

Increase personal Skills by Hypnotherapy

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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 in balance and one of the three forces more dominant than the other two assert themselves to maintain the balance, the balance between the three forces has to be maintained forever hence the cycle of Creation, Protection and Destruction will go on forever and nothing can escape it.

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

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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.

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

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

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

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

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

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

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

In which languages can I get my Hypnotherapy audio sessions

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

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

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

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 Hypnotherapy you'll be able to recall everything that's ever happened to you.

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

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

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

Summary

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 Skills by Hypnotherapy

You don't have to pass an exam before you get to live your life, but you probably wish sometimes that there were some courses in developing personal skills that you could take.

Some time in adolescence most of us wake up to the fact that life is more than just a random set of 'happenstances' (though there's plenty of randomness to go around). How our lives turn out also depends to a large extent on what we know how to do. Both outwardly, in terms of what you might call hard skills and knowledge, and, more importantly, *inwardly*.

It's easy enough to find courses to teach you anything from bricklaying to accountancy, but much more difficult to find courses to teach you how to handle yourself in difficult situations, or how to get on with other people, or deal with unpredictability, or get lucky.

When you look over our selection of Hypnotherapy audio sessions for developing personal skills, you'll see an ever growing library of Hypnotherapy sessions you can use to extend the range of what *you* know how to do. All our sessions are based on the latest psychological understanding of human functioning and interaction. And they're highly effective - and fun.

Learn how to ask for help and strengthen relationships with others

Hypnotherapy can help you overcome your resistance to asking for help when you need it

Is asking for help difficult even though you need it?

Do you always try to manage every single thing in your life by yourself, even when others are happy to help?

Self-sufficiency and personal competence are very highly regarded in our competitive society. We all (apparently, at least) subscribe to the myth that 'success' is something you make for yourself, and that you should be beholden to no one. Many of us feel obliged to keep up a front, that shows the world that we're doing just fine, thank you, we don't need anyone's help - even when our life or health is falling apart.

Why not asking for help is actually bad for you

This assistance resistance does you no favors. In fact, it actually damages you in a number of ways. It creates a hidden barrier between you and people who would willingly help you out. That means that *they* don't get to feel good about doing good. And that *you* don't get the benefit of whatever aid it was that they would have given you. That might not be the end of the world, of course, but it's an opportunity lost.

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And when this happens over and over, it can gradually sour relationships. If people *never* get to help you, to do you a favor, the very basis of relationship - reciprocity - gets undermined.

The trouble is, not asking others for their help can, like any frequently repeated behavior (and repeatedly *not* doing something is just as much of a behavior as repeatedly *doing* something), become an ingrained habit. Even when you wake up to the fact that it might be a good idea, at least sometimes, to turn to others for assistance, it feels so unnatural that it begins to seem like you *can't* do it.

Hypnotherapy can help you get better at asking for help

Fortunately, even deeply ingrained habits, and even those which have grown out of our (usually unreliable) ideas of how other people see us, can be modified with the help of Hypnotherapy.

Asking for Help is an audio Hypnotherapy session developed by psychologists with wide experience in helping people establish more beneficial behavior patterns. As you repeatedly relax and listen to this powerful Hypnotherapy audio session, you will notice that

- you no longer feel stressed or anxious at the thought of asking for help
- you become more open to the idea that it's okay for others to help you out sometimes
- you gradually engage different kinds of help from different people without feeling that your capabilities are in doubt
- relationships and friendships flourish
- you feel equally happy managing by yourself and requesting assistance when appropriate

Buy *Asking for Help* Hypnotherapy audio session and let other people get closer to you. **Visit www.hypnotherapy.eorg.in now.**

Develop Powerful Intuition and Trust Your Instincts

Learn how to pay attention to your unconscious with this Hypnotherapy audio

Do you go with your 'gut' or does logic rule the day?

Common sense might tell you to ignore your instincts because there is no evidence to support that decision or viewpoint. But sometimes your 'head' should listen to your 'heart' and go with what you feel and not what you think.

Intuition: Knowing what you don't 'know'

It's been estimated that a trillion bits of information enter our senses every second but only a fraction of that ever makes it to consciousness. But your unconscious mind picks up all kinds of signals that you are not aware of.

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These signals can nudge your conscious mind which may dismiss these feelings as irrational and groundless. Strong emotion distorts perception but true intuition happens when the mind is calm and receptive.

Intuition: Feelings not thoughts

When there is something significant going on that reaches your unconscious mind but not your conscious, then all you know (consciously) is that something does or doesn't 'feel right.'

But if there seems to be no good logical reason, then you may discard the feeling as superstition or as irrelevant, but it might just be your unconscious trying to alert your conscious mind to something important and maybe you should actually pay attention.

Many of us have abandoned our intuitive powers

Modern life tells us to only rely on logic and reason but your unconscious mind can calculate with lightening speed - relaxing and trusting it can make you more powerful in life.

People with great intuition know how to watch, observe and see patterns. Once they observe these patterns, they can make calculated guesses - the unconscious mind can make a guess about something on the basis of you having picked up a pattern.

For example, your unconscious mind could pick up the pattern that most of the doctors you meet wear a certain type of clothing or even exhibit certain facial gestures. Maybe these patterns don't really make it to your conscious mind but next time you meet a doctor you may just get the feeling that he or she is a doctor. Your guess turns out to be correct and hey presto it seems like psychic phenomena.

When you really observe and notice patterns, you can have fun making predictions. You can start guessing stuff about people based on feeling (such as what they do for a living) and then find out whether you're right. This will strengthen your intuitive powers, however you can really enhance your intuition with Hypnotherapy.

Hypnotherapy a direct access to your intuition

Hypnotherapy is a direct link to your unconscious mind. By learning to use Hypnotherapy in your life you'll strengthen your intuition because you'll:

- Be more relaxed.
- Be more open to patterns in life.
- Become more aware of your own intuitive voice trying to make itself heard.
- Use your intuition to make better decisions and predictions.

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Buy *Develop Powerful Intuition* Hypnotherapy audio session now and claim your birthright. Visit www.hypnotherapy.eorg.in now.

Be more competitive without being combative

Do you wish you were more competitive? Does it sometimes seem that the other guy gets ahead all the time? Would you like to really champion your own ideas and be more forceful and driven to succeed and actualize your dreams? Do you want to strive to win?

The purpose of this session is to motivate your mind to drive more towards the goals you want to achieve. Maybe you had picked up along the way ideas such as 'nice people' don't drive themselves forward ahead of others. The fact is that you can be hugely ambitious and driven with a strong competitive force within you *and* be a decent human being and want what is good for everybody.

Healthy competition is a powerful motivator

Competitiveness is like a motor which powers you on. You want to be better than others and *do* better than others because you have self respect and take satisfaction in doing absolutely the best job you can do. Being competitive doesn't have to mean treading all over others or putting other people down - it just means *you* working hard to get ahead of the field. What the rest of the 'field' does is down to them.

Social conditioning and competitiveness

Some people feel it's bad to be competitive. 'Don't be too pushy!' They have learnt from others that it is somehow unkind or inconsiderate to forge ahead of others. They feel that we should all be mutually supportive, that it's wrong to 'thrust yourself forward' and want to be the best and that competition leads to inequality.

But these very same people will happily reap the rewards of years of fierce competition when they: take medicines, drive their car, watch a movie, eat at a particular restaurant and enjoy sports. None of these necessities and pleasures is possible without the instinctive drive to perform at your best and be the best. Medicinal knowledge and lifesaving surgical innovation came about because of prolonged and intense competition (1)

Being competitive and helping others

In other words we don't have to be competitive at the expense of others but as way of bringing improving the life of everybody around us because when you improve things you improve them for everyone. The world is more 'connected' than ever before. The 'digital revolution' and the lowering of trade and political barriers means that a business man in New York can work with people in India and supply to other people in Western Europe without meeting any of these people face to face. Researchers in medicine can work and *share* information with other researchers all around the world

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because of the new technology. Make no mistake these researchers and business leaders have maximum competitive drive but the fruits of their competitive drive will help everyone.

Your competitiveness

Of course knowing how to be competitive doesn't mean you always have to be competitive. Having to beat a three year old in a running race because you 'have a competitive nature' just shows lack of generosity. This session focuses on you becoming more competitive where it will really count in your life-where it is needed.

Buy *Be Competitive* Hypnotherapy audio session now and get yourself into full throttle toward your destination. Visit www.hypnotherapy.eorg.in now.

(1) See the excellent 'The Rise and Fall of Modern Medicine James Le Fanu' for an excellent description of how lone effort and competitiveness by the few benefited the many.

You don't always have to be right - let go of it today with Hypnotherapy

When you no longer have to be right all the time, your life and relationships can really flourish

Does it feel very important to you to be, and be *seen* to be, in the right over any disputed matter?

Are you fed up with constantly getting into petty arguments and rows over differences of opinion?

There's no denying that it feels good when our views and opinions are validated by events, or otherwise shown to be correct. It gives a boost to our self-esteem and (let's admit it) allows us to feel superior to the people who turned out to be 'wrong'. There are also times when being proved right really can be a matter of life and death - when you have been falsely accused, for instance.

Do you have to be right to know who you are?

But in fact it's fairly rare for it to really matter, in any fundamental way, who is right and who wrong. Sure, we all have opinions, and they matter to us because they are part of 'who we are'. But this is true for *everyone*. And it's very evident that our opinions are more often at variance than they are aligned. So arguing over who is right is often just setting up 'who I am' against 'who you are' - which can only end in trouble.

The painful consequences when you always have to be right

This may be what has brought you to this page - the trouble that follows from an excessive insistence on being acknowledged as 'right'. It's hard to have rewarding relationships with people whose opinions you feel bound to quash because they conflict with yours. It can feel as if life is nothing but

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one great long string of petty - yet ultimately debilitating - arguments. Being right can go really sour on you.

There can be many reasons why you developed a habit of insisting on being right whatever the circumstances. It may be due to childhood experiences of having your opinions ignored, or later conflicts where you felt you had to assert yourself in order to get what you needed or wanted. But behaviors that are adopted in times of real need can become fixed and turn into hindering habits that are no longer appropriate to your life.

When you accept differences you don't have to be right all the time

The good news is that even long-established negative habits can be modified and replaced with more beneficial and fruitful ones. And the even better news is that dropping the habit of having to be right won't make you 'wrong'. Instead, it will allow you to accept and acknowledge the right (!) of others to have their opinions without feeling that your own position is somehow threatened.

Hypnotherapy can help you let go of the need to have to be right

And the best, simplest, and most effective way to set about changing a long-standing habit in favor of a better one is to use Hypnotherapy. Hypnotherapy allows you to access that part of your mind which manages your instinctive behaviors. People imagine that instinctive behaviors are 'fixed' and unchangeable, but this is not so. Our brains constantly construct new 'instinctive' behaviors, and Hypnotherapy lets you in on this.

Stop always having to be right Hypnotherapy audio session is an audio Hypnotherapy session created by experienced psychologists that will allow you to comfortably and easily develop a new, wider perspective. As you relax into a wonderful deep trance state, your mind will open up to a range of new possibilities for dealing with the inevitable differences of opinion that will occur on any given day.

As you listen to your Hypnotherapy audio session on a regular basis, you will notice that you

- see more of the 'big picture' of life
- feel calmer when conflicts of opinion arise
- actually look forward to discovering the opinions of others
- begin to value what you can learn from differences
- get on better with other people and enjoy more respect

Buy *Stop always having to be right* Hypnotherapy audio session and open up to the world. **Visit www.hypnotherapy.eorg.in now.**

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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 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. Hypnotherapy 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.

See the best in others and get more out of life

Hypnotherapy is a gentle and effective way to use your natural abilities and seek out the best in people and be more relaxed about their short-comings

There's a famous joke that goes "Just because you're paranoid doesn't mean they're *not* out to get you!" It neatly expresses the dilemma we face when trying to discern the motives behind other people's actions. Should we always be suspicious and cynical and so protect ourselves from cheats and swindlers? Or should we always look for the best in others and shut our eyes to the treachery and manipulation that certainly are 'out there'?

Is seeing the best in others childishly naive?

It's easy to accuse those who urge us to 'see the best' of being 'Pollyanna-ish'. Pollyanna is the fictional heroine who is cheerfully optimistic about everything and always maintains a generous attitude toward the motives of other people. It sounds lovely - but what about all the evidence that

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people can (and do) act out of malice, greed, jealousy, ambition, ignorance, incompetence, and so on? You can't just wish it away.

There are no 'others' - we are all human

We can't make the world a nice place just by wishing it, of course. But seeing the best in others is actually *not* about pretending that everything in the garden is rosy and there is no problem. It's about recognising the shared humanity of all of us. This means acknowledging that we ourselves have weaknesses and faults, and we know that we are doing the best we can, whatever others think. And so are the 'others'.

The benefits of recognising what we share

When we begin to recognise that those 'others' are not an alien species, but people like ourselves making the best job they can of the lives they have, with more or less success depending on their circumstances and skills, it becomes possible to give them more 'leeway', so to speak. Some tolerance, some room for imperfection and foible, some space in which to recover from blunders. And the results can be spectacular.

Seeing the worst v seeing the best

We all hate to be judged, and being judged inexorably brings out the worst in all of us. Judgment, in fact, becomes a self-fulfilling prophecy. If we can refrain from judgment, from negative expectations, from 'seeing the worst', we open up the possibility for positive developments. Understanding that others are *already* doing the best they can, and that if we *help them do better* everybody is going to benefit.

There will still be cheats and liars and troublemakers, of course (sad to think that *that* is the 'best' they can do...), but you can recognise them soon enough, and they are far fewer in number than 'seeing the worst' allows you to see. When you really see the 'best' in others, you can draw so much more from them - and so much more from yourself.

Hypnotherapy can help you develop the capacity to see the best in others

Seeing the best in others Hypnotherapy audio session is an audio Hypnotherapy session which will allow you to develop and enhance your capacity to take this wider view of people for your own benefit and the good of others.

By listening regularly to *Seeing the best in others* Hypnotherapy audio session you will enjoy the benefits of deep relaxation and gain a deeper psychological understanding of human motivation and capacity. Powerful hypnotic suggestions will allow you to move effortlessly from an outlook based on suspicion and cynicism to one based on a realistic and sympathetic understanding of yourself and others.

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Buy *Seeing the best in others* Hypnotherapy audio session and transform *your* life and relationships. Visit www.hypnotherapy.eorg.in now.

Keep a Calm Cool Head in Stressful Situations

Learn how to protect yourself from emotional overwhelm in a crisis

Do you find yourself getting all worked up when crisis and pressures fall upon you? Does your heart race and your palms moisten as you try to deal with demanding situations? Do you get overwhelmed by emotion? Is it hard to think straight and see your way towards what you have to do?

Getting worked up is normal and has its uses.

It's reassuring to know that these responses to pressure are completely normal. The human body is a delicately balanced system, evolved over millennia, reacting to whatever is happening in the environment. Its primary goal, as for every living being, is to *continue living*. So its primary response is what we call the fight/flight response. Everything in you has evolved to get you, personally, out of trouble - fast.

Why fight/flight responses can't always help the situation

That you are here is testimony to the highly successful functioning of this system. But you might not always be thrilled to have your decision making powers taken over by this elemental life preservation system. The conditions of modern life are, for most people, so utterly different from those primeval pressures that this emotional response often turns out to be maladaptive. A contributor rather than a solution to problems.

Why you need to be able to keep a cool head when trouble looms

Every day now, people must face situations where neither running nor fighting are viable or advisable options. The ambulance crew attending a road traffic accident cannot afford to get caught up in the emotional impact of what is happening. The business director cannot run from the boardroom during a company crisis. His fellow directors won't appreciate it if he tries to fight them, either.

Even at the personal level, the ability to stay calm and collected is generally more useful than the power to run or fight. Everybody can get very worked up about family problems, for example, but you really need a cool head to untangle them and find solutions.

Hypnotherapy can help you learn to stay cool in a crisis

But while we wait for evolution to catch up - which won't be any time soon - you don't have to be at the mercy of your primal response system. Evolution has also provided you with a powerful way to influence and control your own instinctive systems, and *purposely* develop new responses.

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Keep a cool head Hypnotherapy audio session is an audio Hypnotherapy session which makes full use of the power of the human brain to generate and integrate new patterns of behavior which are just as powerful as our genetic inheritance. The relaxing Hypnotherapy audio session will show you how to develop the inner detachment you need to put your emotions aside at appropriate times. You will learn how you can be *inside* a situation and *outside* it at the same time - thus enabling you to see more of the 'bigger picture' around any situation.

You can listen to *Keep a cool head* Hypnotherapy audio session repeatedly to deeply embed the new 'blueprint' you develop for responding to crisis situations, and enjoy all the benefits that come from relaxing deeply while you do so.

Buy *Keep a cool head* Hypnotherapy audio session and protect your-self from emotional overwhelm in a crisis. Visit www.hypnotherapy.eorg.in now.

How to do whatever you need to do daily - every day

Allow Hypnotherapy to effortlessly develop and maintain a helpful habit

You know what it's like when you decide to undertake some new project, or adopt a new positive daily routine like regular exercise. You conceive the idea, you get all fired up with enthusiasm, and you start in on day one as if your life depended on it. At the end of the day you positively glow with satisfaction. On the second day you get almost as good a result as on the first day. On the third day, things begin to seem excessively effortful.

Now you're on the downward slope. By the fourth day you are thinking of excuses. On the fifth day you say to yourself "It won't matter if I miss one day." On the sixth day you are doing something else. In the back of your mind is a niggling disappointment that you try - with more or less success - to suppress and forget about.

Is it really possible to change daily habits?

How often have you encountered that pattern in life? Have you perhaps already come to the conclusion that there is no point in trying to establish a new positive daily habit in your life, because you are always bound to run into this wall?

What about positive suggestion?

In the early 20th century people were encouraged to use the autosuggestion methods of French psychologist Emile Coué to improve themselves. Coué advocated the daily use of a particular affirmation: "Every day, in every way, I am getting better and better." Just repeating this phrase in front of the mirror every day would help people make positive changes in their lives, he claimed.

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And he was partly right, of course. Giving yourself a regular dose of positive suggestion is likely to have positive effects in your life (you can put this to the test for yourself).

Change is easier when you work *with* the brain

You can't have helped noticing, however, that Coué's affirmation is rather general. Sure, it will help you develop an *overall* positive attitude to your life, which is undoubtedly a good and desirable thing, but can it help you actually establish the routine that you know you will need to do daily if it is to be ultimately successful?

Coué's method is effective because it works with the natural patterns of the human brain. And if you want to embed a new project or habit into your daily routine, you will be much more successful in this if *you* work with the natural patterns of the human brain too. Although a statement of will, such as "I am going to do X", is a great way to start, you need more than willpower to *maintain* a new behavior.

Using Hypnotherapy to embed a new daily routine

Do It Daily Hypnotherapy audio session is an audio Hypnotherapy session which you can use in the comfort of your own home to effectively establish the neural connections in your brain which underpin successful routine behaviors.

Regular listening to *Do It Daily* Hypnotherapy audio session will enable you to go beyond affirmations and actually make real changes in your inner attitudes and motivation, followed by concrete changes in your outward behavior. You will learn how to relax really deeply and use your unconscious mind rather than your conscious will to create an irresistible plan of action for yourself.

Buy *Do It Daily* Hypnotherapy audio session and get on the road to where you want to be. **Visit www.hypnotherapy.eorg.in now.**

Developing Resilience

Perhaps you are going through a lot right now. Maybe times are difficult and you aren't sure when things will improve. Resilience is a powerful ally. When you are resilient you keep going no matter what. Resilience means hope and optimism even when times are rough.

Resilience is a major component of 'emotional intelligence.' Developing greater resilience means you can keep going when others fall by the way side because 'if life throws you lemons then...make lemonade.' The capacity to keep positive no matter what is going on in your life will be like a magic talisman for you, invisible perhaps, but a source of power nevertheless.

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Resilience and depression

Resilient optimists are much more immune from depression. They are supported by the feeling that adversity is temporary, even if it's not clear how things will improve. And, of course when you become truly successful, it is due in large part to the fact that you kept at it even when times were tough.

The Russian writer Solzhenitsyn spent many seemingly hopeless years unfairly imprisoned only to be released, struck down with cancer, told there was no hope for him and sent to die on a 'cancer ward.' He spent years there, never giving up, to finally emerge cured and an internationally recognized writer. He kept on when all seemed hopeless.

In fact truly resilient people see hope where others see only decline, they see possibility where others see only obstacles and they have self faith and trust in the universe to help them out when others around them are ready to sigh and give up.

Whether you have been going through illness, divorce, job loss, bereavement... it can seem as if giving up is your only option. But your human heritage, the history of mankind is all about resilience, of keeping going and being strong in the face of adversity.

This hypnotic session *Develop Resilience* Hypnotherapy audio session will give a wonderfully relaxing experience at the same time as encouraging your unconscious mind to develop more and stronger resilience.

Buy *Develop Resilience* Hypnotherapy audio session now. Visit www.hypnotherapy.eorg.in now.

Develop a flexible attitude and see beyond assumptions and preconceptions

Learn to think more broadly and deeply about issues using Hypnotherapy

Do you have a flexible attitude? Railway lines and tramlines are useful things. You always know where you are with them. When everything is going smoothly, they get you from A to B without a hitch. But when there is something more than a twig on the track, you can get really stuck. If you run your life on predetermined tramlines, you may feel 'in control' and 'safe' - but inflexibility actually puts you at considerable risk.

The dangers of inflexibility

You may like to think of yourself as a person who 'knows their own mind'. You don't shilly-shally or 'sit on the fence'. This can be an admirable trait - unless it prevents you from changing your mind when the circumstances warrant it. If you can't easily adapt to a new state of affairs because it would mean abandoning a previously held view - and possibly appearing 'inconsistent' - those circumstances may crush you.

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Flexibility gives you the option to be inflexible when you choose

Of course, you may have reason to *refuse* to accept a particular viewpoint, and you are always at liberty to do so. If your decisions are based on the actual merits of the case, that's fair enough, and you would be prepared to face any consequences. The problem of inflexibility arises when decisions are based not on the merits of the case but purely on the need to maintain a certain self-image, or to hold on to pre-conceptions.

A flexible attitude prevents assumptions clouding your judgment

Preconceptions have been shown to have a measurable effect even on simple and uncontroversial decisions like identifying the object in a blurred picture. (1) How much more will they affect the decisions that really matter to us?

It is probably not realistic to think we can shed *all* preconceptions (and it would be pretty difficult to do so). But even learning how to escape from the grip of *some* assumptions can make you more flexible and adaptable - and therefore in a position to make more solidly grounded choices.

But how do you go about becoming more flexible?

You can use Hypnotherapy to help yourself become more flexible

Flexible attitude Hypnotherapy audio session is an audio Hypnotherapy session which will expand your mind. Using cutting edge hypnotic techniques and built squarely on solid psychological understanding of how human beings work, *Flexible attitude* will introduce you to powerful ways to become more creative and adaptive in any set of circumstances.

As you let yourself be carried away by the powerful hypnotic suggestions, you will find yourself almost effortlessly taking on board new perspectives and thinking both more broadly and more deeply about the issues which concern you. You will discover how to work out more flexible ways of *choosing* the most appropriate view for you in different situations.

Buy *Flexible attitude* Hypnotherapy audio session and watch your horizons grow. **Visit www.hypnotherapy.eorg.in now.**

(1) Interference in Visual Recognition. Jerome S. Bruner and Mary C. Potter, *Science* Vol. 144. no. 3617, pp. 424 – 425

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How to stop being so fussy while keeping your high standards

Everybody wants things to go right in life. We've all acquired a set of standards that we aim to live up to - and expect others to live up to. When things don't match up to our standards, it can be quite upsetting. Should we make a fuss and insist that our standards be met? Should we not be so fussy and accept a 'lower' standard? How we answer this question can have a big impact on our lives.

High standards - are we right to fuss about them?

At first sight, it seems incontrovertible that setting high standards for ourselves and others is a good thing. It encourages us to aim high, and to improve things. Why should we put up with jobs not properly done, poor service, badly written communications, unpunctuality, shoddy products or any other manifestation of low standards? Like motherhood and apple pie, who is really going to argue against high standards?

The limits of perfectionism - where fuss fails us

The trouble is, the pursuit of perfection in all areas at all times can backfire on us. Whatever the particular set of standards we have adopted, if we cannot tolerate *any* departure from them *ever*, we severely limit our own power to appropriately assess and respond to different situations. This is because this fussiness tends to blind us to the 'bigger picture'. We focus on perceived imperfections, and miss what is really important.

Negative consequences of being too fussy

It's easy to see how this can have serious negative consequences. But this is not the only problem with extreme fussiness. The disappointment and irritation we feel when others fail to meet our standards lays a high burden of stress on us. This perfectionism can actually make us *more likely* to experience depression. And, as if this were not already enough, we are likely to be quite unpopular, to boot. People don't like fusspots.

Keep your standards - and drop the fuss habit

But if you stop being so fussy, won't this mean compromising values? The very *thought* of abandoning a cherished principle can make us quail! But here is the good news. It isn't necessary to drop your standards in order to be less fussy.

How so?

When you put your standards at the service of a *higher* value, you give yourself *flexibility* in how best to serve that value. If you sometimes need to set a particular standard temporarily aside, you can do so in good conscience with yourself. And that leaves you with only the *habit* of fussiness to deal with.

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And habits, even deeply ingrained ones, can be easily and effectively modified when you use the power of your unconscious mind in Hypnotherapy.

Hypnotherapy can help you become less fussy and more free

Stop being so fussy Hypnotherapy audio session is an audio Hypnotherapy session which will take you into a profoundly relaxed state deep within yourself - to the place where your core values are created and maintained. With complete respect for the principles with which you have aligned yourself, *Stop being so fussy* will show you what other perspectives are open to you in being the person you want to be.

Through listening to *Stop being so fussy* Hypnotherapy audio session, you will learn how to work creatively with your own intuitions to increase your flexibility of thought and responsiveness to the many challenges that life will throw at you.

Buy *Stop being so fussy* Hypnotherapy audio session and discover new freedom and flexibility. Visit www.hypnotherapy.eorg.in now.

Know what you've got to be thankful for? The real gratitude attitude

Relax deeply with Hypnotherapy and rediscover what you have to be grateful for

Last time I looked, Google had some 250,000 entries for 'gratitude attitude'. There will surely be more by the time you read this page. If you skim through a few entries, you'll see pieces by ministers, rabbis, life coaches, business consultants, psychologists, and ordinary Joe Bloggers. They will all tell you that being grateful is a good thing.

Is it?

What research reveals about the impact of gratitude

Robert Emmons of the University of California and Michael McCullough of the University of Miami are engaged in a joint long term research project on gratitude. They aim to establish the nature of gratitude, its causes, and its potential consequences for human health and well-being. They've already published some interesting results. (1)

First result: gratitude improves well-being

Seven hundred people were involved in one of their first studies. They were divided into three groups. One practised daily gratitude, while the others undertook different 'control' exercises which did not involve gratitude. The 'gratitude' group were significantly more alert, enthusiastic, optimistic and energetic than the groups who were not practising gratitude. They felt better about themselves and their lives.

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Second result: gratitude improves mental and physical health

A particularly interesting finding was that the 'gratitude group' - who kept a daily record of things they felt grateful for during the study - had better immune system function and were less likely to be affected by physical illness. They exercised more regularly than members of the other groups, and were less likely to become depressed.

Third result: gratitude helps you get on in life

The study monitored not only how people felt, but also what they were doing while participating in the study. Those who were practising daily gratitude made more progress towards personal goals than those who were not. Academic studies apply strict statistical rules to determine whether findings are 'significant'. So for such a finding to be reported, something measurably distinctive must be going on.

But what have you got to be grateful for, exactly?

It can be surprisingly difficult to determine where to 'aim' your gratitude. Contemporary western culture gives the impression that we are all 'entitled' to the good things of life. At the same time, the 'good things' are implicitly and explicitly defined as material wealth, and happiness is equated with more stuff. Now, delayed gratification is no longer widely encouraged or valued.

The combined effect of these cultural pressures is to make us feel resentful and frustrated rather than grateful. If we don't get what we want (which of course we are 'entitled' to), we feel cheated and hard done by. What's to be grateful for? We lose sight of the significance of the small pleasures of life, and especially those which are not directly tangible, or which don't have a 'market price'.

So how can you rediscover the attitude of gratitude?

Even if the cultural bias is against you, or you feel that your own life doesn't seem to offer you much to be glad about, it is possible to ignite - and maintain - a gratitude attitude which will transform your life. Partly it's about recapturing the attitude of very small children (and *you* were once a very small child). Small children find the most mundane aspects of the world thrilling and enchanting. You can remember how to do that too.

Using Hypnotherapy to reawaken your sense of gratitude to be alive

When you have forgotten your birthright, the most powerful and effective way to remember and revive it is to use the power of your unconscious mind. Our unconscious minds hold many treasured memories which have been obscured during the course of our lives. Hypnotherapy can bring them back to light and make them available to you again.

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The Gratitude Attitude Hypnotherapy audio session is an audio Hypnotherapy session which focuses specifically on using deep relaxation and hypnotic recall to help you recover something which you once knew how to do perfectly well - be grateful for everything.

As you listen to *The Gratitude Attitude* Hypnotherapy audio session, you will be amazed at how powerfully and vividly long-forgotten memories of delightful experiences come back to you. They will remind you that, whatever the circumstances of your life, you do indeed have much to be grateful for. You will learn how to build up this attitude of gratitude into a powerful resource for your life.

Buy *The Gratitude Attitude* Hypnotherapy audio session and discover how to be glad all over again. Visit www.hypnotherapy.eorg.in now.

Note

(1) Emmons, R.A., & McCullough, M.E. (2003). 'Counting blessings versus burdens: Experimental studies of gratitude and subjective well-being in daily life', *Journal of Personality and Social Psychology*, 84, 377-389.

Be lucky by developing the luck habit

Use Hypnotherapy to learn at a deep, unconscious level, the 4 traits of lucky people

Sometimes things just work out well just when you didn't expect them to seemingly against all the odds. And this we put down to 'luck'. 'Boy that was lucky!'

But luck isn't just luck.

Or, to put it way luck isn't just something that happens to us but something we can make happen. What if luck were like a muscle that you can develop and encourage and make grow.

Remember the saying: 'Fortune favors the brave' Luck is so often a product of our behaviors and attitudes and what often appears to be just chance is actually the visible appearance and product of hard work, positive expectation, calm mind and strong intuition.

The result of these attributes can often seem like luck especially to others.

Luck is something we can encourage into our lives and it's lucky that some valuable research has been carried out on luck.

Richard Wiseman looked at the real secret behind the success of exceptionally lucky people. He found it to be a blend of attitude and behavior.

He found that lucky people shared these traits.

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Firstly they chase opportunity. If you don't expose yourself to luck you are unlikely to find it. So lucky people increase their chances of luck by exposing themselves to opportunity. If you make a sales call you are more likely to make some sales than if you don't make any calls at all!

Secondly Wiseman found lucky people will trust their intuitions and act upon them. We pick up many more signals from the environment than we consciously realise. When you 'pick up' something but it doesn't make it to consciousness then you will get a 'feeling' that something is a good idea or not a good idea. This feeling is an intuition. By leaning to act on them you will promote what seems to be luck in your life. To develop intuition your mind needs to be calm more of the time.

Thirdly Wiseman found that lucky people expect to be lucky. If you expect positive things then you are looking out for them and therefore more likely to find them. What we expect in life had huge implications regarding what we actually get. This is why placebo medications work.

And lastly he found that lucky people can feel lucky even when others can't see that there is any luck. They know how to positively re-frame what seems to be bad luck into good luck. They see the opportunities when things seem to have gone wrong. They see so called 'failure' as constructive feedback and of course this keeps them with a more positive expectancy about the future.

We can call these four characteristics 'luck magnets' and this deeply relaxing Hypnotherapy session is going to encourage you to develop these magnets within yourself and increase your power to attract more luck into your life.

Buy *Be Lucky* Hypnotherapy audio session and get the luck habit. Visit www.hypnotherapy.eorg.in now.

Inner Strength Booster

What is it that keeps some people self-controlled and functioning when others fall to pieces?

What keeps people fighting on, against all the odds when victory seems impossible to others?

When you develop rock solid inner strength - the sense that you *will* succeed, that you *can* withstand what might seem like insufferable circumstances or dangerous odds, is a core aspect in what separates the lives of winners from the also-rans.

Sometimes you just need to stay strong. When the going gets tough it's great to have a quick boost that can keep you strong right through to your inner core. Staying power and patience are just as much a part of inner strength as keeping your nerve.

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The inner strength feeling

So often you can lose the sense of your own strength as it becomes covered over by life's complications, trials, pettiness and adversities. This inner strength booster Hypnotherapy audio session is all about creating positive, optimistic thoughts but also giving you the *feeling* of your own strength.

Because you can't always control external events but you can *influence* them by the way that you are.

Your *intention* in life, your iron will, self-belief and strength of purpose can all be developed just as a muscle can grow stronger. This Hypnotherapy audio session will connect you deeply to a sense of your own inner strength and get you back on track encouraging the fast development of super inner strength.

Buy *Inner Strength Booster* Hypnotherapy audio session now and get your spirit back.

Develop true personal integrity - learn to keep secrets and promises

Shall I let you into a secret? What more fascinating question could you ever hope to hear? As soon as we hear the words, our hearts start to beat a little faster, our eyes brighten and focus, our bodies tense up. We are all anticipation. Why? Because having access to hidden knowledge gives us a sense of power. And the person who tells us the secret feels even more powerful. And that's why it's so tempting *not* to keep secrets.

Secrets and power - the importance of trust

We all like to give and receive attention, and sharing information, particularly if we have privileged access to it (i.e. we know a 'secret'), is one of the most satisfying ways to meet this basic human need. This is the basis of all gossip. "I know something that you don't. But if I tell you, you will be indebted to me." That's how it works. In most cases, it does little harm. But there are times when being able to keep a secret is vital.

If you have been in the habit of letting secrets slip, people who know you will also know not to trust you with something really important. Which means that your relationships with others will have little trust in them, and will be the poorer for it. You won't get as much respect as you would like.

Easy promises - a recipe for disappointment

And if you find it hard to keep a secret you have promised to hold safe, what about the other promises you make? Do you find yourself promising things before you've really thought about what it will entail, and then discover that you can't deliver on your word? It's very tempting to say 'yes' to people and so gain their approval. But if you can't deliver what you promised, the resulting let down can wreck your reputation.

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Personal integrity is more valuable in the long run

So ultimately we all have to weigh up the short term rush we get from sharing secrets that are not ours, or being over-ready with our promises, with the long term real benefits that come from knowing how to keep mum and how to say 'no' when 'yes' is not feasible. Being trustworthy and reliable. To ourselves and everyone else.

Hypnotherapy can help you build up your personal integrity

But just how do you set about building your personal integrity if you've not already had a lot of practice at it? It's not something you can take classes in. And old habits can seem hard to change. Particularly in view of the temptations. The answer is to tap into your deepest core values. And the easiest way to do that is to make use of the power of Hypnotherapy.

Keeping secrets and promises Hypnotherapy audio session is an audio Hypnotherapy session which takes the effort out of choosing a new path in life by making the new behavior feel natural and comfortable - as if you've been doing it for years.

Listening to *Keeping secrets and promises* Hypnotherapy audio session, you will find yourself relaxing more deeply than you have ever done before. But this is not an 'empty' relaxation. The masterful hypnotic suggestions you will hear will allow you to review your core values and magnify their power in your life, so that you can cast out unwanted behavior patterns and establish a new template more in keeping with the real you.

Buy *Keeping secrets and promises* Hypnotherapy audio session and let your true integrity shine through. Visit www.hypnotherapy.eorg.in now.

Learn How to Know Yourself Better

This effective Hypnotherapy Buy allows you to relax deeply, and calmly understand yourself better

Philosophers down the ages have encouraged people to 'know yourself'. But just what does it mean to *know yourself*?

To know yourself, you need calm

Knowing yourself isn't about 'loving yourself' regardless of what you are like or constantly berating yourself either. To really being to know yourself you need to be calm. You need to sometimes be able to observe yourself in a detached way without the distortions of emotion.

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There are many selves

Clearly, we are not wholly unified beings. When you observe yourself, you are many things. You have a social self, a work self, sometimes you are angry and sometimes happy... we all contain many parts.

When we begin to understand the workings of these parts then we can begin to have a sense of who we are.

Knowing yourself isn't a vague quest

So knowing yourself isn't some abstract navel gazing idea. It involves seeing yourself objectively, being honest with yourself about yourself and not using justifications or rationalizations to explain away your thoughts and behaviors as always automatically right. Knowing the truth about yourself means recognizing your own motivations for what they really are.

When someone we respect criticizes us in some way or just makes an observation that isn't flattering then we it may be easy to just reject that criticism out of hand, but when we are objective we can concede that they might just be right in what they say.

The Know Yourself audio session

Know Yourself Hypnotherapy audio session will teach you about automatic associations, the importance of calm self-observation and how to avoid false justifications and rationalizations when you consider your own motivations.

To know yourself you need to know a little bit about other people. Because in many ways you are the same as others. Understanding a little about psychology can help us to learn about our own motivations and emotions.

Buy *Know Yourself* Hypnotherapy audio session now and improve your ability to see yourself clearly. Visit www.hypnotherapy.eorg.in now.

Be less materialistic and escape from the tyranny of possessions

Use Hypnotherapy to break the addictive habit of consumption for excitement and status

Does having the smartest phone or magazine-perfect house guide your life?

Are your possessions becoming more important than your family and friends?

Trying to be less materialistic is quite a challenge. The cultural history of the developed world has seen materialism sweeping the globe like some kind of epidemic. It's not just a matter of individual

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lifestyle choices. The economies and cultures we live in actively promote materialism as a sort of 'higher good' for the whole of society. If you don't participate, you are seen as letting the side down and not supporting the economy. 'Affluenza' affects us all.

Materialism - good and bad

The argument seems plausible at first sight. If you buy 'stuff', you are supporting the jobs and livelihoods of others. That seems like a good thing, and it *is* a good thing. But like everything else in life, when taken to extremes, it starts turning bad, and we all (buyers and sellers) suffer (and so does our planet, as we are constantly reminded these days).

Advertising bombards us every hour of every day, and politicians want us to spend out way out of recession. We are like the famous Pavlov's dogs – *conditioned* to go out and buy, buy, buy, whether we need to or not.

How to escape from materialism

But you are not really a dog and the fact that you are reading this indicates that you have already seen through the materialism mind-set and are actively looking for ways to redress the balance in your life. If you've been living a life shaped by materialistic concerns, you will already be aware how strong a grip it has on you, and how hard it is to shift your mindset and behaviors into a healthier pattern.

Just as you were *unconsciously* drawn in to the patterns of materialism, you can deploy your *unconscious* skills and intelligence to develop healthier patterns more in line with your true life principles. And by far the most effective and powerful way to do this is by using Hypnotherapy.

Hypnotherapy can help you be less materialistic

Be less materialistic Hypnotherapy audio session is an audio Hypnotherapy session which uses the very latest understanding of how our brains build patterns of behavior and incorporate them into our 'world view'. While you relax very deeply, *Be less materialistic* takes you on a powerful inner journey of change.

As you listen to *Be less materialistic* Hypnotherapy audio session, you will not hear any preaching or moralizing. Instead, you will find yourself exploring some fascinating questions about the freedoms and constraints you operate under, and about your real needs as a human being. You may be surprised at the conclusions you draw.

Buy *Be less materialistic* Hypnotherapy audio session and take back control of your own life. **Visit www.hypnotherapy.eorg.in now.**

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Get ready to be less passive and take charge of your life

When you start to be less passive, you can find amazing energy and motivation to pursue your goals

Have you been waiting for life to 'happen' to you?

Do you tend to let other people make the first step when it comes to arranging get-togethers, activities or fun events?

Caution is a useful attribute in many ways, and unlikely to lead you into the scrapes that recklessness can land you in. It makes sense sometimes to hold back, and see what others do before making your own moves. And it's natural to look for ways to avoid failure, and normal to worry about getting rejected on account of your decisions.

Are you doomed to be a bystander in your own life?

But there's no doubt that being too passive, too ready to let others take the lead in everything, can eventually make you feel as if you are of no particular consequence in your own life. As if you are just the helpless toy of destiny. Some people come to exactly this conclusion, and glumly resign themselves to their fate. Others - including you - feel the spirit of rebellion rise. There must be another way!

Time for a new direction

And there is. Because that spirit of rebellion reminds you that at every moment in life, whether you are aware of it or not, you are *choosing*. Up until now, for various reasons, you have been *choosing* to take the passive path. You may have had very good grounds for this choice. But now you recognize your own dissatisfaction with where this has brought you. And you recognize the need for a new departure.

Taking a radically different direction in life is challenging for anybody. We are all creatures of habit and established pattern, because this is what makes life easier for us. So when you want to establish a *new* pattern, it helps to have a catalyst to facilitate the process of transformation and make it more likely to be successful.

Hypnotherapy can help you make powerful and lasting changes

Be less passive Hypnotherapy audio session is an audio Hypnotherapy session which has been specifically crafted to use deep change techniques to move you from passivity about your life to passion for your life.

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As you relax and allow the powerful hypnotic suggestions to sink deep into your unconscious mind, you will find that you just naturally and easily

- see your choices in a completely new light
- feel an irresistible urge to take charge for yourself
- begin to take concrete steps to do things differently

Buy Be less passive Hypnotherapy audio session and transform your life today. Visit www.hypnotherapy.eorg.in now.

Manly Man - Reclaim Your Masculinity

Learn how to be a more manly man with this Hypnotherapy audio

It used to be easy to be a man. A man could express his manliness in occupations that only men could do men had a role to fulfill that was clear and understood.

But the climate has changed. As the roles between men and women have merged it's harder to know what being a man is supposed to be. People talk about the 'feminization' of society. Even men's magazines are becoming more like women's - selling cosmetic products for men and focusing on appearance over all else.

New man vs old man

The 'new man' is supposed to be sensitive, caring and nurturing, all attributes traditionally associated with being a woman. Yet on average males have much higher levels of testosterone making us more naturally suited to risk taking, competitiveness, physical activity and action. To deny these masculine traits is to deny nature.

Women like manly men

Many woman talk about the merits of the 'nice guy' but are really more attracted to a man who displays traits traditionally associated with being a manly man - assertiveness, confidence, energy, incisiveness, determination, strength of mind and body, stamina, nobility, self-sacrifice and leadership.

This Hypnotherapy session teaches you how to be a man; to be strong and self-controlled and decent. It will unashamedly encourage the real man in you to come forth. This doesn't mean getting into fights or being 'macho', but about displaying the qualities of manliness at work, in relationships, in school or wherever in your life you need to 'man up'.

Use this Hypnotherapy audio session to learn how to be confident enough to take defeat on the chin and not pass the buck of blame unfairly. Have grace under fire, be dignified, have pride but not

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boastfulness. Know how to treat women well and with respect but not allowing yourself to be manipulated or pushed around. Take calculated risks, push fear aside and be dutiful and chivalrous.

Learn how to be a manly man

All you need to do is pop on your headphones at your computer, or plug into your CD or mp3 player. You will listen to a short introduction designed to shift your thinking about masculinity, and then experience a powerful Hypnotherapy session that will connect you to your natural masculine drive and traits.

The *Be a Manly Man - Reclaim Your Masculinity* Hypnotherapy audio session will lead you through a powerful hypnotic rehearsal, preparing your mind and body to;

- be assertive, confident and in control
- remain relaxed and self-assured in the face of fire
- take calculated risks and be dutiful
- be more decisive

This professional Hypnotherapy session will deliver a deep and lasting boost to your masculinity, freeing you from self-doubt and confidence crises.

Buy *Be a Manly Man - Reclaim your Masculinity* Hypnotherapy audio session now. Visit www.hypnotherapy.eorg.in now.

Enjoy feeling more feminine - develop your female characteristics

Femininity is a wonderful power. In recent times there's been a tendency to downplay the differences between men and woman with a kind of pretence that we are all the same.

Men and woman have come to be seen as competitors rather than two complimentary but different forces of nature. Yet life and observation shows us that, just as some men are more masculine than others so too are some women super-feminine.

It's not just what feminine women wear, it's how they move, smile, talk and walk.

But what is femininity? What makes some women more feminine than others?

Well biologically the hormones estrogen and progesterone determine femininity, but there are behavioral aspects of femininity you can develop. What does it mean to be feminine in a day to day way?

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Feminine women tend to smile more, feel at home in their femininity, take pride and interest in their appearance and show interest in and towards other people, however a true feminine quality will shine through any clothes or external appearance.

Feminine women have superior perception of colour shades, are receptive socially, know how to use their eyes to connect with others and also have an intuition into the feelings of others.

Too many women have been de-feminized by society. To be feminine is to know how to pay attention to detail and people, to have people skills and to know how to connect to and work well with others.

There will be particular times and situations within which you'll want to be more in touch and in tune with your femininity than others - being able to choose is a great skill.

In our de-gendered times a really feminine woman is a joy to behold and you can love and unleash your own unique yet universal femininity.

Buy *Be More Feminine* Hypnotherapy audio session now and feel super feminine. Visit www.hypnotherapy.eorg.in now.

Be more patient – and halve your stress levels

Use Hypnotherapy to de-frustrate your life

Do you often wish you knew how to be more patient with all the blocks and frustrations of life?

Are you always tapping your fingers angrily, looking at the clock and cursing under your breath (or out loud!) because you're being 'delayed'?

Where did all the pressure in our lives come from? What *is* the hurry? Why do we never allow ourselves enough time to relax and enjoy a meal with friends and family? What terrible disaster is going to happen if we get held up by a red traffic signal or (oh no!) a traffic jam? Why do we feel guilty if we sit down and play a game or read a book or watch television?

Why we find it hard to be more patient

The amazing technological progress of our time, which has resulted in everything happening faster and faster, has also impacted on our culture. We no longer really accept (as our agricultural ancestors did) that *things take time*. To us, with our emails and cell phones and satnavs, everything not only can but *should* be instant. So when things don't happen straight away, we feel that *something is wrong*.

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Of course, sometimes, something *is* wrong, and that is not the time to smell the roses, it's time to put things right. But in the vast majority of cases, our constant sense of urgency, hurry, pressure and panic is quite misplaced.

We wind ourselves up like a tightly coiled spring and then we *keep* it tight. Eventually, the spring will break under the strain, and won't be much use as a spring any more. In physiological terms, you increase your likelihood of heart disease and stroke and early death.

This is all very well, you say, but what can I *do* about it? How do I make the pressure go away?

Hypnotherapy can quickly help you learn patience

Be more patient Hypnotherapy audio session is an audio Hypnotherapy session created by psychologists with wide experience in stress management and relaxation. It directly addresses the unconscious behavior patterns that hold unnecessary urgency in place and allows you to easily update these instinctive templates.

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

- relax incredibly deeply
- sense that calm is beginning to pervade your life
- slow down *inside*
- become much more sharply aware of your environment
- enjoy taking your time over things
- can hurry as much as you want to when necessary

Buy *Be more patient* Hypnotherapy audio session and discover how much more you can enjoy life. Visit www.hypnotherapy.eorg.in now.

Be more playful and creative

Relax and remember how to have fun

A biblical quote which even people who have never read the bible are likely to know is St Paul's famous dictum: 'Now that I am a man, I have put away childish things.' It's understood to be an exhortation to be grown up about life, and take things seriously. And boy, do we heed it! You'd think society had a real down on playfulness (except for kids). It's a big mistake. Playfulness is the very *source* of creativity.

Childlike v childish

Keeping with biblical references, it's a bit of a mystery how Paul's exhortation got to have such sway, when his master seems to have been taking a totally opposite tack. 'Unless you become like a child,

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you cannot enter the kingdom of heaven.' Could they both be right? What is it about being 'childlike' - as opposed to 'childish' - that gives you the key to 'heaven'? Does the secret lie in learning to be playful again?

What is the secret of 'play'?

What exactly are children doing when they 'play'? Anyone who has observed small children at play knows that play is very serious business indeed, while also being huge fun. What characterizes children's play is a total openness and exploratory attitude. Children are free of rigid thinking. They never write off ideas as 'ridiculous' or 'impossible'. They will 'play' freely with ideas and invent amazing ways to do things.

What happened to the playfulness you once had?

It's only later, when we are put through the conforming mill that constitutes the average educational experience, that our playfulness is squashed out of us. We are taught that fun things can't be serious or important. Did you know that small children laugh 400 times a day? And adults only twelve times? What's that about? What has happened to us?

What has happened is that the source of our creativity has been bricked up. It requires a lot of effort to resist the pressures to conform, to become just another member of the rat race, getting our fun only through approved channels such as the baseball game and the television and the game console. And this means that in our personal and working lives we are not the creative thinkers and problem solvers that we could be.

And we have a lot less fun than we could have.

What the world needs now is more playfulness

Imagine what would happen if we could recover the playfulness that was once our birthright! We would just naturally find ourselves thinking 'out of the box'. We would lose the hidebound predictability that confines us. We would find ourselves coming up with all sorts of new ideas to enhance our lives and the lives of others. But how can an adult (who has put away childish things) become more playful?

Getting your playfulness and creativity back again

Well, the spring of playfulness may have been bricked up, but the good news is that it doesn't run dry. And you can use the power of Hypnotherapy to help yourself unblock the flow of playfulness in your life and begin to enjoy again the free exploration of possibility that you once knew.

Be more playful Hypnotherapy audio session is an audio Hypnotherapy session which will teach you how to generate that relaxed, open mind which is the ground where creativity blooms. You will learn

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the skills of deep relaxation and visualization (essential tools of play, as you can see when you watch children).

As you listen to *Be more playful* Hypnotherapy audio session, your unconscious mind will be inspired to retrieve all the fundamental aspects of play that you took for granted when young, without knowing what they were. And you will learn how to restore playful creativity into your own personal life, for the benefit of yourself and others.

Buy *Be more playful* Hypnotherapy audio session and get ready to enjoy yourself more than you thought possible. Visit www.hypnotherapy.eorg.in now.

Negotiation training will really boost your bargaining ability - and confidence

You can train yourself to be a better negotiator with hypnotic negotiation training

Do you find yourself getting nervous in bargaining or negotiation situations?

Do you sometimes look back over your business or personal 'deals' and feel that you could have got a better outcome?

Some people say that life is nothing but an endless series of 'deals' that you have to negotiate, and you have to admit, they've got a point! Even as small children we find ourselves having to sort out what *we* want alongside what *others* want. As children, we often find ourselves in the weakest bargaining position, but often what we learn about bargaining then powerfully influences what we do later, as adults.

Early negotiation training is not always the best

And there is no regulation of what bargaining lessons you learn. It is not a school subject. Your home circumstances, the attitudes and behaviors of the people who raised you, all will have molded how you turn out as a negotiator - and without you even being aware of it. It's only later that you might come to question whether 'your way' is really bringing you the results that you actually want.

There are many books and online resources you can turn to in order to help you refine the 'technicalities' of your negotiation methods, and it can be very helpful to do so. You will learn a great deal about the 'how to' of getting the best out of different bargaining strategies. But knowing 'how to' is one thing - and feeling at ease with working out a good compromise for all parties in sometimes tricky situations is another.

How to become a better negotiator

For complete bargaining confidence, you need to remold the *inner* unconscious attitudes that have come out of your past experience so that they serve you better.

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And how do you do that?

Negotiation training is an audio Hypnotherapy session designed to instill negotiating and bargaining confidence at the instinctive level. Created by experienced psychologists, this powerful hypnotic session will get you feeling calm and in control whenever you are faced with needing to get a good deal - whether in business or in your private life.

As you relax into a deep learning trance, you will find yourself almost effortlessly becoming a master of balancing your desire to be successful and effective as a negotiator with establishing and maintaining the right state of mind to shine in the role.

As you listen repeatedly to your Hypnotherapy audio session, you'll notice yourself more and more just naturally

- able to interact persuasively and confidently with other people
- seeing where people are coming from and being able to take account of this
- identifying and calmly holding to your own limits in a deal
- compromising effectively when this is the best solution
- actively enjoying the process of cooperating with others to bring about good outcomes for all

Buy *Negotiation training* Hypnotherapy audio session and put more win-wins into your life. **Visit www.hypnotherapy.eorg.in now.**

Boost your drive, determination and ambition to succeed!

We all know what it's like. You start something new and your energy seems boundless. You feel invincible, on-top-of-the-world, destined to success.

Then something happens.

Worry starts to creep in, fears begin to fester, and before you know it, your golden goal is nothing but a lump of lead dragging you down.

That's where Developing Powerful Optimism comes in...

Not only will it give you a boost of motivation and energy, but the more you experience it, the more optimistic you will feel - about work, relationships, family and life in general.

The positive messages and uplifting metaphors in our Hypnotherapy for optimism session will refresh your drive and determination to succeed, propelling you towards your goals.

You'll be able to rely on 'the back part of your mind' to deliver the right attitude for success, enabling you to get on with the business of succeeding.

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And add to that the well-proven fact that optimists are:

- healthier (mentally and physically)
- less prone to anxiety and depression
- have higher levels of success

and you've got a real reason to experience the optimism Hypnotherapy audio session on a regular basis!

Buy *Develop Powerful Optimism* Hypnotherapy audio session and enjoy expecting the best... Visit www.hypnotherapy.eorg.in now.

Overcome perfectionism and protect your mental health

A Hypnotherapy audio to help you see beyond being either 'perfect' or 'bad'

It's great to have high standards for yourself and for others *up to a point*. But in the long run, perfectionism is a losing strategy. You will probably already know about the stress, anxiety and possibly depression that it causes, and the strain it can put on relationships.

The fact is you can *still* have huge drive, determination and ambition without tyrannizing yourself and possibly others with the 'absolutist' tendency of perfectionism.

Perfectionism sucks the enjoyment from achievement

If you have perfectionist expectations of yourself then you constantly feel dissatisfied or 'a failure' even when others think you did a great job. You may find that your perfectionist expectations of others turn you into a control freak and that you constantly feel let down and disappointed by them.

No wonder that perfectionism, as a personality trait, is a big predictor of clinical depression

In most things, there is no 'perfect'

The '*if it's not absolutely perfect then it's a disaster*' approach to life is also known as 'black and white' thinking. With black or white thinking there are no shades of gray. Everything is completely this or completely that. Does that sound familiar?

The trouble is that life *is* composed of shades of gray. If you expect perfection all the time then you will *always* be disappointed and your self-esteem will suffer.

Because *everything* could have been done better in retrospect. Neil Armstrong *could* have landed more elegantly on the Moon, the fastest ever one hundred meter sprint *could* have been a fraction of a second quicker and Shakespeare's sonnets *could* have been even more lyrical!

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The trick is to know when to be 'all or nothing' and when to relax and see the shades of gray so you can 'give credit' to yourself and others for the effort and the attempt.

Buy 'Overcome Perfectionism Hypnotherapy audio session' now and start getting much more satisfaction from life. Visit www.hypnotherapy.eorg.in now.

Overcome Stage Fright

Say goodbye to stage fright with the help of Hypnotherapy!

Are you being presented an award, or have you been asked to be a guest speaker at an event? Maybe you've been asked to play a part in a local theatre production, or to honour the life of a loved one departed. No matter what the reason, **standing in front of a group of people is not easy**. When the event requires that you be on stage, feeling calm can seem like an impossible task, especially if you suffer from stage fright.

Many of us experience tremendous fear and anxiety at the thought of being the focus of so much attention. Even though we may view the opportunity to be on stage as a rare and special occasion, it doesn't mean we aren't afraid. Not everyone is given the chance to stand up in such a way, but this knowledge sometimes makes things worse.

Even though you want to overcome your stage fright, do you find yourself unable to envision the moment without getting tense? Do you begin to sweat or feel your pulse quicken when you think about it? Maybe you're convinced you will trip over your words, forget what to say, or make an embarrassing mistake.

Whether it's your first time or tenth, stage fright can affect you just the same. It's possible to overcome this sense of dread and impending doom, though. You have the ability within you to radiate confidence while maintaining inner calm.

Imagine what it would be like to:

- Say goodbye to your fear of being on stage!
- Consider yourself a master public speaker!
- Feel calm and confident during every performance!

Hypnotherapy is not an instant fix and results will vary depending upon the depth of your stage fright. But Hypnotherapy allows you to access the power of your creative unconscious (subconscious) and **develop new ways of handling stressful situations like stage fright.**

This Hypnotherapy audio session has been designed to guide you on a visualization of the big event, free of fear. You can then learn to regard speaking or performing on stage as enjoyable by linking it to positive experiences in your past. A calm and confident air can replace your anxiety and stage fright,

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delighting both you and your audience alike. By listening to this Hypnotherapy audio session, you can begin to...

Feel calm and confident in front of a crowd! Visit www.hypnotherapy.eorg.in now.

Care Less What Others Think

Be aware of how you are perceived but be less concerned about their opinion

Do you worry what other people think and ignore your own opinion? Do you find yourself trying to work out how other people will feel about a decision rather than considering your own point of view?

Of course we all need to consider other people to be decent and sensitive. But if we care too much what other people think we live by our imaginations of others thoughts! Do you really want to live like that?

To be a truly independent and self-confident person you need to start being more self-directed. What do *you* think? What do *you* want? What is *your* opinion? When you start to care less what others think you'll start living *your* life not a dim reflection of what someone else thinks your life should be.

Other people often have it wrong!

The Beatles were initially rejected by music promoters, as late as the sixties many were still saying that putting a man on the moon was an impossibility. People laughed at Douglas Bader when he said he wanted to fly again after losing both legs after being shot down over Germany in WW2. Despite public opinion he went on to be one of the greatest flying aces. Did he care what others thought?

Public opinion is notoriously unreliable. Trust yourself more!

When you care too much what others think, you are open to manipulation because you will tend to go with the herd. When you care less what other people think, you become a more honest, decent, person because you don't have to pretend so much.

Buy *Care Less What Others Think* Hypnotherapy audio session and start being more yourself. **Visit www.hypnotherapy.eorg.in now.**

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Know your fear - and ride it out with personal courage

Use Hypnotherapy to mentally rehearse being brave and understand at a deep unconscious level what it feels like to be courageous

When you think back to the last time you were faced with a challenge to *do* or to say something you knew you *should*, and you chickened out, what sort of thoughts and feelings come to mind? Do you feel guilty and a failure for your lack of personal courage? Do you secretly call yourself a coward? Do you regret *not* having done or said what needed to be done or said, and the consequences which followed?

Cowards and heroes - what are they all about?

'Coward' is a real bogey word, isn't it? The steady diet of individual heroism fed to us by Hollywood action blockbusters, non-stop TV dramas and best-seller thrillers gives the impression that life is all about heroics. Facing down the big bad guys, battling through the dangers of the wild world out there. No cowards there. Courage? They've got it in spades.

Be brave - don't write yourself off as a coward

So when you can't find the courage to tell that rude clerk at the post-office counter what you really think of their behavior because your heart is pounding too hard at the thought of what they might say back, it's easy to write yourself off as a wimp. And once you've started to do that, it seems that more and more things scare the living daylights out of you. It begins to feel like you can't take a risk with *anything*.

Learn to distinguish the myth of courage from the reality of courage

But of course the Hollywood action heroes are not real people facing real challenges. They are fiction. Those who save the planet, defend your country, rescue someone from death scenarios are not very likely to come your way. And when they do, experience shows that major crisis situations often carry people right out of their ordinary sense of themselves. Fear may just not come into it, or even be noticed till afterwards.

Ordinary life demands more than ordinary courage

For most of us, most of the time, the challenges are quite ordinary. Like taking a stand. Or facing down a bully. Being ready to speak out on something we feel strongly about or to intervene to help someone in trouble. Leaving that safe (but maybe dull) job and doing something new. Risking making a mistake and getting laughed at. Even facing rejection when we don't go along with the majority view.

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What you really need courage for - and where to get it

It's not about being prepared to risk your life (usually), but about risking your 'identity' - your sense of who you are and who those around you think you are. Being prepared to change the received 'definition' of who you are and what you are capable of. And the truth is that pounding heart and shaky limbs are very appropriate physiological responses to such a challenge. You need courage in a very real sense to take such a step.

And where do you get courage when there is (probably) no 'crisis situation' to carry you through?

Well, it's like everything else in life. You practice.

Facing up to fear - finding the courage within

Eleanor Roosevelt had this to say about it: *We gain strength, and **courage**, and confidence **by each experience** in which we really stop to look fear in the face... we must do that which we think we cannot.*(emphasis added)

And that brave lady (she's the one who also said: *No one can make you feel inferior without your consent*) stands in a long line which stretches all the way back to the Greek philosophers. Aristotle himself said: *Moral excellence comes about as a result of **habit**. We become just by doing just acts, temperate by doing temperate acts, **brave by doing brave acts**.* (emphasis added)

Starting out on the road to more courageous living

But where do you start? If you've got a string of experiences behind you where you're all too keenly aware of having demonstrated less courage than you thought the situation demanded, you may doubt that you'll do any better the next time you face a challenge. And you won't feel like going looking for one.

Paradoxically, having a set of such memories is the very resource you need to begin to build your personal courage. With this material - actual situations that you have personally experienced and whose outcome was not what you would have wanted - you have a set of real life scenarios that you can use to bring about deep change inside yourself.

How Hypnotherapy can help you build your personal courage

You can do this both easily and effectively through using simple hypnotic techniques. *Personal courage* Hypnotherapy audio session is a courage-focused deep Hypnotherapy session structured to help you develop the resources within you that enable you to courageously face life's challenges, be they small or big.

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Personal courage Hypnotherapy audio session takes your *own* experiences as the starting point for change. Using deep relaxation, powerful metaphor and hypnotic rehearsal techniques, you will learn how to transform past *and* future encounters with difficult situations. You will learn to understand the role of fear - and not to be afraid of feeling it.

Buy *Personal courage* Hypnotherapy audio session and never let fear stand in your way again. Visit www.hypnotherapy.eorg.in now.

Take personal grooming to a new level to look and feel really good

Personal grooming has a subtle but curiously powerful influence on your progress through life. How you look, dress and care for yourself sends signals to others about what you are like. People give a wide berth to someone who hasn't washed for a while, or whose clothes appear unduly unkempt - but they may also be put off by more subtle things like grimy fingernails, or sour breath, or even untied shoelaces.

Looks aren't everything - *all* the senses count

Of course, everyone knows you shouldn't put too much emphasis on appearances. Looking nice doesn't mean *being* nice. At the same time, it's impossible to completely avoid being influenced by the impression someone makes on us. This is because these signals - and their interpretation - are genetically programmed into us. Like it or not, we are all sensitive to the sight, sound, and smell of other people.

Those are not the only senses involved either - touch and taste also influence us. A blossoming romance may founder at the first kiss if one partner doesn't like the taste. Shaking hands with someone whose skin is dry and cracked, or greasy, feels unpleasant and will predispose us against them, no matter how 'nice' they are.

People like people who like to look after themselves

We can't help responding more positively to people who take good care of themselves. Obviously, there are cultural differences in what we find attractive, or acceptable, but within the guidelines of our culture, we have a pretty good idea of who is looking after themselves and their appearance in a way which is attractive rather than just narcissistic. We respond better to people who dress well and smell nice.

And we respond better still to people who go beyond those two basics and really look after their skin, their hair, their hands - in short, who see to it that their whole body is sending out the subliminal signal that they are in good physical condition. (If they are fit as well, that's an added bonus!)

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How can you modify the signals you send out?

The trouble is, even though we are sensitive to the signals other people are giving us by their dress and appearance, it's easy to become rather oblivious to the signals we ourselves send out. That's because we are creatures of habit, and once we've got a personal care routine of *some* kind, we tend to stop paying attention to the effects. Which means we can end up sending the wrong signals without realizing it.

And even when you do realize that maybe something needs to change in how you look after yourself and present yourself, those habits can feel as if they've got an iron grip on you, and it can feel effortful and irksome to think about changing them.

This is where Hypnotherapy can really help you.

Hypnotherapy can help you take your personal grooming to a new level

Personal grooming Hypnotherapy audio session is an audio Hypnotherapy session which takes all the effort out of making the most difficult change - the *inner* change, the one that *changes your mind*. Because, once you've changed your mind, everything else just follows naturally and easily. We all act in accordance with what we are *minded* to do.

As you relax really profoundly to this Hypnotherapy audio session, your mind will receive powerful hypnotic suggestions that will allow you to expand your perspective on yourself, your place in the world, and how you want to relate to other people through the most important medium you have - your physical self.

The ideal way to use this Hypnotherapy audio session is to listen to it once a day for a week or so, and then every few days for as long as you need. You will quickly notice that you have started to make beneficial changes in your personal grooming and that you are already beginning to feel so much better about yourself and how you come across among other people.

Buy *Personal grooming* Hypnotherapy audio session and give yourself the pleasure of looking and feeling good. Visit www.hypnotherapy.eorg.in now.

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Personal Time Management

Use Hypnotherapy to improve your time management skills!

Time management can be difficult. Life throws us curve balls nearly every day. We think we have a grip on our schedule and then something comes up and everything gets off track. Or maybe we feel so overwhelmed to begin with that we don't know where to start and end up missing half the items on our to do list.

For some of us it's merely a battle with organisation that leaves us always feeling one step behind. For others there just never seems to be enough time in the day to get everything accomplished. Then there are those of us who just feel so out of control that we've given up even trying.

Whatever the case for your battle with personal time management - the feelings it brings about are usually the same. We may feel inadequate or anxious. We tend to doubt ourselves and fear that others see us as incapable of sticking to a simple routine. We worry every time we run late to another appoint or meeting that we have once again failed to get it right.

Are you tired of being late or missing out? **Do you want to get a handle on time** instead of feeling like it's always just outside your grasp? Do you want to prove to yourself and everyone else that you can manage your time?

There are plenty of reasons that we run into problems with personal time management. **Hypnotherapy can help people resolve obstacles** by helping them to relax deeply and putting them in touch with their unconscious mind. With the help of Hypnotherapy you can learn why you are in a battle with time and begin to improve your relationship with it.

Imagine what it would be like to:

- Feel organised and cross of everything on your to do list
- Arrive on time for meetings and appointments with ease
- Enjoy a little "me" time at the end of each the day

Hypnotherapy is not magic and it can't make everything on your schedule perfectly timed overnight. But with regular listening to the personal time management Hypnotherapy audio session you should **see improvement and start feeling more relaxed** and at ease. Soon you'll find your to do list is done and rest easy knowing that time is on your side.

Time management success with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Transform your life with a positive attitude

Hypnotherapy can safely train your mind to develop a positive outlook, using your natural abilities

Can a positive attitude *really* make a measurable difference to your life? Many people are skeptical about whether personal attitudes and behaviors can really affect how things turn out in life. There are so many complex factors which are quite outside our control that it seems naive to imagine that our own ideas and feelings have any serious influence apart from making us feel good (or bad). But is there more to it?

If wishes were horses...

Firstly, it's important to be clear that positive attitude is not the same as 'magical thinking'. Magical thinking is believing that your wishes (to be rich, or find love, or recover from illness, or whatever) will come about if you just want it badly enough. A moment's serious reflection reveals that, much as we wish it were otherwise, just *wanting* something very badly is not *enough* to make it happen.

Looking on the bright side calls for clear vision

Secondly, taking a positive stance is not about shutting your eyes to harsh reality and telling yourself everything is fine. Pretending to yourself or others that all is well when it's plainly not is denial. It's sometimes useful to be 'in denial' for a short while as a coping mechanism, but in the longer term it's generally wiser to face up to reality and deal with life's challenges and difficulties with a clear eye.

The truth about being positive

Positivity is about responding to life with a mind-set which automatically *looks for* the positive aspects of any situation and *works* to maximize those aspects. And when no positive aspects can be found (as must sometimes happen), this mind-set can make it easier to deal with that very uncomfortable truth.

So people who adopt a positive attitude feel better about themselves and are more able to seize opportunities and make the most of life. And they are more fun to be with.

But that is not all.

Positivity keeps you young and makes you cleverer

Research undertaken at the University of Texas found convincing evidence that a positive outlook on life significantly delays the onset of frailty in older people. And other research at North Carolina State University found that a negative attitude hampers cognitive functions. So adopting and maintaining an optimistic approach keeps you younger and enhances your mental abilities.

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Hypnotherapy can transform your outlook from negative to positive

But if you are of a pessimistic bent, either by nature or because your circumstances or social influences have molded you that way, how can you set about training in developing and maintaining a new, dynamic, realistic, mind-set that focuses on the positive?

Positive attitude Hypnotherapy audio session is an audio Hypnotherapy session which combines the powerful effects of hypnotic suggestion with carefully researched psychological insights to help you create and instill the mind-set that will best serve you in life. It will tap into your unconscious mind and allow you to bring about a complete transformation in your outlook.

Buy *Positive attitude* Hypnotherapy audio session and begin to enjoy the benefits of a brighter outlook on life today. Visit www.hypnotherapy.eorg.in now.

How to resist temptation so you can go for what you really want

Boost your power to stay on track with Hypnotherapy

Do you get frustrated by how hard it is to resist temptation and stick with what you've resolved to do?

Are you beating yourself up for being weak-willed and indecisive?

It is said the "road to hell is paved with good intentions". It perfectly encapsulates the experience we've all shared where we honestly and sincerely commit to following some important course of action, only to find that in a moment of weakness we have allowed ourselves to be tempted into doing something that totally negates or undermines our commitment.

Nobody's perfect - everybody finds it hard to resist temptation

We're all human, and fallible, and nobody is going to get it 100% right all the time. But even if you can forgive yourself for the occasional lapse, it can be dispiriting to realize just how *often* you succumb to the distractions and dalliances that seem to lie all around you.

It makes no difference whether the matter at issue is small or great. It makes no difference whether it's a question of one more piece of cake, or picking up and pocketing those notes that have fallen from your colleague's wallet, or another hundred on the gaming table, or agreeing to a illicit meeting that will break your partner's heart. No matter the size, it's still about straying from the path that *you yourself* have chosen.

How come we get so readily tripped by these lures, even though we *know* that we will not be happy with the consequences?

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How we get caught

Well, temptation works by shutting down time. When it's right there in front of you, your attention narrows and narrows until it only has room for the present moment. All past failures and regrets are forgotten. All fears for the future simply vanish. There is only *now* and the satisfaction that you *feel* and *believe* will come from surrendering to the impulse. When there is *nothing else*, it makes perfect sense to succumb.

It's only afterwards, when time returns, that you wake up to what has happened. It's not a pleasant awakening.

How can you prevent your 'time window' from being shut down without your consent, cutting you off from the long-term perspective you need if you are to keep your commitments to yourself and others?

Hypnotherapy can help you boost your ability to resist

Resist temptation Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that uses powerful hypnotic techniques to equip you to counteract the pull of indulgence and stay true to your chosen path.

Listening repeatedly to this Hypnotherapy audio session will allow you to combine your *conscious* will to follow your plan with enhanced *unconscious* ability to protect yourself from self-sabotage. Each time you listen, you will strengthen and enhance your power to

- keep the 'big picture' in view no matter what is going on
- hold fast to values and principles that matter to you
- see through the deceptions of instant gratification
- keep your commitment burning fiercely
- feel true pride and fulfillment in what you achieve

Buy *Resist temptation* Hypnotherapy audio session and make sure you are getting what you really want out of life. **Visit www.hypnotherapy.eorg.in now.**

Overcome selfishness and help others along with yourself

It has been said that selfishness is the great curse of the human race. Certainly to live selfishly is to be shut off from life; to be blind to the perspectives, needs and concerns of others.

Toxic selfishness

Being selfish is bad for you and becoming less selfish makes you happier. So, paradoxically, true self-interest happens when you become less selfish. The point is it helps others but it also helps you to be less selfish.

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People who help others and, for example, do charitable work suffer less illness and have better immune function (1). It seems that nature intended us to thrive if we are not too selfish.

Selfish people don't mean to be selfish but it's just that they are so wrapped up in their own world that other peoples' needs and viewpoints can go entirely unappreciated.

Very young children can be seen as ego-centric and at a certain stage this is natural even desirable for survival purposes. Being totally self-absorbed when you are so young and vulnerable is natural up to a certain age.

Developing as a person

But to thrive and truly connect to life you need to start really appreciating the view points, concerns and needs of people around you.

If your entire focus is yourself you have no capacity left to focus on the world. In a sense if you are too selfish you miss your own life going by. It's as if you are passing by beautiful scenery but just looking at the car upholstery. When you become less selfish you start looking beyond and outward and that's where life is.

Overcome Selfishness Hypnotherapy audio session will get you more focused on being less self-preoccupied and more giving and outward focused for the benefit of yourself but also, of course, for the people you connect with in life.

Buy *Overcome Selfishness* Hypnotherapy audio session and start getting more out of life. **Visit www.hypnotherapy.eorg.in now.**

(1) Robert Ornstein (PHD) and David Sobel 'Healthy Pleasures' 1990 Perseus Publishing; Reprint edition (January 21, 1990) pgs 103-109 ISBN-10: 020152385X

Step up to the plate and take responsibility for your life!

Today's the day you can really take responsibility for YOU.

Are you always finding excuses when things go wrong, so you never acknowledge responsibility for what happens?

Have you got a nagging voice in your head always telling you why you can't make the changes you want, or achieve your goals?

Whose life is it anyway?

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Life isn't simple, and there **are** always many reasons for the difficulties and obstacles we face. This can make it all too easy for us to duck and dive and find justifications for why we have not had as much success as we would have liked, or not developed our full potential, or not pursued that 'secret dream' we never told anybody about.

But the fact that you're reading this shows that you've become dissatisfied with the stories you've been telling yourself and are feeling ready to make a change. A real change. So this is a big moment. At the same time, it can be scary, and even confusing. How exactly does one start to be fully accountable for one's life? What will happen? What will other people think?

Personal accountability can make a dramatic difference in life

People who are prepared to be accountable for themselves and their decisions and choices don't necessarily have it easy as a result. What they have is a powerful sense of being a real force in their own lives, not just a passive recipient of fate's random blows. They are actors and not just audience. They can contribute and connect and feel a real part of the great stream of life. They simply get more out of life.

Hypnotherapy can help you adopt a new attitude to responsibility

The *Take responsibility* audio Hypnotherapy session offers you a powerful transformative tool that will help you harness your own unconscious resources and discover a new self-determination in your very core. As you experience a profound sense of inner well-being, you will find yourself almost effortlessly becoming clear about what it means for *you* to take responsibility.

Everyone is different, and you may find yourself responding by

- being much more willing to admit mistakes or being wrong
- letting go of having to be right about things
- giving up laying the blame elsewhere
- deciding to take action on something important to you
- choosing to play a greater role in the world around you

Buy *Take responsibility* Hypnotherapy audio session and discover just how much difference one person can make. **Visit www.hypnotherapy.eorg.in now.**

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Be more tolerant and manage your anger and stress better

Learn to relax and tolerate what might have irritated you before

Maverick social philosopher Eric Hoffer really put his finger on why we need to be more tolerant. He recognised that intolerance is actually an indicator not so much of our narrow-mindedness towards others, but of our *unkindness* towards ourselves.

Think about this for a minute.

Do you set very high standards for yourself, and have a strong sense of 'right and wrong'? Do you constantly strive for 'perfection'? Do you berate yourself and feel bad if you make mistakes, or fall short? Do you sometimes worry that people will see through you and you must never relax or let your guard down? Is it very important to you to know that you are 'right'?

The roots of intolerance

Such harsh attitudes to oneself, often rooted in childhood, or developed in response to social pressures, can generate uncomfortable feelings of insecurity and doubts about one's self worth. Intolerance - refusing to accept or allow for the fallibility and difference of other people - can feel like a protecting shield. By insisting that others must meet your standards, you avoid having to face your own fallibility and weakness.

The effects of intolerance

While intolerant attitudes appear to promise you safety from error and failure, this protection has a heavy cost. At the physical level, rigid attitudes and the effort it takes to maintain them without slippage drain your energy, raise blood pressure, trigger frequent adrenaline surges and stressful episodes of anger and frustration. Over time, such raised stress levels can cause severe harm to your health.

Intolerance can also make life difficult in your relationships with family, friends, and colleagues. If you take great care never to mingle with anyone who thinks differently from you, you may not have too many difficulties. But if, like most people, you have to mix with a range of people, you may experience a great deal of unpleasant friction - and even rejection.

Intolerance doesn't work anyway

And rigid intolerant attitudes don't actually protect you from anything, anyway. We all fall into error and get things wrong sometimes, because we are human. We all need tolerance from other people sometimes for our own failings and differences. We are all unique individuals, and what is 'right' for someone else is not necessarily right for us.

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Increase personal Skills by Hypnotherapy by Dr. Manish Patil

How teaching yourself to be tolerant can improve your life

Learning to relax and be more forgiving of yourself and others has immediate benefits. Stress levels go down, and energy levels rise. It feels good not to worry all the time about being 'caught out' - for who is surprised if a human being sometimes makes mistakes? And it's so much easier to get along with other people when you can let them be themselves and know that you can be yourself too.

Relaxing with your-self is the key to becoming more tolerant

Be more tolerant Hypnotherapy audio session offers you a powerful and effective way to begin the transformation you desire. You will find that the level of relaxation you are able to experience dramatically increases as you put aside the need to be on guard all the time. You will gain new understanding of what has influenced you in the past and how your life can change in the future as you become more tolerant.

Buy *Be more tolerant* Hypnotherapy audio session and begin to enjoy the wider horizons of your life. Visit www.hypnotherapy.eorg.in now.

Boost your Will Power

Use Hypnotherapy to learn at a deep, unconscious level, how to remain focused on achieving your goal

You're sure you're going to do it this time. Absolutely convinced? And your will power holds out for a day or so.

But then what happens?

Somehow, some way, your brain talks you into forgetting your commitment and your will power evaporates. Poof! Gone - like a frog in front of Harry Potter's wand.

Will power works through your unconscious mind - get it on your side

There is an old Chinese proverb which says: 'Great souls have wills; feeble ones have only wishes.' Will power is what propels ideas into reality.

But as you know, will power can be overcome by mysterious forces that make you forget why you originally committed to a goal.

What you need to do is communicate to the deeper part of you that you really want to achieve what you set out to do. Boosting your will power in this part of your mind - your subconscious - will make things so much easier. You are educating your instincts to come into line with your conscious thoughts, and getting your whole mind to 'pull together'.

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Focus your will power into an unstoppable force

Think the strength of your will as a laser like beam of 'intentional focus.' All great plans and projects begin within the imagination but it is the strength of your will that brings them to fruition. Hypnotherapy can increase the power of your will because Hypnotherapy also uses a narrowed focus of attention.

Just think what you'll achieve when you rapidly increase your will power and direct the force of your will into achieving your goals. We have worked with great athletes, entertainers and business people to boost will power and realize ambitions. Now you can benefit from our experience.

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