incompetent, less intelligent, less hardworking or purely because they find they get a kick out of bullying. It may be their way of getting 'entertainment.'

Coping with Workplace Bullying will help build your confidence so that you can take action against the bully. Victims of workplace bullies often fail to act due to self-doubt. This session will help you get some perspective and decide what help you need. Whatever you decide to do, get help now. Bullying is not acceptable in any form, and you deserve to be able to relax and get on with your work the way you see fit.

**Buy *Cope With Being Bullied* hypnotherapy audio session now and get a break from the stress. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

(1) See Nicolas Emler's 2001 Rountree Report The causes and consequences of low self esteem

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