

Increase interpersonal skills by Hypnotherapy



Increase interpersonal skills by Hypnotherapy

Dr. Manish Patil

Dr. Manish Patil

Copyright © Manish Patil. All Rights Reserved forever.

This ebook is for your personal non commercial use only. You cannot distribute this ebook by yourself. If you want to distribute this ebook, you should give the url www.manish.eorg.in to your friends etc. from where they can download the ebook.

If you want resale rights (Resale the book as it is. Without any changes) of this eBook, please contact Manish Patil at manish@eorg.in priorly. You cannot change the contents of this ebook in any condition.

If you want to print its hard/paper bound copy, please contact Manish Patil at manish@eorg.in before printing.

If you are doubtful regarding anything, please confirm with Manish Patil at manish@eorg.in in advance.

Hypnotherapy is considered as an Alternative Medicine system or complimentary method of treatment in many countries. So Treatments by Hypnotherapy also should be considered as Alternative treatment. Use as per the rules of your country, state, Location etc.

Limits of Liability / Disclaimer of Warranty

The authors and publisher of this book and the accompanying materials have used their best efforts in preparing this program/e-book. The authors and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this program. They disclaim any warranties (expressed or implied), merchantability, or fitness for any particular purpose. The authors and/or publisher and/or distributors shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages. As always, the advice of a competent legal, tax, accounting or other professional should be sought. If medical advice or other professional assistance is required, the services of a competent professional should be sought. This e-book is only for educational purpose. The authors and publisher do not warrant the performance, effectiveness or applicability of any matter links or sites listed in this book. All matter and links are for information and education purposes only and are not warranted for content, accuracy results or any other implied or explicit purpose.

This manual is copyright protected and contains material protected under Indian, International and Federal Copyright Laws and Treaties. Any unauthorized copying, distribution, recompiling, selling, adding or eliminating the matter of this eBook, reprint or use of this material in part or full is prohibited and will be punishable at maximum. Strictly subject to Dhule, Maharashtra state, India jurisdiction.

Earnings Disclaimer

The earnings that you actually experience will depend on the amount of labor that you put into your efforts as well as your ability, experience, education, market trends, search engine algorithms, and many more personal and external factors. We do not guarantee or otherwise promise that you will earn any particular amount of money. That said, it is possible to make money online. Thousands of people are doing it every day, and we hope that this report can help you join those ranks!

**To see other e-books written or given by Manish Patil, visit
www.manish.eorg.in**

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Hypnotherapy

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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

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

The Power of Suggestion

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

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

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

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

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

Samadhi through Self Hypnosis

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

This highest state of hypnotic trance though it might seem difficult can be achieved by the dedicated student of self-hypnosis, and also through the practice of **Meditation of Silence**. The consciousness

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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

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

The Three Forces of God

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

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

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

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

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

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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

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

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

THE SWADHISTHANA CHAKRA

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

THE MANIPURA CHAKRA

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

THE ANAHATA CHAKRA

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

THE VISHUDDHA CHAKRA

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

THE AJNA CHAKRA

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

THE SAHASARA CHAKRA

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

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

Meditation of Silence

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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

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

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

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

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

Frequently Asked Questions

Why is Hypnotherapy so effective?

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

Does Hypnotherapy work for everyone?

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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

With our Hypnotherapy audio sessions you don't have to go that deep to get the benefits of hypnosis. If you are willing to listen and relax as deeply as you can, you will experience benefits. Hypnosis does not come easily for everyone. Normally the results are noticed within a month. Some people will have to try harder at it than others, but if you dedicate yourself to getting the most out of each session, you accept all the instructions given, then you will. **I will clarify here that then and only then you will.** By staying motivated, listening often, and following the suggestions you are sure to experience successful Hypnotherapy.

How safe is Hypnotherapy? Should I be worried?

Hypnosis is a naturally occurring, beneficial, positive state, and as far as we're concerned it can never be bad for your health. It is just deep relaxation after all. Our guess would be that all medical practitioners would agree on the health benefits of deep relaxation. So as a therapy it should be embraced for producing personal growth, and personal empowerment.

Can a person be hypnotised against his will or made to do anything against his will?

No one is able to be hypnotised against his/her/their will; as willingness to accept the instructions is most necessary for hypnotism & Hypnotherapy.

Will Hypnotherapy make me act strangely?

Hypnosis is not what the movies have made it out to be. In reality, hypnosis is the act of achieving an induced state known as Alpha. Alpha is a light trance-like state that many people experience throughout the day without even realizing it. Some refer to it as being on auto-pilot. You can drive a familiar road without focusing on the route, but you subconsciously know when and where to turn. Should a child dart out in front of your car, you would be able to react and stop quickly. The same is true of the Alpha state of mind. Responses to important stimuli are still possible. It is also the perfect time to impose suggestions that can mean real differences in your life.

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

What Types of Changes Can I Make Using Hypnotherapy?

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

Will Hypnotherapy totally change me as a person?

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

How do your Hypnotherapy audio sessions work?

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

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

How long are your Hypnotherapy sessions?

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

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

When will I notice the results of Hypnotherapy?

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

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

Are your Hypnotherapy sessions suitable for children?

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

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

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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

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

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

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

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

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

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

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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

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

Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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

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

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

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Is there any way to purchase Hypnotherapy audio sessions anonymously?

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

Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

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

In which languages can I get my Hypnotherapy audio sessions

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

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

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

The Myths of Hypnotherapy

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

Hypnotherapy Myth #1 –Hypnotherapist have special powers.

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

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

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

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

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

Hypnotherapy Myth #4 – When in 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 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".

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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

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

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

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

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

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

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

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

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

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

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

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.

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Increase Interpersonal Skills by Hypnotherapy

Rehearse social situations in the safety of Hypnotherapy and create blueprints for new ways of thinking and behaving.

Hell is other people. But so is heaven. So developing interpersonal skills is the way to get out of hell and into heaven (metaphorically speaking).

Getting on with other people ought to be simple. We are all humans together, with much the same attributes and with very much the same feelings. But for many people, even the simple matter of talking to another person can be quite tricky - from knowing how to make eye contact comfortably to gauging just how close to stand (or sit).

And even if you get those basics right, and know how to 'make conversation', what about when you get beyond the basics? How do you go about building rapport with another person? How do you make more friends? Set up a date? How do you stop your own emotions getting in the way?

All these and many more related issues are covered in our developing interpersonal skills Hypnotherapy Buys, so you are sure to find something to help you relate more easily with all the different people you encounter in your life.

Accepting Compliments

Do you find it nigh on impossible to accept compliments but easy to accept and be hurt by criticisms?

Research has shown that people with low self esteem find it very difficult to accept compliments (1)

When people try to compliment you, do you automatically try to deflect it or even argue with them? Or perhaps you feel they have an agenda or are trying to 'get round you' in some way? It could be you distrust compliments because you assume people are trying to soft soap you for their own ends.

People who can't accept compliments tend to be more down on themselves and less positive about their abilities and attainments. But when we accept compliments we are actually behaving with more humility.

Accepting compliments as a way of giving other people credit.

If we disregard what other people say then we are basically denying the possibility that they can see something in us that we can't see ourselves. This is to deny that they have the ability to perceive clearly. When you begin to accept compliments you'll be more respectful of other people as well as developing more self respect.

Avoid a pitfall of depressive thinking

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

People who think in depressive patterns externalize good things but internalize bad things. This means that if something doesn't work out (such as a relationship or piece of work or...anything at all) they tend to exclusively blame themselves: 'I completely messed up that relationship!' They *internalize* the bad thing by exclusively blaming themselves but when things *do* work out they externalize it by putting the cause of that good thing outside of themselves. So if they are promoted at work it was because their work place didn't have time to hire anyone else rather than because they were the right people for the job. If they do well in a competition it's because the judges were being kind. In other words the *cause* of the good thing comes from outside of themselves.

This is clearly a way of going through life that is likely to make you feel worse, which is why depressed people often unwittingly use this style of thinking. When we can't accept compliments, but take criticisms to heart, then we are internalizing the bad stuff and externalizing the good stuff. By learning to accept compliments you'll be thinking in a way that is less depressive and more optimistic.

This doesn't mean you'll go round being arrogant and thinking you are automatically superior to others but it will mean that you can be fair to yourself more of the time and start forming a better self-image which will make you more confident.

This hypnotic session *Accept Compliments Hypnotherapy* audio session will enable you to objectively recognize your strengths and appreciate where you have done well. This will lead to greater enjoyment and positivity in life.

Buy *Accept Compliments Hypnotherapy* audio session now. Visit www.hypnotherapy.eorg.in now

(1) The Rountree Report 2001 Nicolas Emler 'The causes and consequences of low self worth'.

The world becomes real when you stop judging by appearances

The world becomes real when you stop judging by appearances

What made you click on the link to this page? What bell rang in your mind when you saw the phrase 'stop judging by appearances'? Did you get a sudden sense of how unfair it is, how bad you feel, when other people jump to conclusions about you? Or did you feel a twinge of recognition, a sense that you've been doing some jumping to conclusions yourself, perhaps getting the wrong end of the stick about others?

Judging by appearances comes naturally

It's not so odd that we all tend to go by appearances. Just think about the evolution of humankind, and the sorts of challenges that faced our distant ancestors. It's easy to see that those who could make instant decisions, (and act on them!), would have a better chance of survival. And that means that we, their descendants, have this instant judgment capacity almost genetically programmed into us.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Why judging by appearances is no longer so useful

But the circumstances in which we are judging appearances now are very different from those faced by our early ancestors. Although no one can possibly claim that human beings have everything under control (we wish!), in *general* it is true to say that our lives are significantly more stable and predictable, and less likely to be threatened by sudden dangers. The trouble is, nobody has passed this information on to our genes yet.

The consequences of relying on instant assumptions

The consequence of this is that our evolutionarily useful tactic of judging things by appearance is still in operation in a world where it would be more useful to be highly skilled at looking *beyond* appearance. The negative consequences are clear. We misread people and situations. We jump to conclusions - and they are wrong. This leads us to make unwise and even harmful choices, which we may later bitterly regret.

The effects of celebrity culture and the instant society

And things are even worse than that. Through an accident of history, we live in an age where the superficial appearance of things is actually idolized. We are positively encouraged to focus only on 'looks' - just think of the celebrity culture that swamps us. On top of that, we live in an age where technological advance has made us *expect* instant results for everything - so instant judgments fit right in.

This means that, even when you have woken up to the serious pitfalls of judging by appearances, it's not an easy task to change the deeply embedded pattern of making assumptions based on appearances.

Why doing as you would be done by is not so simple

You may have experienced discrimination due to other people's judgment of you, based entirely on how you looked, or on the superficial characteristics of the situation in which you encountered them. You may feel that you were never really given a chance, but just got immediately pigeon-holed by their prejudices. Sadly, such experiences, by themselves, don't prevent you from making the same mistake with others.

The good news is that instinctual behaviors, such as snap judgments, even when genetically based, *can* be effectively reprogrammed with more constructive behaviors.

How?

How you can reprogram an instinctive behavior with Hypnotherapy audio session

The trick is to tap into our *natural* behavior-programming capacity - the dreaming brain. We now know that instinctual behavior patterns are not 'ready-made' in us. Instead, we are born with a set of genetic 'templates', which become activated when we dream, or when we encounter certain triggering experiences.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Stop judging by appearances Hypnotherapy audio session is a Hypnotherapy audio session which makes practical use of this knowledge. Hypnotherapy audio session allows you to switch your brain into 'dreaming' mode while you are awake - and thus to *control* the programming which takes place.

Listening to *Stop judging by appearances* you Hypnotherapy audio session will learn how to relax very deeply, just like you do when you go to sleep - and then dream. But instead of a random dream experience, you will enjoy a highly focused waking trance designed to help you adopt a naturally more objective approach to assessment. This will make it much easier for you to withhold your judgment on people and things until you are *really* ready.

Buy *Stop judging by appearances* Hypnotherapy audio session and find out what the world is really like. Visit www.hypnotherapy.eorg.in now

Approaching women with confidence

Develop the unconscious attitudes that women find naturally attractive with this advanced Hypnotherapy audio session

Approaching women can feel like the hardest thing in the world at times. Even those who can be chatty and fun in other situations can shut down completely when it comes to approaching women.

So how can you build the sort of confidence you need to talk to women?

How can you stop that awful 'rabbit in headlights' paralysis?

How Hypnotherapy audio session can help

The thing is, regardless of how terrified you get when approaching women, there are times in your life when you talk to other people without even thinking about it. If you are chatting to a member of your family, or a good friend, you are not worrying about 'sounding cool', or 'being funny'; you are simply talking!

Using Hypnotherapy, you can take this ability and transfer it to the 'chatting up women' situation. It's not like you need to learn something completely new; you just need access to your ability in that situation.

That's why '*Approach Women with Confidence* Hypnotherapy audio session' will quickly help you talk to women and feel confidence.

Buy '*Approach Women with Confidence* Hypnotherapy audio session now using the button below and really enjoy yourself next time you approach a woman... Visit www.hypnotherapy.eorg.in now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Stop your attention seeking behavior now - it's never too late!

You can use Hypnotherapy audio session to effectively stop attention seeking behavior and develop a more mature relationship style

Have you been directly criticized for "just being an attention seeker"?

Do you get the sense that you need to be noticed and appreciated more than other people seem to, and that sometimes you push for this in a perhaps unbalanced way?

'Attention seeking' gets a lot of negative press. The term is often used as a criticism of the behavior of children, for instance, as if looking for attention was a bad thing. And if the term is applied to adults, it's even more pejorative, indicating that that person is somehow immature and childish, and ought to 'grow up'.

We all find it pretty painful to hear this kind of language used about *us*. It makes us feel unappreciated, and defensive, and even angry. It feels *unfair*. And it is, in truth, unfair. Because everybody - and that means *everybody* - has a deep and fundamental *need* for attention - both to receive it *from* others and to give it *to* others. This is one of the basic human needs.

What is attention seeking behavior *for*?

It's important to understand how the basic needs that we share as humans drive our lives. In order to function well and be reasonably healthy and happy, a certain number of basic requirements (beyond air, food, water and shelter) have to be adequately met. For example, as well as attention, we need to have a sense of security, and meaningful relationships, and rewarding and stimulating activities.

The very first thing that we all have to do, and which nature has equipped us to do, is to *see that these needs are met - somehow!* We don't really have spare capacity to engage effectively in things beyond these needs if they are not adequately attended to. If we're lucky, we find a healthy and effective way to meet these needs. If we're unlucky, we may adopt a negative and possibly harmful way. But we will attempt to meet them regardless.

And so it is with attention. The lucky person is raised in and lives in an environment where the people around give plenty of nourishing attention and appreciation, and that person learns to return the favor, so that the give and take of it is natural and balanced over time. The unlucky person - doesn't. But their need doesn't go away. They will attempt to meet it with inappropriate and unbalanced attention seeking behavior.

The fact that you're reading this shows that you have understood that some of your own behaviors that bring *you* attention may be inappropriate or harmful. It *also* shows that you have the maturity and insight to be willing to set out to change this and adopt better ways of meeting your needs. And what is the best way of doing this?

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

How Hypnotherapy audio session can help you stop attention seeking behavior

Stop attention seeking Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists with years of experience in the field of behavior change. Using powerful hypnotic suggestions and transformational techniques, this session will help you

- teach your unconscious mind to let go of inappropriate behavior patterns
- gain a new perspective on your relations with other people
- feel at ease with new ways of relating healthily to others
- enjoy developing more effective ways to meet your need for attention
- develop a greater maturity and balance in yourself

Buy *Stop attention seeking* Hypnotherapy audio session and bring your life into balance. Visit www.hypnotherapy.eorg.in now.

How to be more attractive to men

Learn to give the right signals to the right men.

Men like women who laugh at their jokes and women like men who are funny [1]. So, you're onto a winner if you show you appreciate a man's humor. But if you're a budding comedienne, you're more likely to be friends, not lovers.

Before you go fake-laughing your way to a man's heart, you might want to consider what makes a woman attractive to a man.

The attractiveness tick list

Just like women, men are unconsciously looking for women that are a good genetic bet. Signs of health and therefore good DNA are; lustrous hair, slim waist to hip size, clear skin, good muscle tone, large eyes, small jaws, full lips and youthfulness. The beauty industry know this, and have a multitude of products and procedures to help plump out lips, gloss hair, and smooth skin. So, if you slap on some foundation and put on your biggest control underwear, you're going to attract a man, right?

Hypnotherapy audio session is the perfect way to build unconscious confidence in your own desirability and attractiveness

Maybe, but possibly not the kind of man you are interested in! Let's assume you've figured out the whole grooming and dressing thing. Some flirting, showing an interest, smiling whilst holding eye contact - that is what makes a difference between a taxi for one or two. But in order to behave spontaneously, you need a little help from your unconscious. A relaxed, genuine smile is a very different thing to a forced air-hostess like grin, and your potential partner knows the difference.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Listening to the Hypnotherapy audio 'Be more attractive to men' will help you in two ways. Firstly regular deep relaxation will improve your sleep, your alertness and general well-being. Secondly, and perhaps more importantly, you will be able to experience hypnotically being relaxed and spontaneous with men, and mentally rehearse having an enjoyable time even if you're having a bad hair day or sweaty after a gym session.

All you have to do is pop on your headphones at your computer or mp3 player, and listen to the Buy at least once a day. After listening to 'Be more attractive to men', you will feel a renewed sense of;

- confidence in your own desirability
- comparing yourself less to other women
- relaxation with men
- playfulness and optimism about socialising

Buy *Be More Attractive To Men* Hypnotherapy audio session now - using the button below - and notice the difference next time you chat to that guy. Visit www.hypnotherapy.eorg.in now.

(1) Eric Bressler, a graduate student at McMaster University who is studying humor in personal attraction, discovered in a survey of 150 students that to a woman, "sense of humor" means someone who makes her laugh; to a man, a sense of humor means someone who appreciates his jokes. "Women choose men who produce humor 62 per cent of the time; conversely, men choose women who appreciate their humor 65 per cent of the time." Bressler also found a marked difference when he looked at different relationships: "When it comes to friendships, men like to be around women who produce humor; when it comes to sexual relationships, they only dig women who laugh at their jokes."

Be more attractive to women

Develop the unconscious attitudes that women find naturally attractive with this advanced Hypnotherapy audio session

We all know guys who seem to be irresistibly attractive to women. And it can seem like some sort of 'magic formula'. But of course all they are doing is communicating in the right way, consciously and unconsciously so that many women naturally find them attractive.

To optimize your attractiveness to women you need knowledge and the right attitude. This *Be more Attractive to Women* Hypnotherapy audio session will gently put you into the mind set to give off attractive 'vibes' to women and it will share some secrets with you as to what makes men attractive. And happily, looks don't have that much to do with it.

What women find attractive

Of course different women find different types of men attractive but there are some central and basic attraction 'universals' to attraction.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Women report finding strong, confident and intelligent men sexy and attractive and this is pretty standard. Many women also want a man who can make them laugh. But, according to research women are quickly turned off a man who tries too hard and speaks about himself too much. Women like a man who shows an interest and listens as well as a man who can talk well. But there are many other factors to becoming more attractive to women.

A cross between confident strength and nurturing caring has been shown to be the most desirable traits that women find attractive in a man which may explain the oft repeated idea that 'doctors are sexy'. The combination of confidence, competence and caring is what does it. Be more attractive to women will tell you exactly why this combination is so appealing and how to enhance this appeal in yourself.

The way you feel about yourself shows to others

Potentially you can become a lot more attractive to women than you realize. This has partly to do with your belief in yourself. Women tend to be very good at picking up body language, voice tonality and those micro-expressions that reveal your true feelings and levels of confidence. Once your confidence in your own attractiveness to women has greatly improved then women will easily detect this.

Women, of course, like to be treated well but they also need to respect and admire you. No one really respects a pushover.

Be more Attractive to Women Hypnotherapy audio session will get you feeling more attractive instantly and when you need to and will also give you the secrets to become more attractive to women - the 'universal attractors.'

Buy *Be More Attractive to Women* Hypnotherapy audio session now. Visit www.hypnotherapy.eorg.in now.

Be more approachable and make friends more easily

Use Hypnotherapy audio session **to relax socially and give out friendly 'vibes'**

Have you been described as 'aloof' or 'unapproachable' or 'stiff'?

Is that very different to the real, relaxed you?

Some people are very approachable. You feel easy and comfortable in their company. They are magnetic, people want to talk to them and be with them - people are drawn to them. They are attractive (regardless of their looks) and know how to respond to people, take care of them, show interest and warmth - and, what's more, they can do this before they even speak.

Then there are the unapproachable types. They present as hard, unfriendly, cold, severe. They may have many associates but are considered a real friend by very few. People don't want to approach them because they look prickly, icy and unfeeling. They don't make friends or influence people in a good way.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Giving out vibes - friendly and approachable or shy, under-confident and unfriendly?

Most people who *seem* unapproachable would really like to connect with others - to 'join in.' Appearing unapproachable is often about lack of confidence, and the real person inside is very nice indeed. Unfortunately, shyness can be mistaken for coldness; diffidence can be taken for 'acting superior.' When you relax around others, smile, appear open and interested in people then you give out approachable 'vibes' and the real you gets out to play and connect with others.

This Hypnotherapy session '*Be Approachable* Hypnotherapy audio session' is all about embedding unconscious patterns such as changing posture, facial expression and softening the eyes when another person, (known or unknown) looks your way. Acknowledgement toward another person with a simple look, nod of the head or smile is so powerful. You can learn to be someone that other people feel good to be around and *want* to get to know.

Buy *Be Approachable* Hypnotherapy audio session to connect better with others, make friends and enrich the lives of those around you. Visit www.hypnotherapy.eorg.in now.

How to become popular

Hypnotherapy audio session **can quickly help you make the changes you need to become popular**

Do you get the impression that people don't like you or find it hard to get on with you?

Do you wonder what it really takes to build a circle of friends?

Being on the fringes of, or outside, social groups that you want to be part of is no fun. It seems like everyone but you is enjoying themselves and having a laugh. And sometimes it can seem pretty hard to know exactly what's wrong and what to do about it. As far as you know, you're just like everyone else. So why aren't you more popular?

Do you have to be a special kind of person to become popular?

That's a depressing kind of question and it's easy to fall into the trap of concluding that there must be something wrong with you *as a person*. But it's a dangerous trap, because what can you do about being the person you are? Not much! So coming to that conclusion just leaves you high and dry. But what is the alternative?

The alternative is to look not at what you *are*, but at what you *do*. And look at *what popular people do*. Popular people are not some special kind of human being and there is no magic to them. But there are certain things they do when around other people that result in those other people liking them and wanting to spend time with them.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

What to do if you want more people to like you

If you want to be more popular, you can begin by studying the popular people you know. How do they interact with other people? What sort of things do they regularly say or do? What kind of reactions do these behaviors get from others? This might seem a bit of a daunting thing to do, but you can learn a lot just from watching how others do it, and doing what they do.

And there is a powerful way to help yourself make progress faster.

Hypnotherapy audio session can help you learn the secrets of popularity

Become popular Hypnotherapy audio session is a Hypnotherapy audio session created by relationship specialists who understand exactly how people get along well together. Using the subtle power of Hypnotherapy audio session to help you learn at the unconscious, instinctive level, this life-changing session will soon have you

- feeling much more relaxed in social situations
- easily mastering the habits of well-liked people
- hypnotically rehearsing the kinds of behaviors that encourage friendship
- developing a keen interest in other people and their lives
- enjoying connecting with more people so much more readily

Buy *Become popular* Hypnotherapy audio session and get on better with more people. Visit www.hypnotherapy.eorg.in now.

Be a better friend and get more out of life all round!

If you want to be a better friend Hypnotherapy audio session can help you augment the essential habits of good friendship

Have you noticed that you don't seem to see or be in touch with your friends as often as you used to, or you would like?

Do you get the feeling that the pressures of life crowd out your friends, or worry that you might lose them?

We all instinctively know that friendships matter to us, and that we can get a great deal of satisfaction and pleasure from close relationships with people who are not blood relatives. And scientific research has backed up this instinctive awareness. A study of people over seventy found that those who have a strong network of friends are much less likely to die. So friends are good for your physical as well as your emotional health. (1)

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Friendships and health - are they the same?

However, we don't tend to treat friendships like we do other health factors in our lives. We know that if we want to be well, we have to eat a balanced nutritious diet, and take moderate exercise. We know we have to avoid harmful behaviors. We accept that we have to take *action* if we want to protect and enhance our health.

Friendships, on the other hand, can seem more like natural phenomena to us, as if they are 'givens' like the weather. They seem to happen as spontaneously as the weather, or perhaps more accurately like the climate. They are just *there*. You don't have to *do* anything to have them. But as you are reading this, you may be getting a sense that these 'taken for granted' relationships may not be there after all.

Why friendships are under strain everywhere

It may sound a bit over the top to compare the fading or weakening of friendship with climate change, but the analogy may be useful. The dramatic social and economic changes of recent times have placed enormous stresses on *all* human relationships. We tend to live further apart, and our lives are full of many demanding and/or distracting activities. The web of connection gets stretched to breaking point.

What this is making us all realize is that we can no longer take our connections for granted. Once upon a time, the constraints of geography ensured that all our connections were close by, within easy reach, and would be encountered regularly as a matter of course without any special endeavor. Now, if you want to see or talk to a friend, you have to actively plan to do so.

Looking after friendship - whose responsibility is it?

This can seem a little unnatural, and that feeling makes people hesitate. Nobody wants to 'force' a friendship. But remember, the person on the other side is probably feeling the same! Whose responsibility is it to 'look after' the connection and see that it doesn't break? Everyone likes to know that someone else is thinking of them, is interested in their lives. It's a compliment to show that you care enough to connect.

So, if you want to become a better friend, and look after your friendships better, and you're feeling all these hesitations and concerns, where do you start?

Use Hypnotherapy audio session to help you become a better friend

Be a better friend Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists and based on the latest scientific understandings of personal change and human connections. Using the power of Hypnotherapy, this session will help you to take a whole new look at your personal web of connections and get to feel really comfortable about being proactive in nurturing it.

As you take the time to listen regularly to your Buy, you will notice that you steadily find yourself

- bringing 'friend time' up your list of priorities

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

- feeling more relaxed about renewing contact
- automatically taking more practical steps to connect with people you haven't seen in a while
- discovering how to make more of connections by phone or internet
- ensuring that you also make time to meet in person
- beginning to enjoy the benefits of revived (and stronger) connections

Buy *Be a better friend* Hypnotherapy audio session and make the most of who you know and care for. Visit www.hypnotherapy.eorg.in now.

Note:

(1) See: Lynne C Giles, Gary F V Glonek, Mary A Luszcz, Gary R Andrews: Effect of social networks on 10 year survival in very old Australians: the Australian longitudinal study of aging. *J Epidemiol Community Health* 2005;59:574-579 doi:10.1136/jech.2004.025429

How to be more charismatic and influence others instinctively

An audio to hypnotically rehearse being more charismatic and relaxed

Wouldn't you love to be more charismatic and able to express and transmit emotion in such a way that people around you will just naturally be drawn to and influenced by what you say and do? Contrary to popular belief, charisma is not just a matter of luck. Charisma is a product of emotional engagement, personal style and action - all of which can be cultivated. So anyone can become more charismatic.

Emotional expression is a fundamental part of charisma

Charismatic people have a highly developed ability to feel and express emotion. Now of course everyone *feels* emotions, but we don't always express them in a way which truly conveys how we feel to other people. There can be lots of reasons for this. We may not *want* to let other people know how we feel. Or we may just be unskilled at putting it over because of personal experiences or upbringing, or because we are shy.

But when you look at how the people known for their charisma behave, it's clear that they have mastered the skill of powerfully conveying their positive feelings about something. So clearly, developing your own capacity to show how you feel when you want to engage other people will help you move along the charisma spectrum.

Charismatic people are emotional leaders

Another essential characteristic of charisma is the ability to get other people not only to know how you feel, but to be influenced to share your feeling. Charismatic people stir up the enthusiasm of others. They are a sort of emotional *leader*, leading others into particular emotional states. They know how to build rapport and make a connection with others, thus providing a fuse along which they can light with their enthusiasm.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Charisma is also a byproduct of relaxed self-assurance

And charismatic people make it all seem so effortless. They don't *try* to influence others. They don't *work* at it. They are so relaxed about who they are that they can give all their energy to the *object* of their enthusiasm - and that is what carries people along with them. That relaxed self-assurance comes from feeling really okay with who and what you are. So building self-confidence also helps you be more charismatic.

You can learn to be more charismatic more effectively with Hypnotherapy audio session

They don't teach you how to be more charismatic in school - though if you were lucky you may have met some charismatic teachers in your time whom you could use as models! But even if you have not had such good fortune, it is still possible to develop the essential skills and capacities of a charismatic communicator.

Be more charismatic Hypnotherapy audio session is a Hypnotherapy audio session which takes the principles of charismatic behavior and weaves them into a mind blowing personal development session. Listening to *Be more charismatic* Hypnotherapy audio session will not only ensure you understand just how charisma works but will give you powerful psychological tools to develop your own charisma.

Be more charismatic Hypnotherapy audio session uses the power of Hypnotherapy to literally 'alter' your mind. You will learn how to create and embed a new neurological template in your brain that will automatically make you a better, more influential communicator with a strong sense of integrity and self-assurance.

Buy *Be more charismatic* Hypnotherapy audio session and get ready to enjoy a whole new level of connection and enjoyment. Visit www.hypnotherapy.eorg.in now.

Feel connected to others and live longer

Recreate vivid memories of strong social connections using Hypnotherapy audio session

No man or woman is an island. We all need to feel connected to other people. Incredibly though, the importance of social ties goes much, much deeper than just making us feel better.

Feeling connected to other people - having strong social ties - is directly related to physical health. Social ties have a positive 'buffering effect' and which occurs *despite* adverse life style choices such as smoking and drinking too much.

People with fewer social ties die younger

Smoking and diet are important factors in determining your health but a large piece of research (1) found that the powerful influence of social support on health seems to be largely independent from the role that your family or friends might have in encouraging healthier life style choices and health habits.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

It's easy to forget about great friendships from the past but even if people are no longer in your life you can still relate to them through wonderful memories and in that way feel more connected to them.

This session will get you feeling deeply relaxed and strongly connected to other people in your current and past life - and the great thing is every time you use this session you can feel connected to different people, even if they are on the other side of the world.

Feel connected with Hypnotherapy

All you need to do is pop on your headphones at your computer, or plug into your CD or mp3 player. You will listen to a short introduction about why social connections are so important, and then experience a wonderfully relaxing, uplifting Hypnotherapy session that will help you vividly recall happy times where you had a strong connections with one or many people.

The *Feel Connected* Hypnotherapy audio session will help your body and mind to;

- benefit from deep relaxation
- evoke the positive physical changes you originally felt when connected socially
- be more open to connecting with people in your current life
- reconnect with those people from your past and pick up the threads

Buy *Feel Connected* Hypnotherapy audio session now and expand your social universe. Visit www.hypnotherapy.eorg.in now.

(1) Berkman and Syme 1989. The study found used 7,000 residents of Alameda County California and tracked them over 9 years. The research looked at their health habits, the amount of social ties, close friends they had, whether they were in regular group contact such as church attendance and whether they were married. The mortality rates seemed to be directly linked to the simple factor of quantity of social ties. People with few ties to other people had mortality rates 2 to 5 times higher than better connected people. This strong link between social ties and death rates was independent of more traditional such as smoking, drinking, exercise and obesity. The link applied to both sexes, all ethnic groups and in a 17 year follow up appeared to hold good into old age.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Make eye contact - your eyes speak volumes!

Learn to relax in company and maintain friendly eye contact with others

Making eye contact is a totally natural part of human communication. In fact, eye contact is the *first* part of human communication. Long before a baby can speak, or understand words, in the very first days of its life, it can distinguish faces from other objects, and respond to eye contact. Nobody needs to teach a baby how to make eye contact.

The importance of eye contact in communication

Living as we do in the 'communications age', we are much more conscious nowadays about how we communicate with each other. We analyze it a lot. We know that eye contact is very important. We know that *what kind* of eye contact we make can make or break our communications. But as soon as you start checking what kind of eye contact you are making, you are in trouble!

Why?

Self-consciousness can make you too aware of eye contact

When you become self-conscious about eye contact, you move your attention from the *content* of your communication to the *process*. And when you focus on the process, you are likely to trip over it. If you are walking along, and start questioning how exactly you do that, you will bring yourself to a standstill. Or fall over. You have interrupted what should be an instinctive, automatic behavior.

The effect of stress on communication and eye contact

Of course, some situations make it hard to avoid doing this. If you are at a job interview, for instance, or out with a new date, you know how much hangs on the success of your communication. So it's not surprising if you start worrying whether you are 'staring', or whether you are avoiding the gaze of the other person too much, and anyway, how much is too much? How can you become more comfortable with eye contact again?

How to reprogram instinctive skills like eye contact

The good news is that the 'instinctive' skills of eye contact can be 'reset'. As with any other skill, conscientious practice leads to mastery, and mastery leads to unselfconscious performance. It can help to have a friend to practice with - somebody you already feel comfortable with. Practicing in a non-threatening situation allows you to become more confident and relaxed about your use of eye contact.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Using Hypnotherapy to enhance your instinctive eye contact skills

In addition to this 'external' practice, you can make use of your own brain's ability to reprogram 'instinctive' skills. Your brain does this naturally every night when you dream, but you can use this capacity *deliberately*, with Hypnotherapy audio session. This is highly effective for those unconscious skills like eye contact.

Make eye contact Hypnotherapy audio session is a Hypnotherapy audio session which makes it easy for you to master the art of using Hypnotherapy to help you make better eye contact. Firstly, it takes all the stress out of the situation by taking you into a deep trance state. Profound relaxation benefits your mind and body in itself.

But unlike the dream state with its purely random dramas, *Make eye contact* helps you build a powerfully transformative hypnotic scenario. You will find yourself completely absorbed in re-absorbing the fundamentals of comfortable and appropriate eye contact while you relax.

Buy *Make eye contact* Hypnotherapy audio session and let the world see what's in your eyes. Visit www.hypnotherapy.eorg.in now.

Overcome Fear of Authority

Learn to relax and be confident with people in positions of power or authority

What effect do certain authority figures have on you? Maybe you feel self conscious or perhaps they make you feel that at any moment you could say the wrong thing and get yourself or others into trouble.

Perhaps authority figures give you a vague sense of distrust or anxiety, making you unable to think clearly.

Respect, not anxiety

You may have been taught and conditioned to automatically respect figures in authority but respect can easily cross the threshold into fear. We fear what is powerful and can potentially damage us in some way. Whether that damage is locking us up or showing us up we can still fear authority figures without ever analyzing just why we fear them.

Authority figures as parents

Sometimes we learn to fear authority because the authority figures almost inhabits a parental role and if we had strict, over-bearing parents they can push the same buttons. Perhaps teachers at school were strict and taught us how to fear those 'in control.' Are your buttons easily pushed? Many people who fear authority also suffer excessive guilt and are more likely to feel they have done something wrong even if they are not always sure what!

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

The responsibility of authority

Remember that people in positions of authority may hide behind their status. It's fine to respect someone in authority as it's fine to respect all people but we don't have to bow and scrape just because someone has been given certain responsibilities.

People in authority have been given certain powers and benefits because they have a service to perform and you are one of the people they serve. A good king or queen will serve as well as be served by their subjects.

If you read the newspapers they are full of examples of people misusing their positions of authority. They are certainly not automatically worthy of more respect than anyone else! Imagine what it will be like to be respectful outwardly if necessary but to inwardly see the bigger picture and develop your own sense of natural authority.

Buy *Overcome Fear of Authority* Hypnotherapy audio session now and start feeling stronger with people in power. Visit www.hypnotherapy.eorg.in now.

Overcome fear of confrontation and conflict

Learn to stand up for yourself, and let your voice be heard

For some people the fear of confrontation, of facing up to someone who clashes with them, goes far beyond mere distaste for quarrelling. After all, nobody really likes conflict or disagreement, and most of us will take steps to avoid getting into an argument if we can. But some people will do *anything* rather than get involved in a confrontation. And this fear of confrontation can take their lives in the wrong direction.

Why people pleasing may not be the best answer to confrontation

One would think that keeping the peace, and smoothing things over, would be a good strategy for life. And often it is. There are times when we may disagree with others, but the differences between us are not really worth fighting about. But there are also times when the differences really *do* matter, when compliance or submission to things you don't agree with can lead you into doing or saying things you later seriously regret.

At such times, when your deepest values and principles may be at stake, it's horrible to find yourself unable to take the stand you want because you are too terrified of the conflict you will unleash with your actions.

A paralyzing fear of confrontation may have its roots in childhood learning, or in previous experiences of conflict that turned out badly and had a traumatizing effect, making any future altercation - even just the *thought* of a fight - a source of anxiety and terror. It's rational *not* to do things that cause you anxiety and terror, but not standing up for yourself when it matters can mean you really miss out in life.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

You need more than will power to overcome fear of confrontation

A deep-seated pattern of conflict avoidance due to fear can't easily be undone by conscious effort. You already *know* that you sometimes need to face up to people who are opposed to you. And that establishing clear boundaries about what you will or won't accept makes for better relationships in the long run. But this knowledge is not enough to prevent the cramping fear that rises in you when push comes to shove.

To break through this limiting pattern, you need to reach into its roots, which are deep in your own unconscious mind and behaviors. This is the part of your mind which sets up *automatic* associations (triggers) that go off by themselves and produce a particular response in you without you even thinking about it. And you can reach into and work with this part of yourself most easily and effectively with Hypnotherapy.

Hypnotherapy is a powerful tool for overcoming fear of conflict

Overcome fear of confrontation Hypnotherapy audio session is a Hypnotherapy audio session that will allow you to completely reprogram your responses around the idea of dispute and conflict. As you learn to relax more and more deeply each time you listen, so you find yourself easily integrating a new template of inner strength and clarity. The old fear will just melt into the past and you will feel more and more ready to face life, whatever it brings.

This means that you will be more and more able to approach the possibility of confrontation in a much calmer and more self-controlled way. And when it comes to a real conflict, you'll find that you are much better able to say what you think calmly and clearly, maintaining your stance, and staying calm in the process.

Buy *Overcome fear of confrontation* Hypnotherapy audio session and begin to enjoy a new resilience and freedom in life. Visit www.hypnotherapy.eorg.in now.

You never get a second chance to make a first impression

We all know how important first impressions are. And if we blow it straight away we may be playing catch up for weeks, months or years! Whilst it's important not to worry too much what people think of you, knowing how to create a first good impression for interviews, dates, presentations and meeting new people is an invaluable skill.

Just how quick are first impressions?

Research shows that we decide whether someone is trustworthy or not in the first couple of seconds of meeting them. (1) This may not be 'fair' but it's a fact. And most people (again rightly or wrongly) never significantly change their first impression of a person.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

What can creating a good first impression do for you?

When people trust you immediately they see you as someone who they want to associate with because they perceive your words as matching your true intentions and actions. Like it or not this instant appraisal works within seconds of meeting you. Why? Because we humans have had to evolve to sum up possible threat or possible advantage within milliseconds because this could have signaled the difference between survival and extinction! What mistakes do people commonly make?

What a good first impression means

Of course first impressions can be wrong and some people will to some extent modify their opinions over time. But if they don't feel you are the kind of person they want to be around in the first place you may not get that far.

People will decide within a few seconds whether you are competent, confident, decent, trustworthy and even humorous. They'll get a sense pretty instantly of whether you are the type of person they feel they could potentially date, work with or be friends with.

This Hypnotherapy audio session will look at how you *can* make a great first impression and feel confident. It will give your conscious mind digestible tips and your unconscious mind the capacity to make you feel confident, relaxed and aware of your impact upon others.

How you feel in the moment of first meeting will largely determine how you come across. If you are feeling full of confidence and ease this will transmit to people around you.

Buy *Avoid a Bad First Impression Hypnotherapy* audio session now and really make the most of those first few seconds. Visit www.hypnotherapy.eorg.in now.

Don't hold grudges - they're really bad for you

If you really want to be happier, don't hold grudges!

Do you find it hard to let go of past slights and grievances?

Do you go over and over things that went wrong, thinking how it could have been otherwise, or wishing you could get revenge?

It's a very human thing to take slights, wrongs and hurts to heart. We are amazingly sensitive to injustice and harshness in general, but when you find that you yourself are the target of the malice, incompetence, jealousy or manipulation of others it can feel soul destroying. Even if you are just an unintended victim - what they call 'collateral damage' - the unfairness of it can eat you up.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Grudges are born out of staying sore. And they're bad for you.

If the initial situation cannot be rectified somehow, you are left with a painful memory which you have to find some way to live with. It's these 'sore' memories which are the birthplace of our grudges. A grudge is not the immediate anger we feel at a hurt or a wrong. It is a long term bitterness and resentment born out of mulling over the grievance and finding no relief. And it sucks.

When you hold a grudge, you have to put energy into it. You have to keep on returning to the memory and feeding your resentment with further ruminations and 'if only's'. Although your feelings may be perfectly justified, this process never gets anywhere. It drains your energy and your motivation and your ability to enjoy life. But it's hard to let go of it because letting go feels like saying what happened was okay.

And it wasn't okay.

What you can do to let go of grudges

So what can you do? Is it possible to stop holding on to unrelieved resentment and still fully acknowledge the injustices that have befallen you? Can you learn to respond in a different way when hurts and slights come your way?

Unless you are already some kind of Zen master, you are going to find it hard to react to such experiences with calm detachment, not letting yourself be swayed by anger and thoughts of revenge. So when you think about how not to hold grudges, it's unrealistic to tell yourself "I just won't react when bad things happen." It's more effective to acknowledge and accept that your first responses will likely be angry and emotional.

But when you find yourself in one of those 'unfixable' situations which is going to persist, you have more leeway to help yourself come to terms with it and get to move on with your life. If you can get out of the pattern of ruminating about the wrongs that have been done to you, you can free yourself to focus on what's really important to you. And the key to escaping from such patterns lies in your unconscious mind.

Hypnotherapy can help you move on from past wrongs

Don't hold grudges Hypnotherapy audio session is a Hypnotherapy audio session which uses powerful Hypnotherapy techniques carefully crafted by professionals. It will help you harness your own unconscious powers to create positive and constructive emotional patterns in your brain and let go of the past in appropriate ways.

This deeply relaxing and energizing Hypnotherapy audio session will enable you to

- clearly acknowledge everything that has happened
- see what happened in a different light
- calm down your emotional responses to the situation
- focus on what really matters

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or [contact manish@eorg.in](mailto:manish@eorg.in)

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

- turn to the future with energy and enthusiasm

Buy *Don't hold grudges* Hypnotherapy audio session and free up your life. Visit www.hypnotherapy.eorg.in now.

Instantly learn how to use the 'I'm OK you're OK' model to improve your relationships

Hypnotically transform your interactions with others

Do you sometimes notice that you get a surprisingly negative reaction from other people to what you 'just normally' say or do? Do certain relationships and interactions seem to be much more difficult to 'get right' than they should, as if there was some kind of imbalance you can't quite put your finger on?

Whether or not you've ever heard of Transactional Analysis (TA), this fascinating psychological model rather interestingly and accurately describes how most human interactions seem to be based on a very particular trio of 'power' relations.

In a (rather tiny) nutshell, TA posits that there are three 'modes' that the self can be in and operate from: 'child', 'parent', and 'adult'. These modes are not to be confused with actual age. Even small children can manifest 'adult' or 'parent'. Who hasn't known a child of whom people say "that's an old head on such young shoulders"? Similarly, we all know of supposedly 'grown up' people who behave like toddlers in a tantrum.

I'm OK You're OK - the ultimate interaction

The three modes have typical ways (or 'scripts') of interacting with each other. All of these, except one, focus on the *imbalance* of any interaction.

They are:

I'm not OK You're OK - 'child' to 'parent'

I'm OK You're not OK - 'parent' to 'child'

I'm OK You're OK - 'adult' to 'adult'

Every human's first experience is of the natural 'child-parent' power dynamic. This is clearly not an equal relationship. One side has all the power, the other none. How they handle this tricky situation has a *huge* influence on how the child develops and how it constructs its own inner sense of 'child'-ness or 'parent'-ness. But the third state ('adult') is not a later arrival. It comes into being right *alongside* the other two.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

The difference between parent and adult in Transactional Analysis

It helps to understand the difference between 'parent' and 'adult' modes. The 'parent' is in a position of *power*. It has knowledge and skills. It has control. It 'takes charge'. In contrast, the 'adult' is in a position of *equality*. It recognizes, in a sense, that all of us are in the same boat, nobody better than anybody else. The 'adult' doesn't try to run things, nor insist that others must run them. It is co-operative.

How 'adult' mode can get hijacked

What you may have noticed, in yourself or others, is that 'parent' and 'child' modes sometimes (or often) seem to ambush the 'adult' and take over in a highly inappropriate (and often upsetting) way. Think of the people (perhaps you?) who, in certain circumstances, suddenly feel that they have to be in charge and give everybody orders. Or who, conversely, suddenly act as if they can't possibly take any responsibility for anything.

Transactional Analysis explains this as 'automatic script' operations. Our experiences in life have led us to develop certain automatic responses in particular situations - especially those which powerfully remind us, even if we don't consciously notice it, of earlier times when we found the best way to deal with things was by 'jumping' into 'child' or 'parent' mode.

Automatic scripts and getting to I'm OK You're OK

If you are in 'child' mode, your 'operating script' is "I'm not OK, *you're* OK". That is, the OKness (the power) is on the *other* side, and you are relating to the other person 'as if' they are in 'parent' mode. Of course, the other person may or may not actually be in 'parent' mode, but this is irrelevant to you - you treat them as if they are. You want them to sort things.

Conversely, if you are in 'parent' mode, your script is "*I'm* OK, you're *not* OK". That is, you claim all the OKness (the power) for yourself, and act as if the other person has none, treating them as if they are in 'child' mode. This gives you the feeling that you have a right, or even a duty, to take charge or give orders or advice.

Now clearly there are times when it *is* appropriate to require other people to sort things out, and when it *is* appropriate to take charge and give advice. So it is not a matter of saying that either 'child' mode or 'parent' mode is *always* wrong. But life and relationships would undoubtedly be easier if one could prevent one's 'adult' mode from getting hijacked at the wrong time by an automatic script!

And you can prevent this.

Hypnotherapy makes it easy to switch to I'm OK You're OK

I'm OK You're OK Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists which uses powerful Hypnotherapy techniques to allow you to become your own personal 'script writer'. As you listen regularly to the carefully crafted transformative suggestions in this session, you will get better and better at going into deep trance and making significant positive changes in your life.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

You will very quickly begin to notice that quite perceptible changes have taken place, such as

- you feel much more integrated and centered in yourself
- you value yourself and other people and naturally respect your own and others' boundaries
- your interactions with other people start to go much better
- your relationships improve in surprising ways
- you become aware of consciously *choosing* how you will respond
- you enjoy life more

Buy *I'm OK You're OK* Hypnotherapy audio session and get your life on an even keel. Visit www.hypnotherapy.eorg.in now.

Stop tearing your hair out over your in-laws and live your own life

Hypnotherapy audio session can help you stay calm when you need to

Are you in-laws causing trouble and stress in your relationship?

Would you prefer to have a less turbulent relationship with your in-laws?

Troublesome in-laws may be difficult people in their own right or maybe it's the tricky emotional parent to adult-child relationship that's at the root of the conflict between normally decent, caring people. Either way, as long as you are in a relationship with their child, you are in a relationship with them.

Efforts to be conciliatory with in-laws don't always work

You may put a lot of effort in on your side to make things go well - perhaps agreeing to things you weren't that keen on, or not standing up for yourself when criticized - only to find that things are getting worse rather than better. You may even have got to the stage where the very mention of your in-laws makes your blood boil, putting your partner in the impossible position of mediating between two important people in their lives.

It is possible to have more comfortable relations with in-laws

We can't like everybody, or be liked by everybody, and the love you feel for your spouse or partner doesn't automatically extend to their mother, their father, or their siblings. But whether you like them or not, or they like you or not, it is certainly possible to shape the relationship so that you feel comfortable dealing with them and stressing about in-laws no longer wrecks your life.

Hypnotherapy audio session can help you change your 'in-law attitude' for the better

Dealing with the in-laws Hypnotherapy audio session is a Hypnotherapy audio session which works at the unconscious level of the mind to modify the psychological patterns which govern how you relate to your in-laws.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Using powerful hypnotic techniques, based on a deep understanding of human development and psychological make-up, *Dealing with the in-laws* Hypnotherapy audio session takes you deep into the calm center at the core of your being. This is where you create the blueprints that guide your conscious and unconscious decisions, and Hypnotherapy can allow you to lay down new, more useful blue-prints.

The powerful self-affirming processes you will learn through relaxing to *Dealing with the in-laws* Hypnotherapy audio session will transform your life and relationships - and not only with your in-laws!

Buy *Dealing with the in-laws* Hypnotherapy audio session and find out how you can be so much more calm and comfortable around them. Visit www.hypnotherapy.eorg.in now.

Gift your In-laws this Hypnotherapy audio session so that you and your in-laws both can live a life tension free from in-laws life.

Build instant rapport with everyone you meet

Use Hypnotherapy audio session to train your unconscious to connect quickly and skillfully with people

Some people just seem to know how to get along with anyone, and find meeting new people and building rapport with them both easy and fun. That's great for them, but what if you find yourself feeling awkward with people, and not knowing how to get any connection going?

You may know in your head that you need 'rapport' in order to connect with other people, build relationships, make friends, and, of course, influence people - but where is the manual?

So how do you build rapport?

In the simplest terms, rapport is the feeling of 'being on the same wavelength' or 'in tune' with another person. You are building rapport with someone when *they* start to have the feeling that *you* really understand where they are 'coming from'. Feeling understood gives us a strong sense of connection. Having a sense of connection means that we are more likely to listen to the person who has given us this feeling.

How rapport building skills help you succeed

You can get someone 'on side' very quickly when you develop your rapport building skills. And that means you can soon become more successful in so many other ways. Whether it's for job interviews, dating, getting on at work, or building your social life, enhanced rapport building skills will do so much for you.

Rapport: becoming a people person with Hypnotherapy audio session

Rapport building skills- can be mastered so much more effectively with Hypnotherapy. You'll quickly be able to develop that open mindset which allows you to see through the eyes of the other person - and establish instant

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

connection. Your unconscious mind will help you become confident in social situations so you can use your new skills freely.

Instant Rapport Hypnotherapy audio session will get you very deeply relaxed and instill in your mind the essence of good rapport building.

Buy *Instant Rapport* now Hypnotherapy audio session and notice the difference in your very next encounter. Visit www.hypnotherapy.eorg.in now.

Get better at keeping in touch with the people who matter to you

It's funny how keeping in touch with the people you care about, your family, your friends, can slide down your list of priorities - sometimes to vanishing point. You'd think that social creatures like us would find maintaining contact with those who mattered to us a completely natural behavior which doesn't need any thought - you just do it. But we are also subject to social influences which actually separate us.

Not enough time for friends and family

The fast-paced, hi-tech modern world is an amazing place. We can do things that only a few generations ago would have been unthinkable, and we have freedoms that our grandparents could hardly have dreamed of. But there is a price. The sheer number of things calling on our time reduces our ability to give full attention to nurturing the less obviously valuable aspects of our lives - like keeping in touch with friends.

Does having less contact with friends really matter?

It can seem at first that this lessening of regular contact doesn't matter that much. After all, you know you *can* get in touch any time. So you postpone making that call, sending that email, dropping in to say hello, because you just have more pressing things to attend to. A long time can pass before you wake up to the fact that your circle of friends seems to have shrunk, or that you haven't spoken to your dad for over a year...

Research shows that friendships prolong life

And the fact is that this loss has a bigger impact on your life than you may realize. The quality and frequency of your social connections has been shown to have a measurable effect on your health, and as you grow older has a major influence on your lifespan and how well you handle aging. So you don't only miss your friends, you miss these quite tangible benefits keeping in touch with your friends can give you.

Using Hypnotherapy to get back in the pattern of staying in touch

Fortunately, even if you've slipped into a pattern of infrequent contact, you can begin to put things right straight away - and even more easily when you use Hypnotherapy to help you switch your mindset to re-prioritize the care of your relationships in your daily activities.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Keeping in touch Hypnotherapy audio session is a Hypnotherapy audio session which will help you effortlessly reacquire the *instinctive* pattern of nurturing relationships that matter to you by maintaining contact with those you care about. This delightful session will allow you to experience profound relaxation and the satisfaction of knowing that you are creating powerful new behavior templates for yourself to improve your life in so many ways.

Buy *Keeping in touch* Hypnotherapy audio session - it's not only your friends who will be glad! Visit www.hypnotherapy.eorg.in now.

Be less abrasive when you speak your mind

Hypnotherapy can help you make your communication style more flexible and less abrasive

Are you a very direct sort of person who likes to 'tell it like it is'?

Do friends, family or colleagues accuse you of being harsh or insensitive?

People with strong views and opinions, who quickly make up their minds about things, often have a very direct communication style. There are clear advantages to this for the people around them. It means you always know what they think, because they come right out and say it. And then you can go from there in terms of what action you take. There is no 'beating about the bush'.

You'd think it would be a good thing if we were all completely straightforward and blunt in our communication.

Why you might want to be a less abrasive communicator

However, the fact that you're reading this indicates you may have encountered some problems with adopting an unvarnished style. Maybe some people who matter are avoiding you. Maybe you've been criticized for not taking sufficient account of other people's feelings. Maybe things backfired completely and you got the opposite result from what you wanted - or expected.

It might seem to you that other people have a trying tendency to take things very personally, rather than treating what you say as neutral and factual communications. Or you may consider that there are a lot of thin-skinned people out there who really need to toughen up. And you may be right. However, it's clear that you can't make everyone around you somehow be different, or behave differently.

So if you want to have an easier time with other people, and not have what you say put your work or personal relationships unintentionally in jeopardy, you only have room for maneuver around what you yourself do. Because you can change that. And you don't have to be a pussy cat or a doormat to do it. Or never say what you really think.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

How to improve your communication style

In a way, it's like music. You don't have to be a musician to appreciate that music that's all at the same pitch, tempo and volume on a very small range of notes is deadening. It can't stir, or soothe, or inspire you. It might drive you crazy, if nothing better is quickly forthcoming!

Talking to people, even when it's a matter of giving them 'a piece of your mind' over some problem or difficulty they may have caused, calls for skillful handling if you want to get *all* of the results that you're after. You need to know *what* to say, *when* to say it and *how* to say it in order to get the best outcome. This may mean exercising restraint and discernment - which is quite hard to do if you are feeling angry or impatient yourself.

The trick is to find a way of creating a space for yourself to take a 'bird's eye view' of the situation before you open your mouth. You may have tried to do this by telling yourself 'not to rush things', but it's not easy in the pressure of the moment, when you may have to react quickly to something, or you feel it's very important to get particular information across very clearly.

The good news is that there is a very effective - and easy - way to develop the finesse you need in communication.

Hypnotherapy can quickly help you become a less abrasive communicator

Be less abrasive Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists with wide experience in the psychology of human communications. It uses powerful hypnotic processes to train your unconscious mind to interrupt the automatic 'jump' from thought to tongue so that *you* can direct the flow.

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

- take a wider view
- 'see ahead' to the likely impact of your words
- sense where the other person is coming from
- stay focused on the real outcome that you want
- temper what you say to the needs of the situation
- find it easier to get along with others

And you can still be quite blunt whenever you deem it appropriate.

Buy *Be less abrasive* Hypnotherapy audio session and make like smoother and easier. Visit www.hypnotherapy.eorg.in now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Get better results - be less critical

Are you a straight talker? Do you speak as you find? And do you rather often find that things are not what they should be? In such circumstances, it's tempting to rail at whoever is responsible for the shortcomings and tell them off for being nincompoops or ignoramuses or incompetents or whatever personal failing you consider lies beneath the problem. Because pointing out their faults will help them do better, will it not?

Criticism doesn't bring the results you expect

Over time, however, you cannot have failed to notice that most of the people whose faults you have gone to such trouble to correct have improved much less than you would have expected. You've told them what you think is wrong with them, so why have they not taken it on board and really benefited from your input? Why do some of them, in fact, even seem to do things worse than before?

You may have noticed the same phenomenon in your own personal development. When you feel less than satisfied with your own performance at something, do you tell yourself off for your failings? Do you ask yourself in angry tones why you are so lazy? So stupid? So slow? Does this help you improve in any measurable way? Or do you just feel bad?

What's wrong with focusing on what's wrong?

You see, at first sight it seems obvious that the way to sort out what's 'wrong' with something that has been done is to focus on the problem and on the person responsible. But in practice, being *less* critical and focusing more on what has gone 'right' is a far more effective way to get people to improve what they are doing. And this is true even when you apply it internally, to yourself.

Can you get it wrong focusing on what's right?

You may wonder if such an approach doesn't risk giving people the idea that they are doing better than they are - which surely would be counterproductive? And if you praise yourself when you have done badly, wouldn't you just be deluding yourself? What good would that do?

Success is the most powerful motivator - use it well

But it's not a matter of totally disregarding what has gone wrong. It's a matter of putting the *emphasis* on what has gone right. And then looking for what can be improved to bring it in line with what has already gone well. This allows people to build on their successes rather than be brought down by their failures. They will then be much more motivated to lift their level of performance *generally*.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Enlist your unconscious mind to help you become less critical

The easiest way to initiate a more effective approach to criticism and feedback like this, even if you've never tried it before and feel it might be 'out of character', is to begin with an internal change. And for that, there's nothing like the power of Hypnotherapy to effect powerful change.

Be less critical Hypnotherapy audio session is a Hypnotherapy audio session which will allow you to engage in a new form of constructive engagement with yourself in total privacy. It has long been established that deep mental and physical relaxation puts your brain in the optimal learning state for establishing new instinctive patterns. *Be less critical* Hypnotherapy audio session will take you effortlessly into profound relaxation which will itself benefit you in so many ways.

Powerful hypnotic suggestions are combined in *Be less critical* to make it easy for you to discern and decide how you yourself want to be a more effective communicator and help you create a 'template' that will underpin your feedback to yourself and others easily and naturally.

Buy *Be less critical* Hypnotherapy audio session and start to enjoy your increased effectiveness. Visit www.hypnotherapy.eorg.in now.

Be more romantic and light up your relationship!

What does 'romantic' mean to you? Does it arouse positive, delightful, expectant feelings, or does it send your heart into your boots? Do you associate it with flowers, surprises, heart-stopping kisses, treasured tender moments with the one you love? Or does it make you feel awkward, or shy, or resentful, or even irritated? Why does the thought of 'being romantic' arouse such strong reactions in people?

Being romantic and being in love

We react strongly to the idea of romance because it is powerfully associated with something very important to us. We aren't 'romantic' with parents, or children, or friends. Romance comes into our lives with Cupid's arrow. Suddenly, another person out there becomes supremely significant to us. We fall in love. We find a soul mate. Everything about them is wonderful and every moment with them is precious and magical.

In that precious and magical state, everything we do is *naturally* romantic. Just sharing a sandwich can be full of meaning. We want to give ourselves to our loved one. We can't really do that, of course, so instead we give them gifts. We invent occasions to be together, to have fun together. This is a time to savor and treasure, when it comes your way.

Do you doubt that you can be more romantic?

But...

What if... you're past the 'being in love' stage of your relationship?

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

What if... you haven't got a special someone in your life right now?

What if... you're 'not the romantic type'?

Is that the end of it?

Being more romantic can enhance any relationship

Even if you don't have Cupid's help right now, you are not barred from the joys and benefits of romance. Looking after the 'romantic' side of a relationship - even a long-established one - can give it sparkle and actually generate a more passionate connection between you. The humdrum of everyday life can dull any relationship, and being more romantic can help you both remember how special you are to each other.

Preparing for romance

If you don't have a lover in your life right now, this is a perfect time to develop in yourself the mindset and the creativity to ensure that - when the time comes - you will make the most of how romantic you can be. Although love makes romance natural, you'll be amazed how much further you can take it if you are mentally and emotionally prepared to be more romantic.

Everyone can be more romantic

And if you find the idea of behaving romantically with a partner somewhat out of character for you, remember that being romantic isn't 'about you'. It's about how you can show your appreciation of your partner in a way that *they* will enjoy. That doesn't mean doing things you hate - it means thinking about what you can *enjoyably* do with or for them. Talking it over together can be a part of being more romantic.

So how can one go about 'being more romantic'?

Hypnotherapy audio session can help you be more romantic

Be more romantic Hypnotherapy audio session is a Hypnotherapy audio session for lovers and would-be lovers. It allows you to make use of the most powerful part of your mind - your unconscious - to create, realize and embed within you patterns of thought and behavior that will lead to enhanced relationships.

You can sit back and relax with *Be more romantic* Hypnotherapy audio session and just allow the powerful hypnotic suggestions to work at the deepest level. You will learn how to use highly effective transformative processes on yourself, easily and effortlessly. Your creativity and ingenuity will expand in areas even beyond romance. You will notice yourself automatically being more romantic without consciously thinking about it. And it's such fun!

Buy *Be more romantic* Hypnotherapy audio session and see where that spark takes you! Visit www.hypnotherapy.eorg.in now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Protect yourself against negative people and negative thoughts

Create a hypnotic 'shield' to stop gloomy people infecting your mood

You could be forgiven for thinking that negative people must make up the bulk of the population. All you ever seem to hear, see, or read is doom and gloom. The planet's packing up. Politicians are corrupt. Banks are embezzling your money. War and terror are everywhere. And crime. Not to mention disease. Bewailing the state of the world is the order of the day - and you are doing your fair share, like enough.

How can anyone feel positive in the face of all that?

And yet...

In your calmer, clearer moments you know this isn't the whole story. You can sense that there is a bigger picture out there - but somehow it's become obscured by the fog of negativity.

Where does all the negativity come from?

There's no question that life is a tough business, and really rough for many people. But human beings are natural born survivors and creative problem solvers, so how come the mood of gloom has become so pervasive? People love to party and have fun, so why does everybody seem so miserable?

Negativity is catching

The most obvious thing about attitude is that it's *infectious*. If you spend your time around miserable, negative people, it's not surprising if you end up feeling pretty pessimistic yourself. And if you associate with positive, upbeat, warm and outgoing types, you will find your own mood lifted and cheered.

Patterns of negative thinking are easily passed on in a family, or even in a work group. We are all influenced by the people around us, and these are the people we spend the most time with.

Negativity and the role of the media

In the era of instant news and 24 hour news bulletins, there's nowhere to hide. If you sit back and take a long hard look at what makes up the 'news', you cannot fail to notice how rare it is to see a serious item of good news (except perhaps in sport, and then it depends which team you support!).

Did you know that research (reported in the International Journal of Behavioral Medicine 2007, Vol. 14, No. 2) has shown that a mere *15 minutes* of watching news bulletins leaves most people experiencing persistent, negative, anxious feelings?

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Negativity - no news is really good news

The fact is, good news isn't news. It's old hat.

This, in itself, should tell you something about that all-important 'bigger picture' you sense out there. How would your sense of the world change if you stopped reading the papers, watching the TV bulletins and listening to the radio for a while?

More ways to shield yourself from negativity

Negativity shield Hypnotherapy audio session is a special kind of Hypnotherapy audio session. As well as allowing you to relax really deeply (thus enjoying a delightful holiday from pessimism and gloom) it will enable you to construct a highly effective protective 'force field' around you. You can invisibly deploy your negativity shield any time you feel the forces of negativity threatening or draining you.

Negativity shield Hypnotherapy audio session will empower you to access your own positive resources and ensure you can always see the bigger picture when others bombard you with negative messages.

Buy *Negativity Shield* Hypnotherapy audio session now and discover the just how much joy you can have in life - no matter what your circumstances. Visit www.hypnotherapy.eorg.in now.

Walk in others' shoes today and see everything differently

Use Hypnotherapy audio session **to imagine a walk in others' shoes and gain insight into their life.**

Do you sometimes puzzle about what *really* makes other people tick?

Do you ever wonder just how people who are really good at something get that way?

We all look at other people 'from the outside'. The only person we really know 'from the inside' is ourselves - and goodness knows, we often find that we don't know ourselves all that well, really! But we generally know ourselves a bit better than we know other people. This doesn't prevent us from *acting* as though we know all about them. We pigeonhole and label people without a second thought, sure that we have them 'sussed'.

Why you might want to walk in others' shoes

One day, if you're lucky, something wakes you up to the realization that other people, though clearly just as human as you, really are mysterious, and deeply different in many ways from yourself. You find yourself saying things like "Why on earth did they do that?" or "How on earth do they do that?" But rather than just being a throw-away comment, you find yourself *really wanting to know*.

There's various ways to find out about what lies behind other people's actions and attitudes. You can talk to them and ask them. You can read books or watch TV programs or movies or search the internet. But all this

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

information, however good, is still, to you, 'from the outside'. To really 'get' what makes another person tick, you have to *experience* what it's like to be them.

Impossible?

How to 'be' someone else

Not at all. Of course, you can't actually become them (though plenty of movies have been made that might make you think otherwise!). But, as a human being with a lot of your own living behind you, as a human being with a powerful and creative human mind, you can *imaginatively* put yourself in their place. This allows you pick up intuitively on what has made them what they are.

And the most powerful and easy way to do this is through Hypnotherapy.

Hypnotherapy audio session **makes it easier for you to walk in others' shoes**

Walk in others' shoes Hypnotherapy audio session is a Hypnotherapy audio session created by experienced psychologists and hypnotherapists that will help you understand others (and yourself) so much better.

This deeply relaxing and transformative session will blow your mind. As you listen repeatedly to your Hypnotherapy audio session, you'll find yourself

- getting a deeper insight into specific people
- gaining a wider understanding of people generally
- learning at a deep level from the individuals you consider
- feeling a deeper compassion for and empathy with others
- becoming much more hesitant to judge others
- (dare we say it?) becoming a nicer person

Buy *Walk in others' shoes* Hypnotherapy audio session and see the world with different eyes. Visit www.hypnotherapy.eorg.in now.

Stop passive aggressive behavior and enjoy more honest relationships

Hypnotherapy audio session **can help you change deeply ingrained behavior patterns that hinder your life**

Do you find it hard to be direct with people and actually *tell* them when you're annoyed or upset with them?

Do you tend to deal with your negative feelings through passive aggressive behaviors like not answering messages or not meeting your obligations?

Most of us don't like feeling angry, and we certainly don't like being on the receiving end of someone else's anger, even if it's justified. Anger is a very difficult emotion to handle, whether it's our own or another person's.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Like it or not, however, there are times when we will get angry. How we cope with this depends to a very large extent on what we were taught about anger as children and how we saw our own family deal with it.

How family history leads to passive aggressive behavior

A great many families have a sort of unwritten 'law' that only one person is allowed to be angry. That's usually (though not always) dad (or his equivalent). His anger is greatly feared, and great care is taken not to stir it up by doing anything he might disapprove of. Any anger that the children might feel, or try to express, is 'naughty' and subject to punishment. This doesn't, of course, stop the children from feeling angry - only from expressing it openly.

Other families take a completely different tack with anger. They let it all hang out, with rows, fights, name-calling, aggressive behavior and general free-for-all self-justifying nastiness. Children raised in such families tend either to take up the same behavior because it's all they know, or inwardly revolt and vow to cut every sign of anger from their lives.

But if you can't express anger openly, or can't allow yourself to feel angry, your anger doesn't go away. It goes underground, and leaks out in what we now call passive aggressive behavior - where on the surface you act all nice and sweet, but what you actually *do* causes upset, annoyance, distress and even real harm. And inwardly you feel a certain sense of satisfaction. "Hah! I got my own back!"

How do you stop passive aggression?

The fact that you're reading this page is a sign that this way of dealing with angry feelings is no longer working so well for you (if it ever did). Maybe relationships that are important to you have begun to suffer - or have even been ruined. Maybe you just yearn to be more honest with yourself and others and build deeper, more satisfying relationships.

But it's hard to break the habit, isn't it? Deeply ingrained behaviors that feel 'normal' and 'natural', even though you don't like them any more, and don't want to do them, can feel like they have an unshakable grip, almost as if they 'control' you. Even when you try to act differently, you find yourself slipping back into the old patterns, and wondering if it's really possible to change.

You'll be glad to hear that it *is* possible to change, and that change can happen much more easily and quickly than you think.

Hypnotherapy audio session can help you change ingrained patterns quickly and easily

Stop passive aggressive behavior Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists that will help you bring about the change you want by working at the level of the unconscious mind.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Change is not a matter of trying to overrule unconscious patterns with your conscious will and more a matter of aligning your conscious will and your unconscious mind to work *together* for your good.

As you relax deeply and listen repeatedly to these powerful hypnotic suggestions, you'll notice more and more exciting changes. You will

- notice that you feel much more relaxed generally
- experience a liberating shift in perspective
- begin to understand anger in a whole new way
- become aware when anger is genuinely useful and act accordingly
- still be able to choose to express or conceal angry feelings

Buy *Stop passive aggressive behavior* Hypnotherapy audio session and be open and honest about where you're coming from with the people who matter to you. Visit www.hypnotherapy.eorg.in now.

Stop taking things personally and begin to enjoy life more

Other people are a mystery, aren't they? They'll say things to you, or about you, and leave you wondering 'What on earth did they mean by that? Have I upset them, or something?' If you're a sensitive person, you can get the sense that all kinds of remarks are directed at you personally. And so you take it personally.

But taking things personally all the time can make life very difficult.

Why taking things personally causes problems

The reason why taking things personally too much of the time can cause problems is that it puts things out of kilter - that is, it gives you a skewed perspective on life. Of course, it's natural for us to see things from our own 'point of view'. However, as we grow from childhood we become aware of the existence of different perspectives, and we realize that life does not revolve only around 'me'. Other views are also valid.

Relaxing with different views helps you not to take things personally

When this maturity dawns, it generally becomes easier for us to relax around other people and their 'views'. We may still sometimes have conflicts and disagreements with people, of course, or question ourselves about our own actions, but *on the whole* we are able to 'live and let live' and not let the differences get in the way of our lives.

Stumbling blocks that keep you taking it personally

But for some people, it can still be difficult to stop taking things personally, even if they are aware that there are different ways of looking at life. This may be a result of upbringing. For instance, someone raised by overly critical parents or teachers can find that they just 'naturally' always look out for and expect criticism from others - even when it isn't really there.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

The benefits of not taking it personally any more

Always worrying about what other people 'really' think, or blaming yourself (or feeling blamed) for every single little thing that goes awry, takes up a huge amount of emotional energy and really limits your life. Learning how to stop taking things so personally can bring so much freedom and ease into your life, and allow you to develop in ways you wouldn't have thought possible.

Hypnotherapy audio session can help you to stop taking things personally

But just how do you go about changing what may be the habit of a lifetime?

Don't take it personally Hypnotherapy audio session is a Hypnotherapy audio session which works at a psychological and emotional level to bring about a fundamental change in your perspective on life. Using powerful hypnotic techniques, *Don't take it personally* Hypnotherapy audio session teaches you how to enter a profound state of physical and mental relaxation. This calms down the emotional arousal associated with feeling criticized or blamed and allows you to adopt a new, freer stance.

At the same time, *Don't take it personally* Hypnotherapy audio session helps you to distinguish clearly between destructive criticism and potentially useful feedback. This means that, far from not caring what other people think, you become a master of knowing when, how, and how much to pay attention to the views of others in a way that is compatible with your own true values.

Buy *Don't take it personally* Hypnotherapy audio session and restore calm and balance to your life. Visit www.hypnotherapy.eorg.in now.

How to say sorry and feel really good about it

Learn how to say sorry even if it doesn't come naturally

Is apologizing something that doesn't come easily to you?

Do you sometimes regret not having said sorry for something you feel bad about?

'Sorry' is the hardest word, according to the song, and most of us would agree! There's something about acknowledging being in the wrong, or admitting that we've played a part (intentional or not) in someone else's distress, that can really stick in the throat. This is a very human response. We all have a strong sense of 'who I am', and offering an apology can feel like saying there is something wrong with 'who I am'.

Nobody wants to do that.

"But I'm right!"

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

We also quite naturally live our lives with a presupposition that what we do and think is 'right'. This is not necessarily egotism or arrogance. It's a natural corollary of how we construct the 'map of the world' which we live by - how we explain things to ourselves. And how the rest of the world explains things too: think how much emphasis is overtly put on the importance of 'being right'.

So if you have an inner assumption of being 'right' and outward social pressure (real or imagined) to be seen to be 'right', you can run into a real problem if some deed or word of yours contravenes this 'rightness'. "I can't be wrong!" is the feeling we have inside, and we can go to quite amazing lengths to justify what we did or said, in the teeth of evidence, so that we don't have to say sorry.

Is apologizing a sign of weakness?

Sometimes the difficulty with apologizing is not about sense of self or about being 'right' but more to do with competition. That may sound a strange thing to say, but once again it's about natural human response. We are a competitive and status conscious species. Saying sorry can make us feel that we are putting ourselves in a position of weakness relative to others.

So, all in all, there's quite a few barriers to owning up, taking responsibility, and offering an appropriate apology to those we have wronged or distressed!

But it's really worth learning how to say sorry.

Why being able to say sorry is good for you

People who can apologize appropriately (without becoming a push over) when they have accidentally put a foot wrong or have intentionally set out to cause hurt or distress experience an enhanced sense of personal integrity and enjoy better and longer lasting relationships with others. The quality of their relationships is more important to them than point scoring.

So where do you start?

Hypnotherapy audio session can help you make the transition to saying sorry

How to say sorry Hypnotherapy audio session is a Hypnotherapy audio session created by professional psychologists which will help you cross over from being a 'never explain, never apologize' sort of person to being someone who takes full and open responsibility for both their right and their wrong decisions.

As you relax into a profound and transformative trance state in response to powerful Hypnotherapy suggestions, you will find yourself almost effortlessly conducting an amazing inner 'spring clean' of long held attitudes, tendencies, beliefs, and patterns of behavior. This will enable you to re-assess your values and re-prioritize your life from a new 'ground of being' and discover what *really* matters to you.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Buy *How to say sorry* Hypnotherapy audio session and give yourself the honor of true integrity. Visit www.hypnotherapy.eorg.in now.

Stop being self centered and reconnect with the world

Re-orientate yourself outwards with Hypnotherapy

Have people close to you told you that you're a bit too self centered?

Do you think you might be excessively wrapped up in your own affairs and concerns to the detriment of relationships with others?

Self-centeredness is one of those attributes that's hard to pigeonhole categorically as 'good' or 'bad'. Every single living thing *must* put itself first in a number of ways, because survival depends on it. What you focus on is only important if you're alive to do the focusing. So we and every other creature strive *first* to do what favors our continued survival, and only when that survival is assured do we give attention to anything else.

So far, so good.

Humans - self centered or other centered?

We humans have evolved exceptionally sophisticated and subtle ways of managing our physical survival and psychological well-being. When everything is in balance, and our primal needs for safety, attention, stimulus, status, connection and meaning are adequately satisfied, we become capable of quite marvelous feats of creativity and ingenuity.

But a sophisticated and subtle system can easily go out of kilter if we don't take good care to look after it. Things can go wrong in any area, and whether we focus more on ourselves or on others is one area that is particularly susceptible to over-balancing. In either direction.

If we focus too exclusively on others, our individual needs and well-being may suffer, and we will not flourish as well as we might.

But if we focus too exclusively on ourselves, we risk damaging the delicate relationships we have with others that are also necessary to sustain us, and again we will not flourish as well as we might.

Why it feels hard to stop being the center of your own world

The trouble is that being overly self centered, as a default position in life, is rather addictive. Finding oneself and one's own affairs and problems far more fascinating and important than anyone else's just *feels* so right and natural. Thinking of the bigger picture, and how you really fit in with the rest of the world, seems like hard work, even if you have woken up to the fact that you need to redress the balance.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Here's where Hypnotherapy can come to your assistance.

Hypnotherapy audio session **can help you turn your focus outwards again**

Stop being self centered Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists that will help you to re-establish a healthy equilibrium between meeting your own needs and those of others.

As you relax and listen repeatedly to your Buy, you'll notice that the powerful hypnotic suggestions have brought about significant changes. In particular, you'll notice that you

- have a clearer vision of what your life is about
- experience a deep shift in your personal perspective
- spend less time dwelling on and analyzing your 'issues'
- are genuinely more interested and engaged in what is happening with other people
- enjoy healthier, more balanced relationships
- get much more out of life

Buy *Stop being self centered* Hypnotherapy audio session and wake up to everything that's good in life. Visit www.hypnotherapy.eorg.in now.

Learn how to go about setting boundaries more successfully

Hypnotherapy audio session **can quickly help you develop the inner attitudes for setting boundaries and effectively maintaining them**

Are people taking advantage of you more than you feel comfortable with?

Do you feel that others sometimes don't respect you or treat you as appropriately as they should?

We humans are social creatures. We want (and need) to interact closely with each other and form good interpersonal connections. In fact, our physical and mental health can suffer severely if we don't manage to do this. So getting on well with each other is a vital survival skill. We all want to be liked, and our desire for the approval of others makes us (on the whole!) cooperative and friendly. So far, so good.

But our sociability is not just about connections. It's also about status and control. And we need a sense of status and a sense of control just as much as we need a sense of connection. We like to know where we stand in our local social set up and to feel that our position in it is acknowledged and honored. And we like to feel that we have some control over our lives and some free choice over what we do.

Setting boundaries is important for your wellbeing

Getting the balance right between our needs for connection, status and control is not always simple. Our need to be sociable and connect requires us to be pleasant to each other so that we all feel comfortable together.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

But *always* giving way to others for the sake of smoothing social relations can result in either a perceived loss of status or a loss of control - or sometimes both. And that can feel very unsatisfactory.

But what is the key to getting a better balance?

If you want to have good relations with other people, and also want to be appropriately respected, you have to make it clear, to yourself and others, where you stand. In other words, you need to set boundaries about what is and is not acceptable to you. It's not necessary to be totally inflexible about it. There's always room for generosity and/or extra tolerance when required. But it should always be clear that this is *voluntary* on your part.

Moving from a situation where people have been *assuming* and *taking it for granted* that you will do what they ask, or that they can treat you how they like without regard for what is due to you, can feel like something of a challenge. Where do you start? How will other people respond? Will you be able to keep it up? How can you change your inner attitude so that setting personal boundaries feels natural to you, rather than awkward?

Hypnotherapy audio session can help you go about setting boundaries quickly and easily

Setting boundaries Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists which will dramatically ease the transition. Using the power of Hypnotherapy to help you bring about deep inner change comfortably and easily while you enjoy profound relaxation, this Buy will help you access the specific inner resources that will enable you to set - and maintain - appropriate boundaries with others.

As you relax regularly to this Hypnotherapy audio session and integrate all the new learning it brings you, you will notice that

- you find it increasingly easy to be clear to people about where you stand
- you no longer feel 'compelled' to say yes on every occasion
- people treat you with new respect
- you feel much calmer and stronger around other people
- you enjoy life more

Buy *Setting boundaries* Hypnotherapy audio session and make sure that connection, status and respect are in balance in *your* life. Visit www.hypnotherapy.eorg.in now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Smile and get rich! And get a lot of other things too...

You think I'm kidding, right? But one of the findings of research carried out at the University of Manchester in England was that bosses are 12% more likely to promote employees who smile a lot. So smiling can advance your career! Well, that made you smile, and smiling more is good for other things than your bank balance.

Smiles and frowns

For example, it can make you holier. Vietnamese Buddhist ThichNhatHanh was asked what is the best way to set out on the spiritual path. His reply? "To start with, draw your lips into a faint, scarcely perceptible smile." Now, if you actually attempt to follow that instruction, you are quite likely to discover that you are frowning. So many of us have a fixed frown on our faces (I can't think why...). Smiling more will break up those frowns.

Smile research uncovers some counterintuitive phenomena

I don't know if ThichNhatHanh is familiar with the research work of social psychologist Rober Zajonc. Zajonc holds no brief for the effect of smiling on your spiritual progress, of course, but he did conduct some fascinating studies which demonstrated that consciously forming your facial muscles into a smile and holding it for a brief period measurably changes the blood flow in your brain. A 30-second smile can reliably lift your mood.

This seems contradictory at first. Surely it's the other way round? If you feel good, won't you smile more? But no. If you smile more, you will feel good.

How to (re)acquire the smile habit in your armchair

So what are you waiting for? If those frowns have been getting you down, how about putting on some smiles instead? If you've really not had a lot to smile about in life for a while, you'll be amazed at the effect some smile work will have.

Smile more Hypnotherapy audio session is a Hypnotherapy audio session which will effortlessly (and very enjoyably) enable you to kick the frowning habit and unleash your smile. You'll learn more about the power of smiling in your life as you relax (with a smile on your lips).

The deep relaxation that *Smile more* Hypnotherapy audio session will take you into will itself make you feel so much better in yourself and will allow your unconscious mind to reawaken your instinctive awareness of the value of smiling. You'll find yourself fondly recalling things that made you smile in the past - and smiling all over again.

Smile more Hypnotherapy audio session will soon make the habit of smiling feel like it's always been a fundamental part of you. Which it has.

Buy *Smile more* Hypnotherapy audio session and get richer, holier and happier. Visit www.hypnotherapy.eorg.in now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Note

Zajonc, R.B. "Emotion and Facial Efference: An Ignored Theory Reclaimed", *Science* 228 (April 5, 1985): 15-21

Zajonc, R. B., S. T. Murphy, & M. Inglehart, "Feeling and Facial Efference: Implications of the Vascular Theory of Emotion" *Psychological Review* 96 (1989): 395-416."

Make more friends and increase your social circle

Make friends easily using motivational, confidence building Hypnotherapy

Did you know that regularly meeting and talking with people you know improves your brain power? (1) Of course, it's unlikely that you'd be looking for a wider social circle and more friends just so you can improve your chances at the quiz night, but it's nice to know that this is a recognised positive effect of good social interaction! And not the only one.

Why we need a circle of friends

Most people looking for friendship have a vague but perhaps inarticulate sense of how having friends benefits them. They will say that they like to have congenial company, or that they don't want to be lonely. But they perhaps don't fully understand why loneliness, apart from being no fun to experience, is actually bad for you.

The fact is, we humans are social creatures. We like nothing so much as getting together with each other (preferably with like-minded sorts). There are some individuals who appear to prefer to live apart from other human society, on their own, but they are very much the exception. In fact, it has been shown that prolonged social isolation can cause our mental and physical faculties to deteriorate. We become 'odd'.

Friendships keep you sane - and bring you the unexpected

So another benefit of having good connections with other people is that it actually helps us to stay sane and balanced. It improves our life chances too. The more people you know, the more likely it is that someone you know, or someone they know in turn, will know someone or something that will be of benefit to you.

The wider your social circle, the better

Friendships are not unadulterated bliss, of course. There's ups and downs in any relationship, and some friendships may even turn to indifference or enmity as you go through life. All the more reason to seek a wide circle of friends, so that if some friendships fail or end, there are always others to turn to.

Can anyone make friends? Yes.

Some people seem to have an extraordinary 'knack' of making friends, easily connecting with others wherever they go. This can feel daunting to those of us who have a different make-up, or who are not as experienced in making friends, but it really is true that *anyone* can expand their social circle and make more friends.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Making more friends - step one - know what's out there

Making more friends requires a two-pronged approach. Firstly, you need a practical means of connecting with new people with whom you might have something in common. Local clubs, church groups, special interest groups, causes and charities are usually excellent routes to investigate. Thanks to the internet, it's now much easier to track down something that appeals to you - and even make those first vital contacts.

Making more friends - step two - use what's in there

And secondly, you need to overcome any inner inhibition, shyness, or lack of motivation and boost your determination to get out there and find those friends. Although both aspects can present challenges, it is this matter of inner motivation and determination which people often struggle with the most. Even if you have all the practical means to hand, just how do you persuade yourself to get out there and do it?

Increase your social circle Hypnotherapy audio session is a Hypnotherapy audio session which directly addresses this question. Motivation to socialise is more than mere will-power, and this Buy allows you to access the inner *unconscious* resources that you need to activate to make more friends.

Learn how to make friends easily with Hypnotherapy

You will find that you can completely calm your inner qualms and uncertainties, which may have been making you feel quite anxious about the business of making friends. You will then learn to use this deep inner calm to focus your mind and inwardly prepare to welcome more people successfully into your life, and skim over any rejections or indifference. Regular practice of this process will allow you to become fully at ease with the process of establishing a wider circle of friends.

Buy *Increase your social circle* Hypnotherapy audio session and get ready to greet your new friends. Visit www.hypnotherapy.eorg.in now.

(1) Ybarra, O., Burnstein, E., Winkielman, P., Keller, M.C., Manis, M., Chan, E., & Rodriguez, J. (2008) Mental exercising through simple socializing: Social interaction promotes general cognitive functioning. *Personality and Social Psychology Bulletin*, 34, 248-259.

Speed Dating Confidence for Men

With speed dating, first impressions count! When you're speed dating you've got just a few moments to make the right impression. And in those few minutes, the more relaxed and confident you are, the better an impression you will make.

Attraction: It all happens so quickly - or does it?

Research shows that someone knows whether they are attracted to you in the first few seconds of meeting you. This is pretty much common knowledge.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

However, after a couple of minutes they can decide that they are attracted to you by the way that you sound, your facial expressions, what you say and how you respond to what they say - *even if they weren't initially attracted to you in the first few seconds!*

Why do some people have so much success with speed dating?

Some people get picked time and time again by potential speed dating partners and it isn't just the way they look.

Some people just 'feel right' when we talk to them. Whether or no they look good, some people just seem easier to 'click' with instantly. To have success with speed dating you need to start being a 'click person'.

Speed Dating Confidence Hypnotherapy audio session for men will supercharge your speed dating confidence and teach you some of the powerful secrets for gaining instant rapport with women.

This Hypnotherapy session will powerfully program your mind and body to relax and be cool when speed dating, maximizing your chances of getting chosen more often.

You'll also learn some of the secrets of speed dating success and how to influence women by boosting your own instant appeal.

Buy *Speed Dating Confidence* Hypnotherapy audio session for men now and put your dating on fast track. Visit www.hypnotherapy.eorg.in now.

Speed Dating Confidence for Women

There's no doubt, when speed dating, first impressions count.

But interestingly, first impressions aren't everything.

Many pieces of research show that in the first few seconds of meeting you, people tend to know whether they are attracted to you.

However, what's really fascinating is that after a couple of minutes they can *decide* that they are attracted to you by what you say, the way you sound, your facial expressions, and how you respond to what they say.

And that can happen *even if they weren't attracted to you in the first few seconds!*

Speed Dating Confidence Hypnotherapy audio session for women will make all the difference to your speed dating, allowing you to relax and enjoy the experience. It will also teach you powerful secrets for gaining instant rapport with men.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

How do successful speed daters do it?

Some women get picked time and time again by potential speed dating partners and it isn't just the way they look.

Have you noticed that some people just 'feel right' when you speak to them? Whether they look good or not, some people just seem easier to 'click' with.

This Hypnotherapy audio session will powerfully 'program' your mind and body to relax when speed dating. You'll also learn some of the secrets of speed dating success and how to influence men by maximizing your own instant appeal.

Buy *Speed Dating Confidence for Women Hypnotherapy* audio session now and put your dating on the fast track. Visit www.hypnotherapy.eorg.in now.

Stop fidgeting and start sending the right messages

If you fidget a lot it can come across that you are bored, distracted or nervous and anxious. Constant fidgeting can seem rude to others and make it seem as if you'd rather be somewhere else. Composed stillness, on the other hand, presents you as someone who is calm, confident and strong.

Why do people fidget?

You may find yourself fidgeting when you are restless, bored or anxious. Or maybe you don't exercise enough and have an excess of energy to burn off. Alternatively, you may be one of those people who fidget when they find themselves out of their comfort zone.

Fidgeting can say the wrong things about you

Fidgeting during a date or a job interview, or when someone else is talking to you can come across as rude and set a terrible impression. Fidgeting, and especially nervous touches to the face and neck, can also make you appear dishonest because that sort of body language can convey you have something to hide. In other primates such as monkeys fidgeting can denote lower status in the tribe.

This can completely undermine whatever message it is you are trying to convey by words. If you fidget a lot then, at the very least, it will be hard for others to take you seriously.

When you stop fidgeting you appear more in command of yourself, you'll feel more relaxed and confident and come across as a much more socially confident person.

Buy *Stop Fidgeting* now Hypnotherapy audio session and make sure you are telling the truth about yourself. Visit www.hypnotherapy.eorg.in now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

Don't be taken for granted

Hypnotherapy audio session is a great way to prepare yourself to take a stand against being taken for granted any more

Do you often get the feeling that people are just too quick to assume that you will do what they ask?

Have you perhaps noticed that your contributions are so 'expected' that you don't even *get* asked any more?

It's human to like to be liked, and to like to fit in and get on with those around us. This is what constitutes the social glue that keeps us relatively comfortably together. Contributing in some way to the groups of which we are a part is in fact a fundamental human need. That is, it is one of the things that we all actually have an innate *drive* to do, and we suffer mentally and emotionally if we can't do it.

We need to be appreciated and not taken for granted

But we have another important need to satisfy as well. We need to feel that we are valued and appreciated. It's all very well contributing, but if your contribution becomes part of the wall paper - something nobody notices anymore - you will *also* suffer mentally and emotionally. Lots of our human needs are like this - we have to get them satisfied in balance with each other if we are to have a good life.

However, if you've been gradually fading into someone's wall paper over time, it can be tricky to work out the best way to deal with it. Although it might be the case that you really need to put your foot down and simply refuse to do the things which are expected of you any more, you might not want to rock the boat that severely. You may be quite happy doing what you're doing - you just want to get the acknowledgement and respect that's due to you.

How do you go about complaining that you're not valued enough?

But when you think about raising the subject with the people who are taking you for granted, it can feel awkward. As if you are stepping out of character - after all, you're the one everyone depends on, not the one who 'makes a fuss'. And what exactly do you *say*? What will happen if people don't *like* what you say? What if they turn against you? Thoughts such as these can make you hold back and just continue as you are.

So the question is, how can you boost your assertiveness and self-confidence enough to feel okay about tackling the issue of how much appreciation is due to you in a fair and equitable way?

Hypnotherapy can give you the confidence to get recognition for what you do

Don't be taken for granted Hypnotherapy audio session is a Hypnotherapy audio session that will make it much easier for you to prepare yourself to make a stand. Using the latest psychological insights and powerful hypnotic suggestions that work at the unconscious level, this Buy will set off your inner transformation. You will notice

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

that you feel stronger even after the first listening, and as you continue to listen regularly you'll become aware that

- you feel more confident about your own position
- you find it easier to speak to others about what you want
- you can negotiate to acceptable compromises
- you feel the satisfaction that comes from honoring your own worth
- other people respect and appreciate you much more

Buy *Don't be taken for granted* Hypnotherapy audio session and enjoy a better balance with those around you. Visit www.hypnotherapy.eorg.in now.

Stay Calm with THAT Person!

Break the habit of reacting to that certain person and maintain your composure

Is there someone who just seems to push your buttons? Someone who, despite your best efforts, is able to unsettle or upset you?

If you have to deal with them on a regular basis, it can make life pretty difficult. Even the thought of them can make your stomach turn somersaults.

But when we think about it, the real problem is not the person, it's our own emotional response to them. Somehow they have managed to create unpleasant feelings of anxiety that leave you unable to be assertive or even feel comfortable around them.

Let's face facts – if you could ignore them completely, there wouldn't be a problem! But they are in your life, so you need a new emotional response that leaves you emotionally 'intact' and composed.

Get rid of those unpleasant feelings

Staying calm with THAT person Hypnotherapy audio session will help you get rid of the unpleasant habitual emotional response and enable you to feel resourceful and capable around that person.

By using this advanced Hypnotherapy audio session, you will be able to maintain your composure with someone who you have been trying to avoid, or someone who deliberately sets out to unsettle you. You will be surprised the next time you see them, or hear from them, that your old 'push button' response is no longer there and in its place is calm, reassuring confidence.

Buy '*Staying calm with THAT person* Hypnotherapy audio session' today using the buttons below and you will notice how much better you feel about them before the day is out! Visit www.hypnotherapy.eorg.in now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vignaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

How to stop coming on too strong

Use Hypnotherapy to set a more appropriate pace when you connect

Have you been told you're coming on too strong?

Do you struggle to judge how to pace things when you are building a relationship with someone?

No matter what kind of relationship you engage in with someone, whether it's as a workmate, a boss, a subordinate, a friend, or even a potential lover, the process of establishing the relationship is like a complicated sort of dance. It can sometimes seem that other people know all the steps of this dance, while you keep tripping yourself up, or stepping on your partner's toes.

How anxiety can get you coming on too strong

When you feel really strongly attracted to someone, it can get particularly complicated, because the other person can come to seem especially important to you. And when that happens, it becomes especially important to *make that connection*, quickly, in case you miss the opportunity. Anxiety is making you 'try too hard' which unfortunately *makes* it not work out.

But just how *do* you judge how often to call, text, or email? Whether it's okay to touch, or to hug or kiss? How many meetings or dates to try to set up, and how frequently?

There is no 'rule book' for building relationships

Well, there is no cut and dried, totally reliable set of rules you can follow on how to form relationships. That might sound like bad news in some ways, but actually, it's liberating. Every single relationship is unique, you are unique, the other person is unique. So whenever you want to build a connection with someone, you don't look at a 'relationship rule book', you look at *them*.

This means you pay attention to them as an *individual*. It's not just about what *you* want. It's about what *they* might want. You need to be able to put yourself in their shoes, and see what's happening from their point of view. You need to be able to respond to the feedback you get from them.

Tall order?

Hypnotherapy audio session can help you learn how to avoid coming on too strong

Stop coming on too strong Hypnotherapy audio session is a Hypnotherapy audio session developed by psychologists that's designed to help you develop a more intuitive, responsive sense of how to negotiate the relationship 'dance'.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Increase Interpersonal Skills by Hypnotherapy by Manish Patil

As you relax and listen repeatedly to your Hypnotherapy audio session, you'll find that you are increasingly able to

- relax with having strong feelings about someone without having to rush into 'action'
- appreciate the other person as an individual, with unique wants and needs
- take account of the other person's *likely* response before you make any specific approach
- notice and respond sensitively to how the other person does react to what you do or say
- accept that even if things don't 'work out', you can live with that

Buy *Stop coming on too strong* Hypnotherapy audio session and start to relax with relationship building. Visit www.hypnotherapy.eorg.in now.

Put yourself first for a change

Living your life for others is a very worthy sentiment. Research even tells us that helping others sometimes is good for our health.

But it is easy to forget that you can't look after other people's needs effectively until your own needs are at least minimally taken care of.

Always putting others first can make you a doormat to be trodden on. Putting yourself and your need to rest, relax, have fun sometimes, and so on, will make you a better carer, provider or parent because you'll be healthier and have more energy.

Putting yourself first is not selfishness

Think of *Putting Yourself First for a Change* Hypnotherapy audio session as stopping for fuel. A car isn't being selfish when it stops for fuel. It needs to do this so it can serve the situation as well as possible.

It can start to feel really liberating when you prioritize looking after your own needs sometimes. It will give you a new lease of life.

Buy *Put Yourself First* Hypnotherapy audio session for a change and get a new perspective on things. Visit www.hypnotherapy.eorg.in now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Hypnotherapy series e-books of Manish Patil

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

Recipe series e-books of Manish Patil

- Basic recipes
- Bean salads
- Beans recipes
- Bread machine recipes
- Breads
- Breakfast
- Breakfast recipes
- Brinjal/ Baingan recipes
- Brownies recipes
- Cakes
- Cakes recipes
- Capsicum recipes
- Casseroles recipes
- Cauliflower/ Gobi recipes
- Chicken Dishes
- Chili recipes
- Chinese dishes
- Chinese recipes
- Chocolate recipes
- Christmas recipes
- Chutneys
- Cookies recipes
- Cornbread recipes
- Couscous recipes
- Daal recipes
- Desserts
- Dinner pies
- Dips and spreads
- Diwali sweets
- Dosa recipes
- Drinks
- Egg recipes
- Frozen Desserts
- Fruits recipes
- Fruits dishes
- Ganesha Festival recipes
- Gazpacho recipes
- General basic condiments
- General desserts
- General recipes
- General salads
- General soups
- Grain salads
- Grains dishes
- Health recipes
- Hummus recipes
- Ice cream recipes
- Idli recipes
- Indian dishes
- Japanese dishes
- Lasagna dishes
- Leftover recipes
- Malaysian recipes
- Meat-analogues recipes
- Mexican dishes
- Microwave cooking
- Microwave work lunches
- Muffins recipes
- Okra/Bhindi recipes
- Onam Festival
- Pakistani recipes
- Paneer Dishes
- Pasta recipes
- Pasta salads
- Pickles & Chutney recipes
- Pies recipes
- Pilafs recipes
- Pizza recipes
- Polenta recipes
- Potato dishes
- Potato salads
- Potato recipes
- Puddings
- Pulses & Lentil recipes
- Punjabi recipes
- Quick breads
- Raksha bandhan special Indian sweets
- Rice recipes
- Risottos recipes
- Salad Dressings
- Salads
- Salsas
- Sandwiches
- Sauces
- Seafood
- Shakes and Sips
- Snacks
- Snacks recipes
- Soups
- South Indian nonveg recipies
- Stews recipes
- Stocks recipes
- Stuffed vegetables
- Stuffings recipes
- Tofu recipes
- Tomato recipies
- Variety breads
- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
- Yeast breads (made by hand)