

Increase personal productivity by Hypnotherapy

Dr. Manish Patil



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Hypnosis

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

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

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

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

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

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

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

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

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Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

The Power of Suggestion

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

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

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

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

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

Samadhi through Self Hypnosis

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

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

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

The Three Forces of God

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

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

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

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

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

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

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

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

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

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THE SWADHISTHANA CHAKRA

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

THE MANIPURA CHAKRA

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

THE ANAHATA CHAKRA

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

THE VISHUDDHA CHAKRA

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

THE AJNA CHAKRA

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

THE SAHASARA CHAKRA

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

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

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Meditation of Silence

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

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

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

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

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

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

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Frequently Asked Questions

Why is Hypnotherapy so effective?

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

Does Hypnotherapy work for everyone?

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

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

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

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true of the Alpha state of mind. Responses to important stimuli are still possible. It is also the perfect time to impose suggestions that can mean real differences in your life.

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

What Types of Changes Can I Make Using Hypnotherapy?

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

Will Hypnotherapy totally change me as a person?

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

How do your Hypnotherapy audio sessions work?

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

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.

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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 before ordering any Hypnotherapy session.

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

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

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

Yes of course. Some of our Hypnotherapy sessions complement each other very well, such as 'super self confidence' and 'boost your self esteem' or 'anxiety release' and 'stop worrying'. However, some

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issues are more complex and we would recommend caution in trying to tackle separate issues at once. For example weight loss and stopping smoking are very difficult to achieve at the same time, and it could be better to concentrate on each issue at different times. We also don't recommend you listen to too many different sessions over the same period which is why we limit purchases to 10 sessions.

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

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

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

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

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

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

Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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

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

Some people say they have trouble relaxing and fear it may impact their ability to benefit from hypnotherapy. The best advice is to try not to think so much and just go with the flow and do as directed. Let it all happen naturally and just lay back (or sit back) and listen to what is being said and do as directed. If you're being asked to concentrate on a certain part of your body, just follow and keep your focus.

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

While ordering you must fill in your correct and complete details, along with the name of the person to be benefited as it is used in the sessions. Otherwise your order will not get processed. Please 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

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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.**

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.

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

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

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.

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

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

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

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

Summary

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

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Increase Personal Productivity by Hypnotherapy

How can you increase personal productivity and get better results from your daily efforts? Getting more done - and done effectively - is a matter of finding the right mix of motivation, determination, organization, creativity and discipline. This will help you fend off the gremlins of lethargy, procrastination, defeatism, self sabotage, 'blocks' and lack of focus that can prevent you from getting to your goals.

Hypnotherapy audio session is a great tool for boosting productivity, as it works directly on the *unconscious* drivers that really influence what you do every day. It's true that you need will power, but will power is pretty 'powerless' if you haven't got your unconscious motivation in order!

Following is our range of Hypnotherapy audio sessions to increase personal productivity. You're sure to find one that will deal with your particular gremlins, once and for all.

How to Enjoy Your Best Man's Speech

Why is giving a best man's speech such a nightmare?

Well for one, it's got to be right-first-time... no re-runs!

Second, it's so important! Your best friend's wedding day isn't going to happen again!

And thirdly - you can't practice for a best man's speech! Sure, you can stand in front of the mirror, but nothing is going to prepare you for a room with over a hundred people in it!

Or is it?

How Hypnotherapy audio session can help

Great sportsmen know that there is more than one way to prepare for a big race. Sure, they can go out and practice on the track, but they also have to prepare within their mind.

Proper, structured, hypnotic rehearsal not only makes you feel more confident about the upcoming event, but it improves your performance in the event itself - dramatically.

For your best man's speech, you want to be able to remember your lines, sure, but you also need to be calm. Hypnosis will enable you to do both, so you can truly enjoy the day.

Buy '*Best Man's Speech*' Hypnotherapy audio session now and really get your preparation moving! **Visit www.hypnotherapy.eorg.in now.**

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Increase Personal Productivity by Hypnotherapy Manish Patil **Boost your creativity for inspiring ideas and innovation**

Listen and learn how to tap into your creative mind with this audio Buy

Are you seeking inspiration for a project?

Do you want help 'thinking outside of the box'?

Do you need to get over a creative block?

True creativity seems to happen by itself because it is a product of the unconscious mind, that 'back part' of the mind that incubates ideas until they are ready for the light of day.

Hypnotherapy audio session can help you take your conscious fingers out of the creativity process and leave your unconscious mind to come up with the sorts of ideas, solutions and innovations that it is so good at.

Creativity is such a great advantage in all sorts of situations:

- for humor in social situations
- for innovation in business
- for art, music and writing
- for originality in public speaking

Buy the *Creativity Booster* Hypnotherapy audio session today, sit back, relax, and watch the ideas come flooding in. **Visit www.hypnotherapy.eorg.in now.**

Write your dissertation – get it done!

Use hypnosis to create the focus and strengthen the determination to start writing

Could you do with some genuinely effective help with dissertation writing?

Is that looming deadline putting you in a state of complete panic?

When you initially set out on an academic study program that's going to take you several years to complete, you know in your head that - one day - you're going to have to 'write something' that will bring your work to its completion and lead to that doctorate or other academic qualification you are seeking. But knowing that in your head and sitting down in front of your keyboard to begin the project are very different things.

Dissertation writing is a different ball game

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For a start, carrying out a study program is itself a very different thing from writing it all up at the end. The kinds of skills you need as a *researcher* -whether you have to conduct practical experiments in a scientific field or analyze statistics, make calculations or read a wide range of literature in order to amass the information you need - are different from the skills you need as a *writer*.

Now you need to take that mass of information you have amassed (and by this time it really *is* massive) and somehow distil it into a coherent and cogent account of your work and conclusions that can stand up to scrutiny from the most critical audience - your academic judges.

Where do you start?

Don't let how you *feel* about dissertation writing hold you back

Well, it's human to allow yourself a little panic. It is a big scary task! But the biggest, scariest task can be successfully accomplished if it's brought down to size. The scariness comes from the *feeling* that this monstrous task *all has to be done in one go!* This is nonsense, of course, but it's how we feel. So the first thing is to take a deep breath and consciously remind yourself that the *feeling* and the *facts* are not the same thing.

Holding that truth in mind, you can take an effective two-pronged approach. On the one prong, address the academic requirements. Follow the advice of your supervisors on how to plan and structure your dissertation. Devise a schedule of what is to be covered in the time available. Start as soon as you can to give yourself as much leeway as possible at the far end. Consult with your supervisors along the way when necessary.

On the other prong, address the psychological requirements - that is to say, *your* requirements. Did you know that there are three key psychological skills to ensure you write your dissertation efficiently and professionally? Make sure that you have got all three lined up and working for you.

Not sure how to do that?

Hypnotherapy audio session is the best dissertation writing help you can give yourself

Write your dissertation Hypnotherapy audio session is a powerful Hypnotherapy audio session developed by experts in motivational psychology specifically for individuals preparing to write a major piece of academic work.

While you relax deeply (actually the *fourth* key psychological skill you require!), your brain will effortlessly absorb and integrate everything it needs to get going, keep going, and successfully conclude your dissertation writing. (As an extra benefit, this Buy is also great if you have to write an essay, a report, an article, or any other major piece of writing.)

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

- feeling an ever stronger sense of determination and purpose
- developing a powerfully disciplined approach to what you need to do
- staying calm and focused no matter what the pressure
- becoming skilled at effectively engaging your unconscious capacities in the task at hand
- making steady progress towards your ultimate goal

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Don't get distracted from your goal

A Hypnotherapy audio session to help yourself avoid getting sidetracked by unimportant things

Do you get easily distracted, even though you know exactly what your goal is?

Do you find it hard to maintain your focus until you reach your objective?

Working out an objective is one thing, and hard enough to do in itself. But when you've determined what you are aiming for, you have the far harder challenge of keeping yourself on track until you get there. Partly that's about determination and perseverance. But it's also partly about how you deal with interruptions and distractions. And you'll meet with plenty of those, no matter how determined you are.

Understanding the nature of distraction

Interruptions can be 'external' - generated by other people and events - or 'internal' - generated by your own thoughts and emotions. Beyond that, they fall into one of four categories:

- urgent and important - needs your full attention right now
- urgent but not important - needs attention, but not necessarily yours
- not urgent but important - can be scheduled to a convenient time
- not urgent and not important - can be dismissed

It's easy to fall into the trap of thinking that everything that comes along is *urgent and important*. When other people come to you about something, their need may be urgent and/or important to *them*, and they will assume that it will be so to you too. Their urgency can infect you. But it's the same with interruptions that spring out of your own head. It *feels* like you should attend to them at once.

A further problem is that, once you have been sidetracked, it can be quite difficult to *get back* to what you were doing. You may have just as much determination as before, but you have lost

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concentration and focus. And if another interruption happens along just then, you may never get back on track that day at all.

What you need to do to ensure you don't get distracted

So to make progress you need to be able to *assess* every interruption and get clear about what category it really belongs to. And then you need to be able to *direct the energy* that is inherent in the true urgency or importance of the interruption in such a way that it *feeds into* what you are trying to achieve.

A tall order?

Hypnosis can help you stay on track

Don't get sidetracked Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists with wide experience in time management and motivation. Its carefully targeted hypnotic suggestions reach deep into the unconscious mind, where you make decisions almost without being aware of it.

Regular listening to your Hypnotherapy audio session will help you naturally

- stay focused on your goals
- clearly discern the nature of every distraction
- respond appropriately to interruptions
- quickly get back on track
- feel much more in control of your life

Buy *Don't get sidetracked* Hypnotherapy audio session and make sure you get where you're going. Visit www.hypnotherapy.eorg.in now.

Do it now! How to really fire yourself into action

A Hypnotherapy audio session to trigger deep, emotionally driven activity

What are you putting off right now?

Should you be getting on with your tax return? Writing up that project? Finishing those repairs? Making a list of who to invite? Or some other project that is important to you? Are you telling yourself 'I'll do it later. There's plenty of time!?' But time has a nasty habit of running out, and might leave you scabbling around to get it done at the last minute.

Not doing it now means not doing it well

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And when you leave things until the threat of a looming deadline terrifies you into action, you have to admit that the results of the last minute rush are rarely the best that you're capable of. How could they be? When you are under a threat, your brain doesn't work very well, and nor do your hands and fingers. It's no wonder that you (and others) can often feel quite disappointed at the end of it all.

The truth about motivation and procrastination

So why *do* we leave things so late? Is there something lacking in our motivation? This is the commonest explanation people give, and you've probably thought it explains your own difficulty with getting your project done in a timely fashion. 'I just don't feel like it!' But if you think about it for a moment, you will see that there *are* things that you 'feel like' doing, so it can't be true that you just 'lack motivation'.

The key to doing it now lies not in motivation as such (though motivation is certainly useful), but in *prioritisation*. You do something when *it feels important to get it done*. This is quite different from knowing in your head that it is important (like your tax return). It's an *emotional* feeling. It's our emotions which drive us into action - 'e-motion'.

The role of emotions in getting things done

The reasons why we *feel* that certain things are important vary hugely from person to person. You will have been heavily influenced by your life experience, your upbringing, your personal character and other factors in the selection of *what feels important*, but you would be a most unusual person if you were consciously aware of how you had arrived at this selection. Such emotional paradigms are *unconsciously constructed*.

Unconscious emotional programming can be reprogrammed

However, even though you may not consciously know why you have been putting off getting on with your project when you can so easily do other things, these patterns are not immutable. Which is good news. It means that you can begin to take a *conscious* interest in what's 'important' to you, and *use* your emotions to take your life in the direction you want it to go. Like getting that project finished. Now.

Hypnosis is a powerful tool for helping yourself to do it now

Do it now Hypnotherapy audio session! is an audio hypnosis session which uses the power of hypnosis to directly access unconscious processes and mold them in positive directions.

You need to make a conscious decision to listen to *Do it now!* but then you can sit back and let your unconscious mind engage with what it does best - shaping your future. You don't have to work out *how* to change what you do, as powerful hypnotic suggestions activate the appropriate emotional triggers that will propel you into action.

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Increase Personal Productivity by Hypnotherapy Manish Patil

Buy *Do it now* Hypnotherapy audio session! and don't waste another minute. Visit www.hypnotherapy.eorg.in now.

Confident Driver

Let Hypnotherapy audio session strengthen your confidence behind the wheel!

So you've passed your driving test (if not, see our hypnosis for driving test nerves session) but you still find driving a nerve wracking experience. There are so many other cars on the road and plenty of obstacles between you and your destination. Each person seems to have a different driving style and they don't always mesh with each other. What's not to worry about? Unfortunately, worrying doesn't really solve anything. In fact, have you ever noticed that **the more you worry about driving, the harder it is to concentrate?** It's like having your boss stand over your shoulder when you're trying to successfully complete a task. The added pressure and tension can make you more likely to make a mistake.

But how do you maintain a sense of calm when driving? How do you stay focused and confident when you're driving? Maybe you've had an accident before and you're afraid it might happen again. Or maybe you had someone be very critical of your driving and now **you lack confidence in your ability to get from point A to point B without incident.** Accidents happen and people will always have their opinion, but does that mean you should continue to live in fear and self-doubt? Becoming more confident will make you a better driver; it's as simple as that.

Hypnosis is an excellent way to build self-confidence and gain control of your driving experience. Aren't you the one in the driver's seat after all? **In order to be confident, you have to believe in yourself and your driving abilities.** Hypnotherapy audio session can help you replace those unhealthy notions you hold in your unconscious mind about driving with new feelings of strength and conviction. **You deserve driving confidence!**

Imagine what it would be like to:

- Take control of the car and your life!
- Drive wherever you want without fear!
- Be more focused on the road and less on yourself!

Hypnotherapy audio session is a natural and relaxing way to help us deal with all of life's little issues. As you sit back and listen to this Hypnotherapy audio session, **you can begin to feel all your stress melt away.** Your body and mind can begin to regenerate while in Hypnotherapy, while your unconscious belief systems get reorganised. With just a few listens we hope you'll feel calmer and more confident behind the wheel.

Get driving confidence with help from Hypnotherapy audio session! Visit www.hypnotherapy.eorg.in now.

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Increase Personal Productivity by Hypnotherapy Manish Patil Overcome Driving Test Nerves

You can pass your driving test with the help of Hypnotherapy audio session!

Is there a driving test in your future? Do your knees shake when you think about the driving test? Do your hands get sweaty? Does your heart start racing and your head start swimming every time you think about getting behind the wheel with someone sitting next to you judging each and every move you make? If you hope to have any chance of passing your driving test, you have to **calm your driving test nerves and you have to do it now.**

Look at it this way... how can you possibly expect to pass your driving test if you're hands are so sweaty that you can barely hold onto the wheel and your knees are shaking so badly you can barely control the foot pedals? You need to **find a quick and safe way to calm your driving test nerves** or you're not going to get that driving license you so desperately need.

Don't despair. You will pass your driving test – **and can do it with the help of Hypnotherapy audio session.**

You're not the only person to be nervous about your driving test. Millions of people have had anxiety attacks the morning of a driving test or exam. As the saying goes – **the only thing you have to fear is fear itself.** If you are so nervous during your driving test or exam that you can't focus on your driving, you're going to mess up and if you mess up, you are definitely not going to pass. **By tapping into your unconscious (subconscious) mind, you can overcome your driving anxiety and put your fear behind you.**

- **Imagine what it would be like to:**
- Wait for your turn to take your driving test with absolutely no trepidation at all.
- Walk from the testing waiting area to your car with an air of confidence and your head held high.
- Be calm and collected when your driving test begins.
- Handle each and every task asked of you with precision and grace.
- Pass your driving test with flying colors and without a single mistake.

You have the power to turn your driving test into a positive experience, but you have to change the way you think about it. That's exactly what the 'overcome driving test nerves' Hypnotherapy audio session can help you with. It can help you **replace the fear of taking your driving test.** In fact, after listening to this Hypnotherapy audio session we hope you'll look forward to your driving test and will only have positive thoughts about it. Let this hypnosis Buy session....

Put you behind the driver's wheel today! Visit www.hypnotherapy.eorg.in now.

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Increase Personal Productivity by Hypnotherapy Manish Patil Increase Your Energy & Vitality

Increase your energy and vitality with Hypnotherapy audio session!

Do you wish you had more energy and vitality? Have you lost that spark, that vigor that used to come so naturally when you were a child? Do you look on in envy at those individuals who seem to be able to **bounce through the day and evening with boundless energy and enthusiasm**, while you feel sluggish and seem to struggle from one thing to the next?

Yet our natural state is to be full of energy and vitality - **so why is it so difficult to maintain it?** You probably already know that you can get up in the morning having had a good night's sleep, eat a nutritious breakfast, then head to work, and by the time you're there your energy's already depleted, your brain seems to work slowly and you find it difficult to whip up any enthusiasm or vitality at all. This is because **in our stressful modern lives, we lose most of our energy mentally**. We fill our minds with negative thoughts which drain us, yet we're not even aware of it most of the time.

Your unconscious (subconscious) mind **knows exactly how to generate more energy and vitality**, it just needs pointing in the right direction. The deep state of creative relaxation that can be achieved in **self hypnosis allows us to talk to and guide the unconscious mind**, helping it to prioritize the things we really want. In this case abundant energy and vitality.

Imagine what it would be like to:

- Feel rejuvenated, full of energy and vigour!
- Let go of that slow, sluggish, drained feeling that has been dragging you down!
- Find the source of your natural energy and vitality and unlock it!

The good news is that when we *start* feeling that abundant energy and vitality, **it's self-perpetuating**. When we feel energized, it stimulates us to feel alive and to keep feeling full of energy and drive. It makes us more likely to *want* to do those things **that will keep us feeling energized**, whether it's eating well, exercising, socializing, or just being generally more active.

This Hypnotherapy audio session can help you to feel more energized and alive. By listening to it regularly, you can **maintain and increase your energy levels** so you can embrace life with enthusiasm. All you have to do is sit back and relax into self hypnosis!

Rediscover your energy and vitality with the help of Hypnotherapy audio session! Visit www.hypnotherapy.eorg.in now.

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Increase Personal Productivity by Hypnotherapy Manish Patil 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 – **self hypnosis can make this a reality.**

Imagine what it would be like to:

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

We don't claim that Hypnotherapy audio session 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 audio session 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 audio session can be the key.

Buy Hypnosis for exam success Hypnotherapy audio session now! Visit www.hypnotherapy.eorg.in now.

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Increase Personal Productivity by Hypnotherapy Manish Patil **Get Organized Now - create space in your mind to create space in your life**

Allow Hypnotherapy audio session to gently re-train your mind to be more organised

Not getting organized can be depressing, exasperating and time wasting. How many wonderful creative ideas die because they are never given necessary balance and life by ordered steady organization? Life can seem chaotic and overwhelming until you get organized.

A stitch in time...

Ironically people often don't take time to get organized because they feel this delays them in what they want to do or is time wasting in itself!

More haste...

But have you ever tried to 'save time' by not reading the instructions when assembling a piece of furniture only to find that you have done something wrong and end up wasting more time?

Creative plans are great but creativity needs to be tied down so it can produce something real and worthwhile. It is organisation which gathers the fruits of creativity then turns them into something real.

Get organized and relax...

When you start to get organized you will notice a wonderful sense of relief permeate all areas of your life. All kinds of activities start to become enjoyable and satisfying that weren't before. Getting organized is like injecting your life with extra energy, making you feel more capable and on top of things.

Buy 'Get organized Hypnotherapy audio session ' and take your control of your life. **Visit www.hypnotherapy.eorg.in now.**

Get Your Book Published with Publishing Perseverance

To get published you need determination, self belief and optimism. But so often you feel discouragement, depression and despair. Actually sending out your manuscript to a publisher can be more scary than anything the writing process involved. Months or years of dedication to writing can make the possibility of rejection by a publisher seem daunting or even 'soul destroying'.

Publishing rejection can be hard to take over and over, yet consider this:

- Alex Haley - world famous author of Roots labored eight years before finally getting published

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Increase Personal Productivity by Hypnotherapy Manish Patil

- Ursula Le Guin sent off her first story at the age of eleven. She wrote and sent out dozens of manuscripts before her first acceptance at age thirty three.
- James Dickey suffered years of rejections before at last seeing the faintly encouraging words 'not bad' from a publisher. These writers always believed and kept going even when 'proper jobs' seemed to be a more sensible option.
- The Ginger Man, by J.P. Donleavy - now considered one of the greatest classic novels ever published - was turned down by thirty-six publishers before it found acceptance. Since its publication over fifty years ago it has never been out of print.

How to get published

To get published you need to write something good, finish it, actually put it into an envelope and mail it out to lots of publishers. It sounds simple but it is amazing how motivation can let you down just when you need to keep believing in your work to get it out there.

To get published you need to keep going when the going gets tough. This *Publishing Perseverance* Hypnotherapy audio session will keep you focused, optimistic and positive. It's great to take positive and constructive feedback but it's vital not to be crushed by criticism or defeated by it. It's often the last key in the bunch that opens the lock.

This Hypnotherapy audio session will refocus you and get you persevering and strong. Your ideas and work are like children who need to be nurtured, championed and protected by you until they are strong enough to live independently.

Publishing Perseverance Hypnotherapy audio session is designed for you to relax to and be inspired whenever you need a lift and encouragement.

Buy *Publishing Perseverance* Hypnotherapy audio session now and get your book on the shelves. Visit www.hypnotherapy.eorg.in now.

Increase your productivity when working from home

Working from home can mean increased productivity when you put it all together with hypnosis

Is it hard to get started and concentrate properly when you're working from home?

Do you worry that you might be working less effectively than you could?

In the age of the internet, more and more people work away from the 'traditional' office environment. Computers, telephones and email have freed us from the tyranny of the desk and the office. For many modern jobs, it doesn't matter where you are. As long as you have suitable equipment, you can work just as effectively for your company from your living room as from an office.

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Increase Personal Productivity by Hypnotherapy Manish Patil

New technology has also inspired many people to quit old style office working altogether, and set up their own home-based businesses. No more rental and insurance overheads or costly maintenance programs. Do it all from your back bedroom or garden shed. Whether working for an employer or for yourself, a wonderful world of freedom to work in the way that suits you opens up when you are based at home.

The home worker productivity challenge

But all changes bring unforeseen consequences, and one of the more tricky challenges of this new way of working was certainly unforeseen by most people who took it up. Most people distinguish their working lives from their personal lives by location. You know you're 'at work' because you're in the office. You know it's 'time to relax' because you're at home. When this distinction disappears, things get confusing!

Suddenly, the old drivers that kept you on task and on target are no longer there. Your boss is not breathing down your neck. There are no colleagues busy with their own tasks. You are the one who has to set the work routine. Your own kitchen and couch are within a couple of yards. The TV is right there. Or maybe the outdoors beckons. How are you going to get things done?

People who have the space may set aside a specific room in the house to be the 'office'. This helps them to keep up the demarcation between working and not working. Even just designating a particular table and chair as 'workspace' can help you do this. But it can still be a struggle to keep up the productivity and stay focused. How can you train your brain to get - and stay - in work mode?

Hypnotherapy audio session can help you significantly increase productivity working from home

Homeworker productivity Hypnotherapy audio session is a Hypnotherapy audio session created specifically for people who want to work successfully from home. It directly targets the unconscious associations that can sometimes make home working less effective, and reprograms them under deep hypnosis.

You can use this Buy to train your brain to

- automatically associate your 'designated place' with work mode
- fire up your focus and concentration according to your chosen schedule
- readily ignore distractions and interruptions and get on with what you have to do
- feel more in control of everything you do

Buy *Home worker productivity* Hypnotherapy audio session and make the most of your freedom to work where you choose. **Visit www.hypnotherapy.eorg.in now.**

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Increase Personal Productivity by Hypnotherapy Manish Patil **Create powerful focus and concentration and improve your performance at work and in sports**

Learn how to experience deep flow using Hypnotherapy audio session

How does an Olympic sprinter look on the starting blocks?

Distracted? Day dreamy? Confused? No. He's got powerful... unshakeable... rock solid... Focus.

It's more than mere concentration; his attention is like a laser-beam focused on one thing - Winning. Psychologists have called this state flow, and peak performers in all walks of life can access it when they want.

Focus 110% on what you want to achieve

Imagine it - the ability to focus 110% on what you want to achieve - whether it's at work or in sports - that same state of mind that took Usain Bolt to so many World and Olympic Golds.

Hypnosis creates the same 'calm mind' state to teach your unconscious mind to focus properly when you need it to. All you need to do is pop on your headphones at your computer, or plug into your CD or mp3 player. You will listen to a short introduction about 'flow' and then experience a relaxing and energising hypnosis session that will train your mind to narrow its focus of attention until you can achieve flow quickly and easily.

The *Improve Concentration and Focus* Hypnotherapy audio session audio will lead you through a powerful hypnotic rehearsal, preparing your mind and body to respond the way you want;

- No more getting distracted from your goal
- Superb, flowing creativity
- Improved concentration
- Less worry and fewer negative thoughts to drag you off-target
- The wonderful knowledge that you're performing to the utmost of your ability

Buy *Improve Concentration and Focus* Hypnotherapy audio session now and train your brain to live up to your potential... **Visit www.hypnotherapy.eorg.in now.**

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Increase Personal Productivity by Hypnotherapy Manish Patil

Increase Your Brain Power

Increase your mental agility with the help of Hypnotherapy audio session!

Do you sometimes feel like you're not living up to your mental potential? Does your memory occasionally fail you even though you know you know the answer lies somewhere inside your mind? Maybe you're struggling to learn something new and want to enhance your concentration and retention skills. Some of us just want to seek a certain inspiration or a deeper understanding of concepts we've never before quite understood.

It can be frustrating and even seem a daunting task to try and enhance our intellectual capacity. **Yet the mind is capable of so much more than we realize.** The daily grind can often leave our brain under-stimulated or overwhelmed, so our mental muscles need help getting back into shape from time to time. For many of us, it may just be a lack of confidence or belief in our abilities that prohibits us from thinking outside the box or making the connections we need to find the right solutions. **One thing is for sure: you can increase your brain power.** The solution doesn't require extensive studies or so-called brain-boosting herbal or medicinal concoctions. The answer to increasing your brainpower lies in your own creative unconscious mind.

Hypnotherapy audio session is a natural remedy to all sorts of mental, physical, and emotional roadblocks. Stress, exhaustion, and a multitude of other distractions can make concentration difficult for anyone. But with the help of hypnosis you can experience the kind of deep relaxation necessary to release the inspiration, answers, and mental agility that you seek. **It's just a matter of unlocking your true potential.**

Imagine what it would be like to:

- Feel more mentally active and alert!
- Retain more information and use it at will!
- Have confidence in your mind and find inspiration!

Hypnotherapy audio session isn't magical and we make no guarantees that you'll become a genius after listening to this product - that would be very unrealistic. But what hypnosis can do is help you to calmly quiet your mind and **enhance the connection between your conscious and unconscious brain.** The unconscious mind is where we hold our beliefs about ourselves, our limitations and our abilities, and uses them to regulate our automatic functions.

This Hypnotherapy audio session can help you to change those beliefs, release your mind's creativity and brain power and even find a bit of relaxation in between.

Use Hypnotherapy audio session to help boost your creative and intellectual capacity! Visit www.hypnotherapy.eorg.in now.

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Increase Personal Productivity by Hypnotherapy Manish Patil Interview Confidence Booster

Boost your interview confidence with the help of Hypnotherapy audio session!

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 audio session 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 audio session can help you relax deeply and bring that confidence to the surface. Hypnosis 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 audio session alone are worth giving it a try, but with repeated listening your interview confidence can be remarkably improved.

Let Hypnotherapy audio session help you gain interview confidence! Visit www.hypnotherapy.eorg.in now.

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Increase Personal Productivity by Hypnotherapy Manish Patil Language Learning Success

Make learning a new language easier with the help of Hypnotherapy audio session!

Learning a new language is completely different than learning to speak your native tongue. As children we have time to develop our ability to speak while our minds soak up words and meanings like little sponges. As the years have gone by **your natural language skills have become rooted in your automatic mind**. The words we speak now come easily and we are able to express ourselves without hesitation on most occasions. Now, as you desire to speak an entirely new language, there may be some obstacles in your unconscious mind that struggle to define and replace these foreign sounds with real meaning.

Yet, you know your mind is still capable of learning new things. You do this naturally every day. Whether it is memorizing the names of a new group of people, learning new processes at work, or just reading a book, you are always in a constant state of self-education. So then, why do these other tasks seem so natural and learning a new language so complex? It's simply because we have developed a way of learning these things through tried and true measures. There is no unconscious struggle to discern meaning; it's merely a process. **Learning a new language can be much the same thing.** We just have to remove our unconscious roadblocks and develop a new way of seeing things.

Hypnosis can help you to remove these obstructions and take on your new language with ease. In the deeply relaxed state of hypnosis we can learn new ways of thinking, learning, and behaving. This is because our unconscious mind is where all our automatic functions are triggered. Through hypnosis the unconscious mind is encouraged to **accept this different language and opens us up to new ways of thinking.**

Imagine what it would be like to:

- Become confident in your ability to learn and speak with ease
- No longer struggle to remember new words and their meanings
- Feel natural as you communicate using your new language

No one can become an expert in a foreign language overnight, but Hypnotherapy audio session **can help open your mind and learn a new language more readily.** With dedication to your studies and regular listening to this Hypnotherapy audio session, you'll find it comes much more easily.

Improve your language learning skills with Hypnotherapy audio session! Visit www.hypnotherapy.eorg.in now.

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Increase Personal Productivity by Hypnotherapy Manish Patil

Crack how to stop being lazy

Use Hypnotherapy audio session to motivate you at a deep, unconscious level

Why would you want to stop being lazy? Laziness has lots going for it! Indolence allows you to take life easy and to put off things which seem like a lot of effort. It can be fun to lie around, spend your time watching TV, surfing through cyberspace, playing games and otherwise filling your day with 'chewing gum for the brain'. Isn't there far too much pressure to 'get on with things', anyway?

Don't be seduced by *social* pressure to do more

It's true that the pressure to achieve more and get more done and generally be a 'successful' person (whatever that is!) can feel intolerable at times, and rebelling against having to measure up to a social norm dictated by other people can be a good thing. But it's *also* true that there are things that you *do* want to get on with, and make progress with, for your own very good reasons.

Can you stop being lazy?

And it's when you see *those* projects languishing, when you find yourself feeling lethargic and drained when you haven't even *done* anything, that you begin to feel disappointed and frustrated about the grip laziness has on you, and how it draws you away from what you know, in your heart of hearts, you really want to do. And that's when you begin to wonder how to stop being lazy. And if you can.

The way out of the trap of laziness

To escape, you need two things. You need to understand what your 'laziness' really is and stop telling yourself it's something else. And you need a powerful method of reprogramming your brain to develop a model for 'what to do right now' which allows you to do what you *really* want to do - *and* to rest and take it easy appropriately along the way.

The truth is that laziness is a cheat. It's a siren that promises you gratifications and rewards which it ultimately fails to deliver. Doing nothing looks very appealing, but in the end leaves you depressed and hollow. But overcoming laziness is not about condemning yourself to endless 'busyness' either. It's about seeing through the false enticement and learning how to build a powerful inner commitment to yourself.

Using Hypnotherapy audio session to build a deep commitment to your *personal* goals

Stop being lazy Hypnotherapy audio session is a Hypnotherapy audio session which uses a compelling hypnotic process to clear your mind of the fog (or perhaps swamp would be a better word) engendered by laziness. As you relax deeply to carefully formulated hypnotic suggestions,

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Increase Personal Productivity by Hypnotherapy Manish Patil

you'll find yourself easily developing a powerful new awareness of who, and what, you want to be in your deepest self.

From this basis, you will find yourself almost effortlessly developing a new vision and drive that will carry you through the projects *you* want to see succeed, even when the going gets tough. At the same time, you will subconsciously master the art of true relaxation, which is the balancing point between directed activity and restorative rest.

Buy *Stop being lazy* Hypnotherapy audio session and get to work. On the right thing. Visit www.hypnotherapy.eorg.in now.

How much of your life does watching TV steal from you?

Hypnotherapy audio session can break your TV habit - today

There's no question about it, watching TV is addictive. It's so easy just to switch on and zone out.

And like any addiction, even when you have decided you will watch less TV, before you know it, you're watching again.

But how much time is it stealing from you?

And how valuable is that time really?

Do you want to live your own life or other peoples' ?

Just think - in future many people's memories of their life will really be memories from TV shows - not their own memories at all! Based on current averages, by the age of eighty, eleven solid years of someone's time would have been spent watching TV. Is that really living life? Do you want to watch life from the sidelines or be a full participant?

Watching too much TV is bad for your brain - fact.

Watching too much TV exhausts what psychologists call the orientation response, making you feel tired and depressed. It may feel like it relaxes you but it actually agitates and tires your brain.

Added to that, brain scans show that TV inhibits your thinking brain. Within thirty seconds of starting watching TV the critical part of the brain shuts down leaving us less 'human' than we would normally be.

TV is like a magic genie that hypnotizes for its own ends. Too much TV tends to make us fat and lazy. And when you watch less TV *you* become one of life's players.

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What could you could be doing if TV didn't steal so much of your attention?

Buy 'Watch Less TV Hypnotherapy audio session ' now and claim the stolen hours back. Visit www.hypnotherapy.eorg.in now.

Magnificent Memory

Improve your memory with the help of Hypnotherapy audio session!

So, how is your memory? Have you ever read a page in a book only to struggle to recollect what you have just seen? Or just closed your eyes and tried to envision the picture before you, but find yourself unable to put the pieces together? Are you having trouble at school or at work because you can't seem to remember things?

Having a poor memory is not good. The inability to recall information when we need it isn't only frustrating; it can be detrimental to our careers and our lives. Some people have an amazing memory, and **a mind which functions almost photographically**, capturing every moment as though it was on film and filing it away for easy retrieval whenever they desire. **Unfortunately, not everyone is born with this spectacular memory**, able to absorb everything they see, touch and hear. Most of us of us study material for hours on end only to find that we have retained a fraction of the work.

The fact is our brain is much like a sponge. While it does absorb quite a bit of information temporarily, all it takes is just a little pressure and you lose a good portion of its contents. **The trick to a good memory is to actively decide what information is necessary to retain and that which can be let go.** The way we have stored information to memory up to this point is mostly automatic. **It takes more than just telling yourself "I need to remember this" to truly retain;** you have to convince your unconscious (subconscious) mind to assign it a level of importance and file it to memory accordingly for quick recollection.

Imagine what it would be like to:

- Retain all the information you need and release what you don't!
- Get better grades at school or impress your boss with your memory powers!
- Learn a new language, instrument, or any topic you find interesting!

The power of the mind is almost limitless, if you know how to unlock its abilities. Self hypnosis is a form of deep relaxation that allows you to reach into your unconscious mind. Here, you can replace your previous automatic response to memorization with an improved sense of recall. Your brain has the ability to retain this to memory - **you just have to speak directly to its source and motivation.** This self hypnosis MP3 hypnosis Buy can help guide you to a magnificent memory!

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Unlock the power of your unconscious and improve your memory! Visit www.hypnotherapy.eorg.in now.

Effective Money Management

Take better care of your finances with the help of Hypnotherapy audio session!

Money can be a tough subject to discuss. Some of us have it and some of us don't. Some of us overspend when we really shouldn't, while others hoard every high-earning cent yet choose to live as paupers. **When it comes to money, balance is obviously ideal, but that isn't always the way it happens.** Not all of us were given great examples or taught how to handle our finances. We may feel just a bit out of control or like we're drowning in debt. Maybe we just want to save a little more and learn to make our monetary decisions more wisely. Either way, **managing your money more effectively is within your reach.**

No matter what the issue with money, sometimes just broaching the subject can create anxiety among even some of the most seemingly serene people. It doesn't have to be that way. Managing your money effectively is certainly a matter of learning a thing or two about finances, but it's also just as important to learn about yourself and **your ability to exercise self-control.** Even the most debt-ridden person can turn their financial existence around if they are committed to it. Our issues with money are not as superficial as they seem. More than likely they run much deeper than you realize. Understanding why managing your money is so difficult is the first step to finding your solution.

Hypnosis can help people have a better understanding of their unconscious minds, behaviors, and emotional experiences everyday. Hypnosis is a great way to relax deeply and find out what it is that causes us to make the monetary decisions that we do. Do you want to have more control over your spending? **Do you want to make better judgments when it comes to money?** Hypnosis can help you accomplish these things by encouraging you to be more honest with yourself and recognize your destructive or hindering behaviors when they surface.

Imagine what it would be like to:

- Have more control of your spending and say goodbye to impulse buying
- Learn to make wiser monetary decisions and feel better about your finances
- Understand your relationship with money and how it impacts your life

This Hypnotherapy audio session won't cure all your money issues overnight, but it will put you on the right to personal financial control.

Let Hypnotherapy audio session help improve your fiscal responsibility! Visit www.hypnotherapy.eorg.in now.

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How to be more productive and get a lot more out of your day

Train yourself to start doing more of the 'right' things, with this Hypnotherapy audio session

If you really want to be more productive, the best place to start is by doing *less*.

Surprising, isn't it? You'd think that key to improving productivity must be related to doing *more*. But this is a genuine case of *less is more*.

You're already doing too much. Stop!

People who fret about their poor productivity are quite often worried about the wrong thing. They worry and feel guilty about *not doing enough*. But the real barrier to greater productivity is far more often that they are *doing too much*. Too much of the wrong thing, maybe at the wrong time.

What are you doing that's 'wrong'? That's a very loaded term, of course, and we'd all like to think that everything we do is rational, sensible, important, necessary, and - if only we were perfect! - we'd be able to do it all! (This is where the guilt comes in - it's about *not being perfect*, not about *doing the wrong things*.)

The first step to being more productive is to change your mind

So the first step to improving productivity is a mental shift. There are 24 hours in the day. And you're not perfect. (Sorry, but it's true!) This is nothing to beat yourself up about, because nobody else is perfect either. This means that, for you to get the most out of your 24 hours on a regular basis, you need to;

- a) be clear about what you really want and
- b) discard and put aside *everything* which doesn't lead to what you really want.

Easier said than done!

How Hypnotherapy audio session can help you in improving productivity

Be more productive Hypnotherapy audio session is a Hypnotherapy audio session which is going to turn your world upside down. Or rather, inside out. It will take you into a profoundly relaxed deep trance state. Powerful hypnotic suggestions will take you deep into your inner core and re-connect you with what your life is really all about.

You won't hear any preaching. You won't hear any moralising. Instead, you will be given immensely powerful tools for making choices that are right for you and in line with your

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personally chosen values. You will begin to easily discern what really matters in your daily activities and to ensure that *this* is what gets done.

Buy *Be more productive* Hypnotherapy audio session and make more of your days what you want. Visit www.hypnotherapy.eorg.in now.

Get your plans back on track and reach your goals

If you're like me, you have any number of abandoned plans strewn behind you. Plans that might include such laudable goals as getting fit. Or eating healthily. Or finishing that DIY project. Or learning a language. Or whatever it might be. It can be disheartening to look back and see how many schemes you started - and didn't finish. But what is the trick to getting a plan back on track? Is it just a matter of will power?

The best laid plans can go off track

Going 'off track' always seems to happen in the same way. Things generally start off fine. You get this good idea, you decide to put it into action, you make a plan and - full of enthusiasm - you get going. At first, things go well. You get a lot of satisfaction out of the progress you make. You even start looking forward to the celebration you will have when you reach your goal. Then something takes your plan off track.

Small things can derail a plan

And what is that 'something'? Disconcertingly, it can be something very small. We're not talking major obstacles here. It can be something as small as waking up with a sore throat and 'just not feeling like it'. It can be something as small as a throwaway negative remark from another person - perhaps not even an intentional one. It can be something as small as a little spirit of rebellion which shouts 'Won't!'

So you don't.

What happens when you're 'off the rails'

And then, once you *are* off track, it's as if your plan or scheme turns into some kind of bogeyman. Huge and threatening and impossible to overpower. It suddenly seems as if pursuing that particular plan will require such a vast amount of energy and time, there is almost no way you can justify it. After all, you have a life to lead. You have other things demanding your attention. So you let it lie.

Repeating patterns make it harder to get back on track

A bit further down the line, you might be troubled by some regrets. 'Why didn't I...?' 'What would life be like if I had...?' You might even enthusiastically take up a totally new plan in order

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to quash those feelings - only to find the same pattern repeating itself. After a while you might conclude that you're not much good at accomplishing things and beat yourself up in secret over it.

Powerful ways to get your plans back on track

At this stage, it can be tempting to just throw in the towel and give up making plans. But there *is* a way to get yourself back on track. If you're prepared to learn a new way to make plans, that is. If you've always gone about making plans in the same way, the thought of adopting a new approach can seem daunting. But if you make use of powerful learning tools like hypnosis, you can instigate change almost effortlessly.

Using hypnosis to help you plan more effectively

Get back on track Hypnotherapy audio session is a Hypnotherapy audio session which will both give you a new way of understanding and modifying your own plan making process to make it more effective *and* instil a whole new set of behavior patterns.

Get back on track Hypnotherapy audio session works by taking you into an optimum learning state - that is, a mental state in which it is easy for you to make beneficial changes in your own life patterns. *Get back on track* Hypnotherapy audio session will not tell you what to do. Instead it will help you create a new paradigm for deciding what to do for *yourself*.

Regular listening to *Get back on track* Hypnotherapy audio session will help you embed effective planning processes so deeply that you will wonder how you ever did it any other way.

Buy *Get back on track* Hypnotherapy audio session and take *your* plans to the limit. **Visit www.hypnotherapy.eorg.in now.**

Overcome lethargy

'People, who are enthusiastic and happy, lethargy and boredom never plague them.'

Rig Veda

Are you tired of being tired; bored of being bored?

Lethargy robs you of motivation and without motivation you do nothing. If we do nothing we fail to live and develop. It's often, but not always, easier to do nothing than to do *something*. But even the most lethargic among us will usually be motivated to scratch an unbearable itch or to remove a hand from a hot plate. So, people without motivation *do* have motivation sometimes.

Causes of lethargy

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If you have become unusually lethargic recently and this is out of character then we urge you to seek a medical diagnosis as there may be a physical cause. So consult your physician. Unstable blood sugar levels, food intolerances, diabetes and chronic fatigue syndrome may all be causes of lethargy. Or perhaps you have been over working and have just become exhausted and simply need to rest. But if you feel your lethargy has just become a habit and it's now automatic for you to respond to a call to action with a: 'What's the point?' or a: 'Why bother?' then *Overcome Lethargy* Hypnotherapy audio session is for you.

Learnt lethargy

There is no 'gene for lethargy' (just as there is no gene for depression) but attitudes can be passed from one person to another like an infection. Maybe people around you are non-doers or family members were apathetic and you just picked it up. Perhaps you are unhappy about certain things in your life and that has made you stop bothering just when you need to be proactive. Maybe there are things you just know you should be getting on with but you procrastinate and have become one of life's spectators.

If 99% of success is about showing up then clearly lethargy is a big disadvantage. If someone is happy with being lethargic and just being along for the ride that's ok but most lethargic people seem unhappy and bored.

Lethargy and pessimism

If boredom is twinned with lethargy then pessimism is a first cousin. Because if '*it won't work anyway*' then what's the point of even trying? Pessimism and lethargy can be brain washed into people by a wider group.

Lethargy as a 'get out clause'

Some people consciously or unconsciously may believe that not even trying is better than trying and being seen to fail. This may seem cowardly but it certainly does happen.

This relaxing Hypnotherapy audio session seeks to lift lethargy and give you a shot of motivation and compulsion to act and work.

Buy *Overcome Lethargy* now Hypnotherapy audio session and make the first move to a happier life. Visit www.hypnotherapy.eorg.in now.

Overcome Writer's Block

Let Hypnotherapy audio session release you from the nightmare of writer's block!

Writing is an art form that can flow as free as a river just as easily as it can go dry or hit a dam. Sometimes the progression is slow and the words just gradually dissipate from your mind. Then

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there are other times where harsh life events throw us off track completely hindering our natural creative state.

Sometimes even seemingly innocuous occurrences can lead you to an empty page. Then all too often we are completely unaware of the cause for our inability to write. All of the sudden it just stops. For a writer this can be a frustrating, painful, and even costly experience.

What happens when you sit down to write and find yourself struggling to put the words on the page? Does your mind run rampant with too many thoughts and you feel lost in a swarm of sentences? **Or does it simply go blank leaving you at a loss for any idea or feeling?** Maybe you find yourself thinking about completely unrelated details or intruded upon by outside interruptions that normally wouldn't even phase you. **Whatever the case, overcoming writer's block is possible.**

Artists often find themselves temporarily out of commission. The issue does not rest outside you in events or distractions, but is actually within your own mind. Your block is an unconscious one and once it is released **your words can once again flow freely.** Hypnosis is an excellent tool for any writer. It allows for quiet reflection and exploration of the creative unconscious mind. Deep relaxation, visualisations, and other hypnotherapy techniques **can help free you of your temporary writing distress.**

Imagine what it would be like to:

Effortlessly fill the page with meaningful expression

Find a deeper internal creative connection and process

No longer suffer from lack of ideas or wrestle with a blank slate

Hypnosis has helped a great number of people overcome obstacles in their lives. Giving yourself and your mind the time and attention it needs to relax and release the grip of life's frustrations is a great gift.

By listening to this Hypnotherapy audio session for writers block regularly **you'll hopefully find yourself filling pages with ease.** Even better, you may find that your increased understanding and connection to your creative unconscious improves the quality of your work.

Start writing again with the help of Hypnotherapy audio session! Visit www.hypnotherapy.eorg.in now.

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Be inspired to overcome obstacles and make the most of life

Life's hard, there's no getting round it. Sometimes it can seem that no sooner have you dealt with one crisis or problem than another springs up. Sometimes it can seem as if battalions of obstacles have formed *on purpose* to besiege you. No wonder you dream of a magic wand to whisk all your problems away and leave you without a care in the world.

No worries doesn't mean nothing to worry about

Interestingly, appealing though that fantasy is, not having a care in the world wouldn't actually be good for you. If you have *no* problems, *no* challenges, *no* obstacles to overcome, this might be fun for a while but is guaranteed to bring you stress of a different order - terminal boredom.

Rising to life's challenges and overcoming the obstacles that stand in our way is what makes us grow as human beings. The fact is, we *need* challenges to stretch us and help us make our lives meaningful and satisfying.

Overcoming the attitude obstacle

By far the biggest barrier to finding our way through the obstacles and challenges in our lives is the notion that if a 'solution' isn't easy or obvious, it's better to give up. Of course, if you are facing many difficult problems in your life, you can feel overwhelmed sometimes and be tempted to stop trying.

But this is *just* the point where an inventive and creative approach to problem solving can really come into its own.

Hypnotherapy audio session can help you develop creative skills to overcome obstacles

When you are really up against it, you need to do more than just 'think positive' in order to overcome obstacles. You need to be able to reach inside yourself to activate all the creativity with which nature endowed you (which is a lot). The *Overcome obstacles* Hypnotherapy audio session is tailor made to help you.

Overcome obstacles Hypnotherapy audio session will take you down into the deepest depths of relaxation. Freed from the preoccupations of everyday worries and concerns, your mind will be guided to see all the 'obstacles' in your life in a new light. A new solution focused outlook will become your basic mindset, allowing you to really move forward in your life.

Buy *Overcome Obstacles* Hypnotherapy audio session now and experience how creative problem solving overcomes all obstacles. **Visit www.hypnotherapy.eorg.in now.**

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Get help overcoming procrastination from a master!

Stop the waste of time that comes before a task or project even gets started.

If procrastination is a problem for you, you are not alone. Overcoming procrastination is the single biggest problem people cite as an obstacle to their success.

But why? Surely if you really want to achieve something, procrastinating about it just shouldn't be an issue?

There are all sorts of reasons why people procrastinate, and none of them are important. If you want to overcome procrastination, you need to focus on *how to achieve*, not on *how not to procrastinate*.

Buy our *Overcoming Procrastination* Hypnotherapy audio session now and get rid of all those old avoidance arguments... **Visit www.hypnotherapy.eorg.in now.**

Learn perseverance, persistence and determination and get that 'never give up' attitude

Hypnosis can train your unconscious mind to persevere, no matter what happens

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

Thomas A. Edison

People have always known that persistence and perseverance are a key ingredient in success. Hence the old saying "If at first you don't succeed, try, try again".

And recent psychological research has backed this up. Studies of successful entrepreneurs show that the millionaires in this world possess a tremendous level of perseverance - they stick at it not just when the going gets tough, but even when others tell them to stop.

"Patience and tenacity of purpose are worth more than twice their weight of cleverness."

Thomas Henry Huxley

Single mindedness, determination, dedication, self-belief and the inability to ever give in are what distinguish people who do great things with their lives from those whose dreams die with them. When you have great perseverance you take into account what others say but you don't let it rule you. You remain true to your vision.

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Your *Perseverance - Never Give Up* Hypnotherapy audio session will train your unconscious mind to become stronger and more determined. This will make irrepensible focus and perseverance feel natural.

Buy *Perseverance - Never Give Up* Hypnotherapy audio session now and watch your goals start to fall like ninepins under the force of your unstoppable drive. Visit www.hypnotherapy.eorg.in now.

Reach your goals once you've decided on them

It's exciting when you first decide to pursue a new goal. But the excitement can soon fade as the hard work of pursuing your goal kicks in.

Of course we all know that nothing worthwhile comes without work, but somehow the initial compulsion to achieve a goal can be incredibly hard to recapture once the initial glow has faded.

It's the tortoise that wins the race

We live in an 'instant world'. Instant emails, text messages, food and instant fame and fortune - or so it seems when we don't see the hard work that got celebrities where they are today.

We worship speed, instant solutions, fast track lives but the people who really make it big are the ones who can see through all that. They know that dogged determination, even when it feels thankless, is the way to goal success and ambition fulfillment.

Keep your passion burning

Maybe you've been wondering whether it's even right to follow your goal if it doesn't feel as exciting now. Maybe you've started making excuses to yourself in case you fail, or you can't really recall why you were so excited in the first place.

Well hang on a moment! Remember you had good reasons to follow your goals at the time and you need to recall those reasons not just logically but with your heart and your feelings.

Stay loyal to your goals even when it feels thankless and you will get the right reward at the right time.

Expecting to be 'paid' before the job is properly done (even if it's emotional 'payment') doesn't work. Your reward will come as a by-product of being able to work hard even when there is no instant reward. That will build something valuable in you and of course you'll gain the satisfaction and other rewards from actually achieving your goals.

This Hypnotherapy audio session will keep you focussed, positive, impassioned and true to your goal.

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Buy *Reach Your Goals* Hypnotherapy audio session now and begin to take your own dreams seriously. Visit www.hypnotherapy.eorg.in now.

Read more books to discover new worlds and new friends

Hypnotherapy audio session can help you shift from 'should read' to 'want to read' and create a reading habit

Why would anyone want to read more books? Isn't there quite enough reading to be done already, with your newspaper, your emails, your SMS messages, your surfing? Sure, you had to read books when you were learning to read, and to get through school, but now you've done all that. And you have TV to bring you plenty of entertainment and information at the touch of a button. So why read more books?

Reading books brings great minds into *your* mind

'The man who does not read good books has no advantage over the man who can't read them,' said Mark Twain (allegedly).

The easy access we now have to instant information and entertainment, over the internet or through the TV, is indeed a marvellous thing (and is, after all, what now enables you to read this page). But there is a world of difference between 'instant information' and the treasure that waits for you in books.

When you open a book, you are stepping out of your world and into a new world - the world of the author. This is true whether you are reading a novel or non-fiction. You are looking through the mind of the author. Through books, you have access to the greatest minds that have ever lived, anywhere in the world. You can spend your time in the company of people who really interest you - and *you* are in charge of the encounter.

Reading more books in the world of instant entertainment

Television and internet and cell phones have crowded books out of many people's lives. Re-establishing a reading habit can seem quite a challenge. Where will you find the time? What will it be like to tackle a book with several hundred pages? Will you be able to remember what was happening when you last put it down two weeks ago? What if the book you are reading turns out to be a waste of time?

Such questions may swirl in the back of your mind, and they are natural hesitations to experience. It would be good to find a way to appease the doubts and really get fired up to start reading more books straight away, would it not?

Use the power of your unconscious mind to get you reading more books

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Rather than telling yourself that you really *ought* to read more and feeling bad because you don't, why not tap into the power of your own unconscious mind to make beneficial changes for you? *Read more books* Hypnotherapy audio session uses hypnotic techniques to help you develop a new mindset about the place of books in your life.

You will be able to relax deeply, let go of all the 'oughts' and 'shoulds', and be carried away into a world of adventure that's just waiting for you. *Read more books* Hypnotherapy audio session allows you to easily and effortlessly create a powerful interest in and attraction to the books which are right for you.

Buy *Read more books* Hypnotherapy audio session and let the adventure begin. Visit www.hypnotherapy.eorg.in now.

Remember your phone. Every time.

Use Hypnotherapy audio session to program yourself never to forget your phone again

How often do you fail to remember your phone when you're getting ready to go somewhere?

What a pain! So much of life depends on having that mobile phone with you at all times. All your contacts are on it. All your messages. Your photos. Not to mention, nowadays, the all-important social networks that you frequent. And yet you still manage to leave it behind and find yourself cut off! And nobody can reach you either. (OK, sometimes that's good, but you should be choosing when to be out of touch!)

The cost of leaving your phone behind

Of course, it's not too bad if you've left it safely on your bedside table at home, or in your desk drawer at work. Highly inconvenient for a few hours, but at least you'll get it back again. That's not so certain if you've put it down in a restaurant, or left it on the counter in a shop. And then you have all that hassle of having to get a new phone, and tracking down all your contacts and pleading (again!) for their numbers.

But in all honesty, what can you really do to ensure that you never go out the door without this essential bit of kit?

There is a way.

Hypnotherapy audio session is a fast and reliable way to train your brain

Remember your phone Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists that makes it easy for you to quickly train your brain to instinctively check for your phone whenever you are going anywhere.

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

- quickly devise a fully customized 'phone trigger'
- learn how to set and fire your trigger automatically (and appropriately)
- establish a reliable set of phone management routines
- no longer forget to pick up your phone before you go anywhere

Buy *Remember your phone* Hypnotherapy audio session and be in charge of being in touch. **Visit www.hypnotherapy.eorg.in now.**

Develop iron self discipline and take charge of your life

Master the skill of self discipline and give yourself the respect you truly deserve

Do you find it hard to really stick to plans and projects you've enthusiastically committed to?

Do you find yourself getting distracted from what you know you should really be doing by trivial things?

Everyone's familiar with the 'do as I say, not as I do' model of life. It's easy to tell other people what to do. However, you don't really need to tell them. We all *know*, pretty well, what we *should* be doing right now. But are we doing it? And if we are doing it, are we doing it with our whole heart and soul and strength, fully committed to completion, or success, or whatever the particular goal is?

Celebrity culture is bad for developing self discipline

The celebrity culture that surrounds us today can actually make achieving our goals in life harder. Why is this? Because the way they are hyped in the media makes it *look* as if success should be easy, as if just wanting it hard enough is enough. It completely conceals the effort and commitment that lies behind real success. (We're not talking lottery wins here. We're talking getting there by your own efforts.)

A consequence of this is that when we don't get the success we hope for in life, instead of committing to work harder for it, we feel cheated! In turn this can lead us into defeatism and depression and low self-esteem. But all this is barking up completely the wrong tree.

Research shows discipline is at the root of all real success

Research has irrefutably demonstrated that what differentiates successful people from the rest is not their talent (important though this may be) but their *dedication* and *commitment* to working at being the best - whatever their field of endeavor. This means they develop the discipline to put in thousands of hours (yes, thousands!) to improve their talents or knowledge or whatever it is that they need to do really well.

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Increase Personal Productivity by Hypnotherapy Manish Patil

Aren't some people just born with self discipline? Certainly not. It's a life skill that you learn, like any other, and like any other, the more you practice it, the better you get at it. The very essence of good discipline is being able to *overcome* (you can't avoid it altogether) the pull of 'not feeling like it'. Nothing will be allowed to stand between you and what you need to do.

How Hypnotherapy audio session can help you develop iron self discipline

But if you haven't got good discipline already, for whatever reason, what is the best way to acquire it quickly and effectively?

Increase self discipline Hypnotherapy audio session is a Hypnotherapy audio session designed to help you make a transformative leap in your life and ease your path to disciplined control of what you want, and *choose*, to do. As you relax into a profound trance - the ideal state for absorbing important new learning - powerful hypnotic suggestions based on sound psychological research into the roots of success will be targeted directly into your unconscious mind.

Each time you listen to the Hypnotherapy audio session, you will find yourself experiencing a new burst of *directed* energy and commitment. As you observe what happens in your life on a daily basis, you will notice that you steadily

- get more and more focused on your goals
- put more and more effort into making progress
- more easily ignore those 'not feeling like it' times
- enjoy a greater sense of satisfaction and self worth
- see more and more concrete benefits from your progress

Buy *Increase self discipline* Hypnotherapy audio session and let the benefits shine in your life. Visit www.hypnotherapy.eorg.in now.

Increase Your Self Motivation

Let Hypnotherapy audio session help your self motivation!

Self motivation is a tricky thing. There are times when just getting out of bed can be difficult, let alone checking off everything on your 'to do list'. Why is it we can find a million and one reasons not to do so something, and at the same time struggle to find even just one reason to follow through on what we really ought to be doing? **All our actions and behaviors have underlying motivators** – some just speak louder than others. The trick is to learn how to turn up the volume on what it is we need to accomplish and turn down the volume on distractions.

Maybe you need help staying focused enough to get all the little things done, or do you have something a bit bigger in mind? Is there a goal that you've been trying to reach but your plans keep getting derailed? Do you tend to start things only to run out of steam midway through, or is getting started part of the problem? Wouldn't it be great to have the self motivation to tackle

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projects large and small without losing interest, running out of energy, or getting distracted? **Inside you there is a great fount of motivation just waiting to be tapped into.**

Motivation comes from our unconscious (subconscious) mind. This is why we can know on one level what it is that needs to be done and have every intention of doing it, yet still find ourselves drifting away from our goals. Something inside us is singing a different tune. **We have to get our unconscious mind on board with our plans** in order to maintain the motivation needed to get things done. Self hypnosis / hypnotherapy offers the fastest and most reliable way to make changes to our unconscious thinking, and thus to our behavior.

Imagine what it would be like to:

- Cross off items on your to-do-list with ease
- Maintain energy, interest, and follow through
- Be motivated to achieve your goals and more

Hypnotherapy audio session is a form of deep and creative relaxation. This Hypnotherapy audio session has been designed to **help you discover and clearly define your goals.** It includes advanced hypnotherapy techniques to help increase your energy levels and improve your focus. Hypnotherapy audio session won't make you super-motivated overnight, but with regular listening your to-do-lists can get shorter and projects can become easier to complete.

Increase your self-motivation with the help of Hypnotherapy audio session! Visit www.hypnotherapy.eorg.in now.

Stop self sabotage and get out of your own way

A relaxing Hypnotherapy audio session to help you help yourself

Are you your 'own worst enemy'?

Does your self talk do more harm than good?

Self-destructiveness can stem from early parental conditioning where nothing you did was ever good enough or from self-imposed standards of perfection. No matter why you undermine yourself, it is possible to change your self-talk.

Self sabotage can take many forms, none of them usually good. For example, you attend an interview but don't get the job. Maybe you didn't present yourself in the best way, but there are 1001 other factors involved that meant you didn't get the job, many of which you have zero control over. Maybe it simply wasn't the right job for you. Maybe you were over qualified. So how does that experience affect your performance at the next interview?

Don't believe the hype

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Listen to your 'bad self' and you'll start to believe your own negative hype, and undermine any confidence you have in your abilities or worth. So, at the next interview, you're over anxious and make more mistakes. You don't get the job and proved you were right to dis-believe in yourself. Eventually you stop applying for jobs.

Let's replay the interview scenario. How about letting your 'good self' have some airtime? How about learning how to relax deeply and experience at a unconscious level how to be more confident in your abilities and become your own best friend?

Hypnosis can teach you to tune out your 'bad self'

The *Stop Self Sabotage* Hypnotherapy audio session will get you on your own side, and stop you getting in your own way. *Stop self-sabotage* will encourage you to feel safe and relaxed about your future achievements and success.

All you need to do is pop on your headphones at your computer or plug into your CD or mp3 player and relax as limiting beliefs and perceptions begin to shift and powerful beneficial change gets under way.

Buy *Stop self sabotage* Hypnotherapy audio session and discover how much more you're capable of today... **Visit www.hypnotherapy.eorg.in now.**

Studying Success

Build mental muscles and study more effectively!

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

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

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

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

Imagine what it would be like to:

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

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

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

Use the power of your unconscious mind to study successfully! Visit www.hypnotherapy.eorg.in now.

Overcome Wedding Day Nerves

Don't let wedding day jitters ruin your big day!

Whether you're a man or a woman, getting married is one of the biggest events you'll ever experience. You're so happy to be marrying the one you love, but as the guest list grows and the exchange of vows gets closer, you begin to feel anxious. How will you handle it when the day actually arrives?

When you think about your impending nuptials, what sorts of fears come up? **Are you afraid your nerves will overshadow your joy or embarrass you?** Does the idea of standing in front of so many people leave your stomach in knots? Are you afraid you'll stumble over your words, or worse yet, your shoes?

Maybe you've had all of the above thoughts, or maybe there's another entirely private and personal reason for your anxiety. **Whatever the cause, your nervousness is natural.** That doesn't mean that you can't keep it in check though. You deserve to experience your big day in all its glory, not to be overwhelmed with jitters.

While our emotions often feel independent of our minds, in reality they are not. So why do we have trouble getting a hold of them at times? This is because many of the causes of our emotions and underlying fears rest in our unconscious (subconscious) minds. When we try to

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control our feelings with conscious thought, our efforts can be fruitless. Using the power of your unconscious mind, however, goes straight to the source.

- **Imagine what it would be like to:**
- Be strong, confident and fearless on your wedding day!
- Enjoy the flood of emotions without overshadowing anxiety!
- Feel calm and relaxed throughout the entire event!

Hypnotherapy audio session is a form of creative relaxation. In this calm state you are able to see things more clearly and bring about change in your unconscious mind. With the help of this Hypnotherapy audio session **you can develop a sense of calm control over your body and mind.** You will be guided through a visualization of your big day, experience it in all its splendour. Thoughts of your wedding can be filled with joy and elation, not clouded by shaky nerves and trepidation.

Let Hypnotherapy audio session guide you to a worry-free wedding day! Visit www.hypnotherapy.eorg.in now.

Get that book inside you outside you - write now!

Have you got a book inside you? Would you like to get it out? What's stopping you? Why aren't you tapping away furiously at your keyboard right now, putting it together? Or scribbling madly in your notebook?

Ideas count for nothing until you can count the words in your book

It's a funny thing, but we often get in our own way when we conceive of a dream like writing a book. We may be brimming with ideas for a story, or have a vivid notion of the characters, or even have an excellent plot all worked out in our heads. We may already be fantasizing about publishing deals and movie rights. But it all counts for nothing until the words that tell the story show up on paper and get submitted to a publisher.

What stops those words from getting on to the paper?

Book before writing equals cart before horse

Many people would like to *have written* a book. They like the idea of being a published author. Not so many are really prepared to commit themselves to the task of *writing* that necessarily comes before *having written*.

Two essential factors in writing a book

There are two essential factors in successful writing. Firstly, you have to have something to say. The idea you want to communicate, the story you want to tell, have to seem to *you* to be

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compelling and significant, *worth* sharing with the world. You have to *want* to tell us about it, and to believe that we will get something of value from reading your book.

Secondly, you need to commit yourself to the *task* of telling us. The average novel, as an example, contains somewhere between 30,000 and 80,000 words. You can't write a book in a day. It requires you to set aside regular time for writing, and to set yourself a goal of producing a certain number of words in a certain time.

Breaking down the task of producing a book

It's easy to feel daunted by the sheer size of the task of writing a book. This thought itself is probably responsible for most of the procrastination that besets would-be authors. But remember, the fact that it *can't* be produced in a day also means that you don't *have* to complete it all in one go. If you see your task as writing 300-500 words a day, say, rather than 50,000 words in total, it becomes much more manageable.

How to maintain motivation and dedication in writing a book

At the same time, you know that this means that you must keep up the momentum over a considerable time. So it's important to know how to maintain your motivation and commitment when you become tired, or feel uninspired, or when distractions occur.

This is where *Write that book* Hypnotherapy audio session can really help you. *Write that book* Hypnotherapy audio session is a for aspiring authors who find themselves struggling to get on with the task of writing.

Relaxing deeply while listening to *Write that book* Hypnotherapy audio session will help you overcome the psychological barriers to writing and boost your motivation and commitment to finish your book. You can use it before you start on the project, and whenever you feel that you might be flagging. It will help you keep the flame of inspiration brightly burning.

Buy *Write that book* Hypnotherapy audio session and share your inspiration with the world. **Visit www.hypnotherapy.eorg.in now.**

Overcoming writer's block doesn't have to involve your head and a brick wall!

Listen and learn how to free your creative mind with this Hypnotherapy audio session

Writer's block is one of those things that gets worse the more you think about it, don't you find?

However much you try and forget the idea of writer's block, it still lurks there, increasing stress and anxiety and making it even less likely that the words will come. The more you try to ignore it, the bigger it gets.

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A new approach is required!

Hypnosis can help with overcoming writer's block because it works at an unconscious level - getting away from the ineffective conscious effort. After all, that's where your best ideas come from, so it makes sense to use an approach that works on the same level.

The deep relaxation hypnosis brings, coupled with your own unconscious abilities to write can effortlessly restart your suppressed writing process.

Hypnosis can stop you putting the wrong sort of pressure on yourself and free up your creativity so that writer's block simply melts away, leaving the ideas free to flow.

Buy *Overcome Writer's Block* Hypnotherapy audio session now and look forward to enjoying writing again! Visit www.hypnotherapy.eorg.in now.

Write song lyrics that will move hearts and minds

If you've been writing songs for a while, and have tried everything you can think of to inspire yourself and fire up your ideas for song lyrics, and feel you are getting nowhere, you may feel like throwing in the towel. But it could be that you've just been looking in the wrong direction.

Why you might not be writing the best song lyrics ever - yet

The groaning self-help shelves of your local bookstore, however much real 'help' can be found there, also have a surprisingly pernicious effect. The sheer number of books on 'how to succeed at XYZ' (even writing song lyrics!) creates a powerful impression in our minds that, if we can only identify the right *method*, master the perfect *techniques*, carry out all the best *processes*, we are *bound* to get the results we want.

So it's a shock - and a huge disappointment - to find that, sometimes, even when we are pretty sure we are doing everything 'by the book', the results we get are so much less than satisfactory. Or, in your case, the song lyrics you write just don't hack it.

What's wrong?

What's really needed to get those song lyrics flowing

Creativity, by its very nature, can't be pinned down into a step-by-step 'how to' manual. Of course, you need to know the tools of your trade, but just as knowing how to wield a hammer and a chisel doesn't make you a sculptor, so writing song lyrics is about more than finding words that rhyme, or fitting syllables to a rhythm.

The 'how to succeed' approach seems logical at first sight, but is in fact the very nub of the problem. 'Logic' is the function of the left side of your brain, the part which calculates and

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deduces and makes plans. Writing song lyrics is not 'logical'. To write your best lyrics, you need to activate the *other* side of your brain - the part that works by patterns, and intuitions, and analogies, and metaphors.

How hypnosis can help you 'switch on' to writing song lyrics

As it happens, patterns, intuitions, analogies and metaphors are the medium through which hypnosis produces such dramatic effects. So it should come as no surprise that hypnosis is an ideal way to 'light up' the right side of your brain - the part that is most involved in song writing.

Writing song lyrics Hypnotherapy audio session will carry you away from the effortful struggle of conscious composition and teach you how to ignite your own inner inspiration. You'll find yourself feeling so much more relaxed about song writing, and will be amazed at the increased flow of ideas that come to you. *Writing song lyrics* Hypnotherapy audio session will help you amplify your natural creative talent and learn to 'put yourself in the mood'.

Buy *Writing song lyrics* Hypnotherapy audio session and unleash your inner songwriter. Visit www.hypnotherapy.eorg.in now.

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