



Increase sports performance

by

Hypnotherapy

Dr. Manish Patil

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Hypnosis

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

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

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

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

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

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

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

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

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Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

The Power of Suggestion

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

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

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

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

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

Samadhi through Self Hypnosis

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

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

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

The Three Forces of God

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

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

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

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

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

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

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

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

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

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THE SWADHISTHANA CHAKRA

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

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 muldhara chakra, this chakra is situated near the pineal gland and is popularly called the third eye because this is the chakra of the mind and has the ability to give one foresight and the higher qualities and the ability to use the full force of the mind' the corresponding words are OM the colour green.

THE SAHASARA CHAKRA

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

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

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Meditation of Silence

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

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

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

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

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

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

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.

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Does Hypnotherapy work for everyone?

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

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

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

How safe is Hypnotherapy? Should I be worried?

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

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

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

Will Hypnotherapy make me act strangely?

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

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after just 3 weeks of daily Hypnotherapy. You can boost your immune system and have more muscle mass and better looking skin.

Will Hypnotherapy totally change me as a person?

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

How do your Hypnotherapy audio sessions work?

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

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

How long are your Hypnotherapy sessions?

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

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

When will I notice the results of Hypnotherapy?

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

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

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imagination plays a large part in hypnosis. **However, please ensure that you supervise your child's use of any Hypnotherapy audio sessions.**

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

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

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

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

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

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

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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 other. However, if your sessions are for very different, distinct problems, it might be more useful to listen to one session until you are feeling positive results and then start using another as and when you feel ready.

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

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

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

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

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

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on any possible distractions. Remember that concentration is a key factor in hypnosis and your focus can be easily interrupted by outside noise.

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

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

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

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

Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

Every Hypnotherapy audio session we give is recorded by the name of the beneficiary provided in the order form. It is made to benefit that person only. If any other person uses it he will/may not get any benefit as all the instructions are given by that beneficiary name. Also it is legally prohibited as the session is made for your and only your personal use. This is intended to protect our intellectual

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property and incomes relating it from any type of misuse/fraud/malpractices and sharing or distribution will lead to legal prosecution and penalties up to maximum.

In which languages can I get my Hypnotherapy audio sessions

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

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

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

The Myths of Hypnotherapy

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

Hypnotherapy Myth #1 –Hypnotherapist have special powers.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Summary

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

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Increase Sports Performance by Hypnotherapy

Sports performance, as every serious sportsperson knows, is as much about what's going on in your head as what's going on in your body. We've all seen top-notch golfers lose their game for years on end, or sprinters lose those critical hundredths of a second that make the difference at the finishing line, due to a seemingly insuperable anxiety about the outcome.

Our sports performance Hypnotherapy audio sessions are solidly based on the latest psychological research into what distinguishes the top performers from the rest, and how you get that edge.

These sports Hypnotherapy audio sessions will help you fine tune your game so that, whatever field of sports you engage in, you get the very best from yourself, physically, mentally, emotionally. You'll learn how to cultivate - and maintain - the attitudes and determination that take you to the next level.

And after all, as a sportsperson you spend long enough training your body - why not spend a little on your brain?

Enjoy perfect focus when you step up to the free throw line

Shooting free throws can be nerve-wracking. Despite hours of practice, shooting free throws in a game can throw your technique right off. And if it's a particularly vital point, the free throw can feel nigh-on impossible.

The secret of hypnotic practice

All sports people know practice makes perfect, but what about perfect practice?

The secret of truly great athletes is their *mind* advantage. You can practice shooting free throws perfectly in your mind - without missing - and that practice will improve your game.

When you practice your basketball free throw hypnotically the same neuronal pathways are forged in your brain as if you were *actually* doing the activity. This has been demonstrated in repeated experiments with sports people.

Be in the basketball free throw zone

Free throwing in the exact right state of arousal; relaxed yet poised, calm yet focused, is called being in a state of 'flow' or 'in the zone'.

When you enter 'the zone' there is an inevitability in success; it's as if you know a split second before you throw that the ball is going exactly where you want it to go.

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When you are in the zone your mind empties all notions of success, winning or losing. All these concepts fade away as only the moment exists.

That's what this session will do for you.

Buy *Basketball Free Throw Champ Hypnotherapy* audio session and free throw with the best of them. Visit www.hypnotherapy.eorg.in now

Overcome Pre-Game Nerves and Enjoy Competing More

Its fine once the game starts right? But the buildup is unbearable. Lost night's sleeps, nausea, nerves all combine to make the sporting experience much less enjoyable than it should be.

Anticipation is one thing, but the horrendous buildup of anxiety is another. You know that you will produce enough adrenaline on the day to raise your game, so why all the nerves beforehand?

Hypnotherapy is an unbeatable way to train your unconscious mind to respond in the way you want it to. You can get rid of unnecessary nerves and use your brain for more productive things!

Many professional sporting pros have emotional/psychological issues on and off the court (or track) which hinder their performance. The really great ones learn how to either still their emotions or channel them in such a way that they aid performance.

Too much anxiety ruins performance

The fact that you have pre-game nerves show that what you are about to do is important to you. But too much nervousness quickly becomes counter-productive.

High anxiety is there to get us blindly running from threat. So it's stops us thinking (which is why is stops concentration) can make you clumsier (because only the major muscle groups work when we are highly anxious) and can make you feel like you need the bathroom at the most inconvenient times! At worst, pre-competition nerves can even make you feel frozen to the spot as if you can't move or do anything at all.

Think of nerves and anxiety as a fuel. Like a fuel anxiety can be wasted and misdirected. It can leak energy and so leave you feeling exhausted before you even start! To compete well, you don't need to be too relaxed. Rather a certain balance of excitement will give you absolute readiness, focus and intense building energy.

Tigers don't get nervous do they?

Think of a tiger about to pounce. It doesn't feel nerves although it can't be said to be relaxed either. It has what we might call supreme attentiveness and absolute focus. This focus and energy is also seen in the world's top sprinters just before a race and is a force which is collected, understood and properly focused by all the sporting greats from boxers to gymnasts.

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Pre-game nerves can't be allowed to hinder your performance

Pre-competition nerves need to be refined too just the right level so they work for you and feel like building energy and ever increasing expectation of success and mastery.

This Hypnotherapy audio session will reprogram your instincts to feel controlled building energy pre-match and extended focus and drive during your game.

Imagine having the confidence every time coming up to competition that you can reliably absolutely do your best.

Buy *Overcome Pre-Game Nerves Hypnotherapy* audio session now and really enjoy your next big event. Visit www.hypnotherapy.eorg.in now

Give your half marathon training a psychological boost

Running a half marathon can be a wonderful, life affirming experience *if* you have trained properly.

One of the greatest marathon runners in history the incomparable Emil Zatopek said: *"When a person trains once, nothing happens. When a person forces himself to do a thing a hundred or a thousand times, then he certainly has developed in more ways than physical. Is it raining? That doesn't matter. Am I tired? That doesn't matter, either. Then willpower will be no problem."*

Proper half marathon preparation requires diligence, organization and self-discipline because it's *always* easier not to do something. Inertia is powerful but nothing worth doing is accomplished without diligence and effort.

The pleasure in avoiding regret

Whenever you train you'll always be pleased you did afterwards. When you miss a training session the regret you feel is a real pain. Half marathon runners I work with sometimes tell me they 'enjoy' getting up in the morning to train because they know they are 'avoiding' the future regret of not training.

Regular but sensible training

Of course not over-training for your half marathon can also take self-discipline. To not know that you should take time out and rest but still train can be damaging. You need perfect balance in your training.

Hypnotherapy is an excellent way to motivate your mind. This session will increase your motivation to run and will also guide you through the race itself.

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Doing yourself justice

You need to know your half marathon training schedule and have a good diet and decent shoes etc. After that consistent focus and applied diligence will get you really enjoying your half marathon - after all it's only you who can do yourself full justice on the day.

How great it will be when your half marathon training feels like second nature?

Buy *Half Marathon Training Hypnotherapy* audio session now. Visit www.hypnotherapy.eorg.in now

Don't let hazards put you off your golf game!

You know the holes you hate. Maybe there are one or two on your regular course that no matter how often you play them, they throw you off your game. Or maybe a certain type of hazard always adds shots to your card.

Sand traps, water, bunkers, roads, trees, rough... whatever the hazard, something in your brain goes 'click' and your next shot is a nightmare.

Hazards - all in the mind?

So what is it about hitting over hazards? It's still just a shot but somehow that stretch of water or that obscured uphill fairway... somehow it's just off-putting!

Even low levels of tension throw off the fine muscle tone and balance required to play your best golf.

Just as with any other shot, when you hit over hazards your mind needs to be just right. A hazard is only a hazard if you see it that way. The '*Hitting over hazards*' hypnotic session will train your instincts to relax with hazards enabling you to 'go into the zone' every time.

Buy your hitting over hazards Hypnotherapy audio session now and enjoy your next round much, much more! Visit www.hypnotherapy.eorg.in now

Improve archery performance and accuracy with powerful hypnotic techniques

If you really want to improve archery performance, develop super focus

Do your thoughts sometimes suddenly run wild as you lift your bow to take aim?

Do you wonder just why one day turns out so much better than another on the archery range?

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When you are mastering a highly technical skill like archery there are several different ways you can set about becoming better at what you do. You take instruction. You practice. You carefully observe how others do it. You practice. You maybe sign up with a coach. You practice. You watch videos and read books. You practice. You talk with other practitioners about just what constitutes good archery. You practice.

What happens when you can't improve your archery any further?

If you are assiduous and determined and don't give up, this will take you a long long way towards proficiency. But it's quite common to reach a kind of plateau in your development as an archer. You can be very good, but somehow get the feeling that you are not *quite* as good as you could be. You can be very good, but also notice that there are days when you just don't seem to pull off the ace shots you know you are capable of.

But what else can you do? Is it impossible to improve archery performance one more notch?

Improve archery performance with the ultimate archer

This is where you need to go beyond the physical expertise and the mental know-how that you have worked so hard to develop. You have the conscious knowledge and the practical skills. Now is the time to discover how to improve archery performance in a wholly new way - by stepping into the psychological (some would say spiritual) realm of the ultimate archer. And what is this realm? It is somewhere you've already been!

If you think back over your development as an archer, you will recall that there have been times when the arrow seemed to fly from your hand 'of its own accord', when it seemed to find the target almost without any input from you. There were times when your score just effortlessly rose, as if you couldn't make a mistake. These were times when you were in the realm of the ultimate archer.

Many people think such experiences are a matter of luck. Some days will be good, some days will be bad, depending on your horoscope, or which side you got out of bed, or whatever is thought of as the arbiter of your fate. Fate has no interest in helping you to improve archery in any way. But the truth is that you can learn to deliberately enter this realm. You don't just have to wait for it to happen. If you know how.

Hypnotherapy is your gateway to the best archery you are capable of

Improve your archery Hypnotherapy audio session is an audio Hypnotherapy session designed specifically to help you learn and develop the ability to create in yourself such powerful focus, such oneness with every element of what you do on the range, that nothing can possibly distract you. This session is based on hard scientific psychological understanding of high performance and how to reach it, and uses powerful hypnotic techniques to help you get there.

You will learn how to detach and dissociate yourself totally and completely from everything that might be happening around you, and from every thought of past or future, so that you can be utterly present in the 'now' of *this* shot - whether this is the first shot, the last shot, the shot that follows a poor shot, or the shot that follows a brilliant shot.

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This is where archery ceases to be something that you 'do' and becomes something that you 'are' - an expression of your inner being. Your own 'ultimate archer', in fact.

Buy *Improve your archery* Hypnotherapy audio session and discover just how far you can take it. Visit www.hypnotherapy.eorg.in now

Martial arts - gain heightened awareness and get the edge

In martial arts, as in any art, the true artist possesses something greater than themselves moving through them. It is this connection with a sense of force and knowledge greater than your-self that determines perfect action.

In martial arts, less connection = more effort

When we perceive reality as a collection of parts - one part acting mechanically on another then we are disconnected. Our actions can be effective up to a point but there is little flow and much effort may be required. Some martial artists use muscular force and a sense of disconnection from opponents when they fight, but they are not really artists at all.

The origin of the martial arts signifies an impulse transmitted from a great and wise intelligence. Martial arts are not a way of training the mind *or* the body but a way of training both as one entity.

Martial arts make this awareness more apparent

The physical movement of martial art is merely a funnel or channel for this kind of universal perception. And this heightened awareness is just as applicable in any activity not just martial movement.

It's just that when you have that timeless, sure and time-transcending sense during what would normally be a tussle or scrap, then it is more noticeable, just as increased stamina is more noticeable when you run rather than when you just sit still.

How Hypnotherapy can help heightened awareness

This session will gently encourage the state of mind within which division, time and space and separateness between people momentarily disappear. When there is no divide between you and your opponents then how can you fail to direct their movement and the flow of energy, as you have tapped into all of existence in these moments.

Many students lack the concentration required to make each move totally efficient. This session will lend you power as it will feel as if the force of the universe resides within you and will be yours to direct.

Buy *Martial Arts Heightened Awareness* Hypnotherapy audio session now and notice the difference in your next contest. Visit www.hypnotherapy.eorg.in now

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Increase Sports Performance by Hypnotherapy by Manish Patil

Develop supreme mental toughness for success in your sport

What separates the true masters, the champions, from the 'also rans' ?

So often it's just a matter of mental toughness. Time and time again sports commentators marvel that a particular individual is the best - even when they are smaller, older, less experienced, or physically weaker than others in their field.

Somehow they're unbeatable.

They don't have a wishbone where their backbone should be.

Develop supreme mental toughness Hypnotherapy audio session gets you feeling and behaving like a true champion. Supreme mental toughness is about focus of mind, discounting all distractions and never giving up.

When you have supreme mental toughness you become an irresistible force. Physical strength, lightning fast reactions and stamina are all greatly influenced by your attitude of mind, your spirit.

We want you to have true grit and determination and to focus like a champion. When you have subconscious determination and focus, you'll have your instincts working on your side.

Buy *Develop supreme mental toughness* Hypnotherapy audio session for sport below and start boosting your mental toughness now. Visit www.hypnotherapy.eorg.in now

Martial Arts Sparring - Super Timing

All great martial artists have fantastic timing and reflective response during sparring.

Of course you need to condition your body and reflexes by continuous training and repeated sparring experience. But to truly excel you need to fine-tune your perceptions to enhance your timing.

Perceiving time as slowing down will make your opponent *seem* slower so that you have more opportunity to respond and initiate movements. Your timing during sparring involves speed of initiation which is 'off the line' offensive movement and counter attack timing.

You need early perception, plus any hesitation needs to vanish in favor of pure definite action. The space between your movements needs to diminish so that distinct movements merge into one continuous flow.

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How we perceive time

We tend to separate our perception of time down into distinct parts - such as seconds, minutes, hours and so forth. We cut time up into parts. When you think of combination moves, for example in boxing, it's easy to think of the separate moves as existing in separate portions of time. You have, for instance, the jab, cross, hook combination. One, two, three! But if you begin to see these three distinct movements as one then you can start to deliver combined movements as one movement making it quicker: these three movements are executed in one portion of time not three. This is a 'mind thing' and needs to be experienced to be fully appreciated.

When you are *learning* combinations, blocks and punches you need to think and to analyze. However once you have mastered specific movement then you need to stop thinking. Your instinctive mind works about half a second faster than your thinking mind; thought is too slow when you are sparring, especially when you are in the midst of movement. Your reactions need to be pure instinct but instinct that has been refined and trained. The best way to train instinct is through practice and Hypnotherapy.

This session will increase your confidence and get you responding and perceiving reality more effectively when you spar.

Buy *Martial Arts Perfect Timing Hypnotherapy* audio session now. Visit www.hypnotherapy.eorg.in now

Play snooker better each and every game

You can play snooker, pool and billiards so much better when you use Hypnotherapy to improve your focus

Have you ever had that experience of being suddenly thrown right off your game and wondered how you could prevent that happening?

Or have you noticed that there are days when, for no reason you can determine, you just don't seem to be able to pull off the shots you can usually manage with ease?

Whatever level you play snooker at, you've probably noticed two important features of performance. There is no question that regular, dedicated practice, with help from a coach where appropriate, is the foundation of all good play, the sine qua non. The more you do it, the better you get at it. As you get better at it, you also notice that your game play is not all about your technical skill. Something else is at work.

Playing better snooker through practice

When you're a novice snooker player, it's all about perfecting the technical skill. You work on *physical* aspects. Your stance. Your grip. Your aim. You build your understanding of the *physics* of the game - the interaction of balls, baize, cushion and cue. You work on the *mental* aspects - the strategy and tactics of your game. You can get very good at all of these, so that you can produce good shots almost without thinking.

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When snooker and billiards 'just go wrong'

And this is when you notice that sometimes those physical skills that you've spent so much time honing and perfecting just go to pot (if you'll pardon the expression!). Even though you know you are perfectly capable of potting that ball, and have done it hundreds of times, your aim is off, or you miss-hit, or miscalculate the rebound. When this has happened a few times, it can rattle you! Are you not as good as you think?

But actually, this is the moment to really take heart. This is when you are stepping beyond the purely physical aspects of how to play snooker, where there is 'you' and there is 'the game', and becoming one with it - what you might call moving from the 'how' to the 'who' of it. This is where *who you are* when you play is the critical factor. Where *what is going on with you* is more important than your technical skill.

Hypnotherapy can help you play snooker and pool at a higher level

Play better snooker Hypnotherapy audio session is an audio Hypnotherapy session created by psychologists experienced in top sports performance which will help you develop and instill the unconscious psychological skills that will take you to the next level of performance.

Using deep trance and powerful and carefully crafted hypnotic suggestions, this Hypnotherapy audio session will teach you how to enter into the 'one-pointed' state of mind that allows your best snooker play to just 'flow' out of you, almost of its own accord. Each time you listen to the session, you will embed these learnings more firmly and powerfully.

Buy *Play better snooker* Hypnotherapy audio session and make yourself the real master of the cue. Visit www.hypnotherapy.eorg.in now

Avoid the 'yips' and putt like a pro

You know what it's like - you're on the green, you're doing your best to relax, the putt doesn't look too bad...

And then your arms do something stupid, the ball contact feels all wrong and the putt is missed.

The best golfers in the world have off days on the green, but most of the time, their putting works. So what do they know that the rest of us don't?

They know how to lay down 'perfect play blueprints' in their mind *before* they play. The act of powerfully rehearsing the desired movements in your mind 'grooves out' the mental path, so when it comes to taking that putt, your brain knows exactly what to do.

To putt reliably you need to train your instincts to feel *automatically* relaxed and 'in the zone' every time you putt. Hypnotherapy is the optimum training tool because every putt can be perfect when you practice hypnotically. When you use '*Putt like a pro*' Hypnotherapy audio session you will program your instincts to relax on the green and deliver your best putt every time.

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Hypnotherapy really gives you the edge.

Buy '*Putt like a pro*' Hypnotherapy audio session now and notice the difference on your very next round...
Visit www.hypnotherapy.eorg.in now

Be super-quick off the blocks...

You've trained, you've worked out, and you've eaten all the right foods - but somehow your start lets you down.

Being quick off the blocks is crucial in any sprint race. So many otherwise-great sprinters are let down by their start, and many sprinters find that pre-race tension puts them off performing at their best.

Every sprinter knows that a lightning start can win you the race. The *Quick off the blocks* Hypnotherapy audio session will focus your unconscious mind to produce the best sprint start for you - every time. And being reliably great is what sets the real track stars apart from people who just *might* do well.

As the saying goes, when the going gets tough, the professionals just get better. Your start needs to be incredibly fast and forceful. Almost as if you and the explosion from the starting pistol are one and the same.

In *Quick off the blocks* Hypnotherapy audio session we aim to tune up your instinctive response to the start so that you are propelled into the quickest take-off of your life.

But we don't stop at the start! The **whole race** is targeted because, of course, your start is indivisible from your performance as a whole.

Buy *Quick off the blocks* Hypnotherapy audio session and be the best you can be. Visit www.hypnotherapy.eorg.in now

Keep running to greater fitness and faster times

A Hypnotherapy audio to get you into the 'running zone'

If you get cramps or a strain or some other injury then it's wise to stop and rest rather than to keep running.

But if you sometimes get that little voice in your head tempting you to stop saying 'Come on, why bother, stop running, no one need know!' - then this session is for you.

Of course the more you run, the greater your stamina, but it still feels tough sometimes to keep on running when you feel like stopping. So much of this is psychological, especially if you are physically fit. Often the first fifteen minutes or so feel like the worst until you 'get into your stride' and it starts to feel a little easier.

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Bring on the feeling of flow faster

Imagine getting 'into the running zone' almost instantly you start running.

That wonderful blend of mind and body when you feel totally at one, totally merged with the act of running-running feels easy and it's easier to keep running than to stop.

The art of Zen running

This 'Zen running' is that meditative state of pure ease you experience when running becomes effortless. Some people call this the elusive 'runner's high' when natural opiates kick in. But it has more to do with the state of mind you enter.

You start to feel part machine that just keeps on running and part contemplative sage that has a sense of wider reality and perception. What a wonderful blend.

Running starts to feel like gliding over the ground as effortless mile succeeds effortless mile. Time seems to disappear and later when you finally stop because it really is time to stop running it's like awakening from a deep and wonderful active trance state.

Because running isn't just a physical activity it is a mind thing and what your mind does when you run can mean the difference between stopping and keeping on running to great fitness and faster times.

Buy *Keep Running* Hypnotherapy audio session now and find the 'runner's zone' sooner and more consistently than you thought possible. Visit www.hypnotherapy.eorg.in now

Heal fast from sports injury

The medical profession well know that attitude and mental expectation play a huge role in how well and fast you heal after injury.

If this were not the case then no drugs trial would ever contain placebos whereas in fact they all do - without them they would be unable to isolate the healing effects of psychological attitude.

How you think, feel and what you imagine will have a direct influence on how quickly and completely you heal from any sports injury. Research shows that Hypnotherapy helps boost the immune response which is key to rapid healing. Stress lowers immune function and therefore slows the rate of healing.

There has also been some research on the rate at which patients with bone fractures healed if they were treated hypnotically. The research seems to show a marked speeding of the healing process because of the hypnotic treatment. (1)

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Being calm and optimistic and hypnotically visualizing rapid healing will all contribute to a much faster healing time after your injury. This session will do all these things and be a tonic and a soothing agent for the injury encouraging super-fast healing times.

Buy *Fast healing sports injury Hypnotherapy* audio session and get back on track in no time. Visit www.hypnotherapy.eorg.in now

(1) From AlternTher Health Med. 1999 Mar;5(2):67-75.

Stop steroid abuse and bring your body back to true health

Let Hypnotherapy help you wean yourself off steroids easily and safely

Are you getting worried about the long term effects of steroid abuse?

Have you found that the benefits are not all they're cracked up to be?

It's easy to understand the appeal of anabolic steroids, be they creams, pills or injections, in the highly competitive, status-based and image-conscious society we live in. They provide a quick, easy and effective way to enhance physical appearance and strength, especially when combined with an appropriate exercise regime. They're readily available if you know where to look. And the dangers of using them are wildly exaggerated... are they not?

The not-so-exaggerated dangers of steroid abuse

Well, maybe not. Short term use, though there are side-effects, is generally regarded as relatively safe. But long term steroid use is associated with increased risk of unpleasant health hazards like stroke, heart attack and liver failure. Not such great things to look forward to. And while you're looking forward to them, you may have to put up with any number of unpleasant symptoms too, both physical and psychological.

Quite apart from health considerations, however, there is the question of what using drugs, to enhance your form and function *means* about you. It's great to be stronger and fitter and shapelier than the next guy (or girl). It's great to get the admiring looks, or even win the prizes, as any bodybuilder knows. But. You know the truth. It can get pretty uncomfortable living with that knowledge, if you're at all honest with yourself.

How can you make it easier to stop steroid abuse?

But as you've got this far down the page, it's safe to assume that you are already past the stage of seeing through the hype and are really looking for a way to get back to real honest health and a real honest relationship with yourself that will stand you in good stead for the long haul. And you've realized that stopping steroid abuse is no different to coming off any other drug. It's a tough challenge.

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Hypnotherapy can help you make vital changes at the unconscious level

Stop abusing steroids Hypnotherapy audio session is an audio Hypnotherapy session developed by sports psychologists specifically to help ease the transition from regular drug use to total freedom. It is *not* a substitute for a proper, medically supervised treatment program. It is designed to help you make the *psychological* changes you need to make more easily and smoothly.

As you take time to listen and relax repeatedly to this Hypnotherapy audio session as you reduce the amounts you use, you will find that

- your resolve to free yourself gets stronger and stronger
- you see increasingly clearly how steroids try to con you
- you feel the relief and satisfaction that come with deeper integrity
- you are able to handle any withdrawal symptoms with confidence
- you appreciate the value of true health more and more

Buy *Stop abusing steroids* Hypnotherapy audio session and take back control of your health and well-being. Visit www.hypnotherapy.eorg.in now

Make your perfect swing every shot

Does your golf swing ever let you down? Maybe on the driving range your swing works well but somehow during a game it can let you down?

And what about those rounds when everything has gone right? Those great scores that you'll remember forever - what happened then? Well, most likely you were having fun and really enjoying your golf.

Develop your golfing mind

Great golfers need practice and experience, but that's not all. To make the most of your current golfing abilities you also need the right mind set. A calm focused mind enhances your swing no matter what the conditions or who you are playing.

When your mind is resolutely focused all other distractions fade away. During your swing there is only now - past and future disappear.

Get in your optimum golfing zone

The perfect golf swing Hypnotherapy audio session gets you 'in the zone'. So many people let excess emotion such as anxiety or anger at themselves totally sabotage the state of flow needed to produce the perfect golf swing.

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Playing golf well is all about focus - after using this Buy a few times you will be able to go from chatting with your friends to laser-like focus in a matter of moments.

The perfect golf swing Hypnotherapy audio session will get you focused on the *process* of your swing and not on possible *outcome*. When you are performing at your best all thoughts of results and outcome disappear as you become exclusively focused on what you are doing.

Buy the perfect golf swing Hypnotherapy audio session below and start focusing like a champion. Visit www.hypnotherapy.eorg.in now

Taking Perfect Penalty Kicks

You know that moment: The referee has placed the ball on the spot and the goalie is gearing up. There may be dozens, hundreds, even thousands of people watching you as you prepare to take your penalty kick. If you score then you're the hero, if the goalie saves your shot then he reigns supreme. But what does all this pressure do to your ability to take a perfect penalty kick?

Penalty pressure can mean poor performance

Taking a penalty kick in soccer can be major pressure. You may have practiced countless times perfecting your penalty during football training but the pressure of a real soccer game is something else again.

The right mind-set for taking penalty kicks

The key to good sports psychology is not I repeat *not* 'having positive thoughts.' You can be positive generally about your play and before a match but optimum sports psychology for pressure situations like penalty kicks means having *no* thoughts, just pure focus.

Penalty takers will often try to fool the goalie. But to enter a state of flow or 'being in the zone' when taking a penalty shot you need to stop thought. Sure you can have a pre-decided idea as to where you are going to blast the ball. But thought or any self-consciousness about what you are doing will just block your success.

The state of mind you need to have to take world beating penalties is akin to the purest hypnotic trance state. You need to instinctively know how to make the crowd disappear. At the same time all thoughts of success of failure need to fade away.

How Hypnotherapy will help you take perfect penalty kicks

Research shows that hypnotic practice can improve your game as much as real practice and the hypnotic advantage is that you can take perfect penalties every time - without mistakes!

Perfect Penalties Hypnotherapy audio session will gently relax you into Hypnotherapy and hypnotically train you to get into the optimum penalty taking state of mind each time.

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Buy *Perfect Penalties* Hypnotherapy audio session now and be amazed at your calmness when you take your next important penalty kick. Visit www.hypnotherapy.eorg.in now

Stop nerves ruining your first tee shot

What is it about the first tee? Why do so many golfers hate that first shot?

A friend of mine in his first competition made eight fresh air shots right in front of the club house! This from a guy with a handicap of 15. I couldn't believe what I was seeing.

But you know what it's like - despite your best efforts, the thoughts still crowd your mind: Will you perform at your best? Will you make a mess of your first shot? Never mind who is watching. Do you go for the driver or play it safe with a smaller wood or iron?

Prepare your brain to tee off perfectly

The trouble is, no matter how many hours you spend on the driving range, it doesn't prepare your mind for the pressure of that first shot. And that's where mental preparation comes in.

To perform at your best you need to relax and focus completely on the shot. To do this consistently you need to train your brain so 'being in the zone', becomes your instinctive response to teeing off. This is why we have developed this '*Tee off with confidence*' golf Hypnotherapy audio session

The best golfers reliably access an intense yet relaxed state of mind that has them focusing on *what* they are doing not *how* they are doing it.

Use '*Tee off with confidence*' Hypnotherapy audio session a few times before your next round and you'll notice the difference immediately. The first tee will change from something to be endured into an enjoyable - even fun - experience.

Buy your '*Tee off with confidence*' Hypnotherapy audio session today and really enjoy yourself the next time you step onto the first tee. Visit www.hypnotherapy.eorg.in now

Tennis Trainer - Get an Ace Tennis Serve

Tennis is not totally won and lost on the serve, but when you serve consistently and powerfully you gain a major advantage over your opponent.

The serve is one of the trickiest shots in tennis master initially and, like any skill, you do need to practice over and over to make it 'your own'. This practice actually forges neuronal pathways in your brain to control your muscles in just the right way.

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Hypnotic tennis practice is just as effective

When you practice a skill in your hypnotically the same neuronal pathways are forged in your brain as if you were actually doing the activity. This has been demonstrated in repeated experiments with sports people.

The advantage of 'hypnotic practice' is that you can serve a super charged ace every time so your practice really can make perfect.

The Zen of tennis

Ancient Japan was home to warriors known as Zen archers. These incredibly accurate bowmen were the best sports psychologists in the world.

They would 'feel their target' as if they, their arrow and the target were all one. When you are your target how can you miss?

I recall seeing footage of a modern day Zen archer continually hitting his targets perfectly whilst blindfolded!

Imagine getting a 'Zen tennis serve' !

Serving in the exact right state of arousal; relaxed yet poised, calm yet focused, is called being in a state of 'flow' or 'in the zone'.

When you enter 'the zone' there is an inevitability in success; it's as if you know a split second before you serve that the ball is going exactly where you want it to go. When you are in the zone your mind empties all notions of success, winning or losing. All these concepts fade away as only the moment exists.

All top performers in any field describe entering this state of 'being in the zone'

Being consistently 'in the zone' when you serve means that you'll serve more powerful aces and force more errors in your opponent's play. Anxiety, too much concern with outcomes and self-doubt can all interrupt the zone experience.

You need to have an almost Zen-like sense of detachment when serving. Paradoxically, psychological detachment can make your serves all the more devastating and accurate. Trying too hard in all sports can really get in the way.

Your ace serve hypnotic Buy will rapidly train your brain to reliably go into the zone when serving.

Buy your *Tennis Trainer - Ace Serve Hypnotherapy* audio session now and reach your serving potential. Visit www.hypnotherapy.eorg.in now

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Get super-focus for ten pin bowling

Ten pin bowling needs a blend of skill, focus, cool and absolute passion and conviction.

With ten pin bowling, as with all highly skilled sports, the more you play the better you get, but...attitude and focus are what separate the merely good from the master bowlers.

The ability to block out distractions and exist only in the now is crucial to any sports performance especially when accuracy and keeping nerve are vital.

Don't get distracted by imagined outcome - be the process

You may find sometimes you lose your cool when bowling or get caught up in the outcome rather than process.

Outcome is all about how things will be - whether you lose or win, how you seem to others, or whether you're going to get your best score. Process is about losing all that and becoming totally absorbed in the reality of the immediate moment. Ten pin bowling is all about process and flow. Outcome comes later when you enjoy the winning.

Repeated hypnotic sessions will prime your instincts to focus like nothing else can. Whether your last frame was good or not will be forgotten as you become totally fixed on your current bowl.

Gain a Zen-like focus for masterful ten pin bowling

The Zen archers of ancient Japan felt no disconnection between themselves, their arrow and their target. So missing felt impossible, as how can an arrow which is also a target miss itself? In this way, you'll begin to feel as physical connection with the pins.

Whether you play league ten pin, or just with your friends this attitude and focus enhancement session will get you focused like never before.

Buy *Masterful Ten Pin Bowling* Hypnotherapy audio session now and get the 'mind advantage.' Visit www.hypnotherapy.eorg.in now

Think like, act like, BE a winner!

Hypnotherapy can help you quickly develop the winning mindset in any sport

Are you ready and hungry to be a winner?

Do you know how to give yourself that extra edge that makes the difference?

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You're already good. Very good. You've done the training. You've put in the practice. You know your sport inside and out. You look after yourself physically and mentally. You've listened to your coaches and integrated their input. You've done well in competition and you're expecting (and they're expecting you) to do even better.

But.

Something seems to be in the way. It's hard to put into words. It doesn't seem to be anything specific that you're *doing*, but more like a sort of *feeling*, a sense that "I'm not quite good enough here...", a sense that "I *ought* to be able to do better than this...". A feeling that drives you to microscopically analyze your every move to see how it could have been better. Which would be fine, except that now someone else has won.

What's going on here?

Timing is everything if you want to be a winner

You know that old song "For everything there is a season"? It may not be the greatest lyric in the world but it emphasizes a vital truth that we disregard at our peril. Timing matters. It is important not only to do the right thing, but to do the *right thing* at the *right time*. Doing the right thing at the *wrong time* is quite likely to yield results that you really don't want.

If winning is in question, it means that the game is on. This is not practice time. This is not training time. This is not coaching time. This is not 'getting better at it' time. This is *winning* time. That means that *all other considerations*, including how to do even better at what you do, are simply, and totally, irrelevant. Your focus must be exclusively on your certainty of and commitment to success. Your success.

The question is, how do you switch off that inner analyst (*who's only trying to help you*) and get them to shut up while you concentrate?

Hypnotherapy can help you develop the true winner mindset

Be a winner Hypnotherapy audio session is a powerful audio Hypnotherapy session created by sports psychologists. When you set time aside (training) to repeatedly relax and listen to these carefully framed hypnotic suggestions (coaching), your brain will automatically absorb and integrate the fundamentals of the winning mindset.

You'll quickly and easily learn to

- stay focused on success
- clearly visualize and tune in to being the winner
- dramatically develop your capacity to rebound from setbacks without losing focus
- be your own most powerful and effective motivator

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Increase Sports Performance by Hypnotherapy by Manish Patil

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Get into the zone with the great sportsmen and women of the world

A Hypnotherapy audio session to train your brain to get into the 'zone'

Wouldn't it be great to be able to enter the 'zone' that draws from you the very best of which you are capable whenever you wanted or needed?

What is the 'zone'? What happens there?

The 'zone' is a place in your mind where time seems to stand still or even disappear. Your movements become totally fluid and natural, yet effortlessly controlled. Tasks transcend the mundane, reaching a perfection of focus far beyond everyday concentration. When you enter the zone, even though your body may be incredibly active, your mind has a center of beautiful stillness and peace, utterly free of concern.

You can find yourself in the zone 'by accident', as if just transported there on a magic carpet. Suddenly, everything you are doing becomes easy and effortless, every action true and right in its very essence. People from all walks of life have experienced this phenomenon, where they stop 'doing' what they are doing and instead 'become' what they are doing. So there is no distinction between the 'actor' and the 'act'.

What does it take to get into the zone?

Great performers in every field, and especially in sports, spend more time in the zone than others, and from their experience we have learned what it takes to be able to enter the zone at will.

To reliably enter the zone you need:

- exclusive focus on the immediate
- good emotional regulation
- highly developed functional skill
- control of physical, emotional and mental states

And the good news is that you can *train* to get into the zone more frequently and reliably, so that your sports performance can reach the highest level of which you are capable. And you don't know what that might be...

Training to get in the zone more frequently, more reliably

The first thing, of course, is to work hard on the practical aspects of your sport. Undertake the necessary training and coaching. Put in the hours. Ensure that you develop all your skills to the best of your conscious

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ability. Look after your physical and mental health by eating well and relaxing deeply and often and making sure that you have other satisfying activities and relationships in your life.

And the second thing is to use the powers of your unconscious mind.

Using Hypnotherapy to augment your ability to enter the zone

Get into the zone Hypnotherapy audio session is an audio Hypnotherapy session which is in effect a training program for the mind. It will teach you how to harness the amazing abilities of your 'unconscious' - the aspects of your mind which are outside your awareness and apparently beyond your control.

Being 'in the zone' is, in fact, being in a particular kind of 'trance state'. *Get into the zone* Hypnotherapy audio session will train you in the art of entering this trance state by relaxing deeply and completely clearing your mind of all other concerns. This process is highly enjoyable and beneficial to the health of your mind and body, so you will find it a real pleasure to learn.

Powerful hypnotic suggestions will enable your mind to build a compelling neurological blueprint for how you want to be when giving your best sporting performance, thus making it more and more natural and inevitable that you will reach the highest level possible. Repeated listening will ensure that you deeply embed these new patterns in your brain so that you can activate them at will.

Buy *Get into the zone* Hypnotherapy audio session and be the best that you can be. Visit www.hypnotherapy.eorg.in now

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- 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
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- Beans recipes
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- Breads
- Breakfast
- Breakfast recipes
- Brinjal/ Baingan recipes
- Brownies recipes
- Cakes
- Cakes recipes
- Capsicum recipes
- Casseroles recipes
- Cauliflower/ Gobi recipes
- Chicken Dishes
- Chili recipes
- Chinese dishes
- Chinese recipes
- Chocolate recipes
- Christmas recipes
- Chutneys
- Cookies recipes
- Cornbread recipes
- Couscous recipes
- Daal recipes
- Desserts
- Dinner pies
- Dips and spreads
- Diwali sweets
- Dosa recipes
- Drinks
- Egg recipes
- Frozen Desserts
- Fruits recipes
- Fruits dishes
- Ganesha Festival recipes
- Gazpacho recipes
- General basic condiments
- General desserts
- General recipes
- General salads
- General soups
- Grain salads
- Grains dishes
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- Pies recipes
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- Potato recipes
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- Raksha bandhan special Indian sweets
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- 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)