

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

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THE SWADHISTHANA CHAKRA

This chakra is situated about a couple of inches above the 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. However, if your sessions are for very different, distinct problems, it might be more useful to listen to one session until you are feeling positive results and then start using another as and when you feel ready.

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

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

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

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

Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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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Learning Help with Hypnotherapy

Hypnotherapy is the most wonderful way to get help with learning. No matter what you want to learn, no matter what stage you are at, you can learn faster, more easily, and more effectively with Hypnotherapy.

Research shows that the human brain learns best when it is 'in trance'. This is when you can most easily take in new information, acquire new perspectives, develop new skills, and establish the neural pathways that enable you to hold on to what you learn and make it feel natural and easy.

Our Hypnotherapy audio sessions make it easy for you to relax very deeply, detach yourself from everyday concerns and focus on building your powers of absorption and retention. You'll be amazed at the improvements you'll notice in how you learn - and you'll enjoy every minute.

Browse our selection of Hypnotherapy audio sessions for help with learning and boost your learning power today.

Raise Your Academic Performance

Use Hypnotherapy to get the right mind-set for learning

Does your mind wander in class and you can't take in what's being discussed?

Are you frustrated with your current academic performance?

Academic knowledge gets you ahead in a competitive world and on the surface, academic performance relates to four key abilities:

- the ability to study and remember facts,
- being able to see how facts fit together and form larger *patterns* of knowledge
- being able to think for yourself in relation to facts
- being able to *communicate* your knowledge verbally or down on paper.

Scratch the surface and you'll find that good academic performance is also linked to having good organizational skills such as a tidy place to work and good time management. Scratch more deeply and you'll find that excellent academic performance depends on having the right *mind-set* for learning.

When you relax, your mind becomes more absorbent and able to learn.

This Hypnotherapy audio session will teach your brain to be relaxed just when it needs to be, to maximize its ability to absorb information, understand and communicate it. It will also give your mind a welcome break, allowing you to process what you have been studying as well as increase your academic confidence.

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All you need to do is pop on your headphones at your computer or plug into your CD or mp3 player and relax as you learn how to get the right mind set for learning.

Buy *Raise Your Academic Performance Hypnotherapy* audio session now and relax your way to better grades. Visit www.hypnotherapy.eorg.in now

Make it easy to pay attention in class

Rekindle your love of learning with Hypnotherapy

Has your love of learning been bored out of you?

Is your attention span in class measured in seconds?

Way back when, you would bounce into class, eager to learn something, anything, as long as it was new and absorbing. Maybe you'd have to go back as far as finger painting and gluing, but there was a time in your school life when you actually did have a love of learning. Zip back to today, you're left wondering how you're going to complete your assignment when you weren't paying *any* attention in class, and ask yourself what on earth happened to that feeling?

Why going to school can make it hard to pay attention in class

It can seem as if school is designed to make it *harder* for you to learn. Grades, tests, and exams, and ticking the right boxes - it can feel as if nobody is interested in answering the questions *you* really want to have answered or discussing what's important to you. So after a while you stop wanting to ask them and going to school becomes just another chore you have to get through.

Is there more to 'paying attention' than meets the eye?

But every now and then you'll get a glimmer that this is not the whole story. There'll be that one teacher whose classes you find yourself looking forward to. Or you'll get into a discussion about something that seemed dead dull at first and suddenly find you've been talking about it for nearly an hour and not noticed the time passing. Or there will be something really absorbing in a book on a reading list.

So you might find yourself wondering... is there any way to spread that feeling round some of the classes you're *not* enjoying, particularly? So they could be more *fun* and you could get more out of them than just a pass mark?

What can stop you from loving going to class?

Of course, it's not your fault if the curriculum isn't well designed and interesting, or if your teachers are less than wonderful and fascinating. Nor do you have any say about examinations and qualifications. But you

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don't *have* to let these aspects of your learning environment hold you back from getting a thrill from learning anything you want. They can't stop you from getting excited about learning again. If you want to.

The only thing in your way, probably, is the habits you've fallen into while at school. The habit of finding it all too dull to bother with. The habit of not asking questions and keeping on until you get answers. The habit of fitting in with everybody else who's also just marking time till graduation.

Hypnotherapy can rekindle your love of learning

But if you'd like to really get your learning to take off, if you'd like to find yourself getting fascinated with all sorts of subjects - even the ones you *think* you don't like - you can start today.

Love Going to Class Hypnotherapy audio session is a Hypnotherapy session designed especially for students who would like to enjoy their classes more and get a whole lot more out of them - no matter what kind of school they attend or what kind of teaching they receive. *Love Going to Class* will show you how the best learning happens through what you do rather than what you get.

By setting aside the time to listen to *Love Going to Class* Hypnotherapy audio session regularly for a while, you'll find that your attitude to your own learning will be transformed. You will be no passive receiver of a handout, but an active seeker after knowledge, determined to expand your awareness and your understanding to the limit of your capability - and who knows where that is?

Buy *Love Going to Class* Hypnotherapy audio session and discover a whole new way of learning. Visit www.hypnotherapy.eorg.in now

Overcome Dyslexia Anxiety

Hypnotherapy can help you relax with reading and writing

Do you suffer from dyslexia anxiety and feel constantly concerned about being dyslexic?

Does every encounter with reading and writing feel like some ghastly test of your worth as a human being?

There must have been dyslexic people in pre-literate societies, but nobody knew, because nobody wrote anything down, there was nothing to 'read', and so nobody could have any problems reading or writing. Happy days, perhaps. The invention of writing (and so reading) transformed the world and now we can't function without it. Reading and writing are essential skills, taught in every school. And rightly so.

The cryptic code of written words

Few people spend much time thinking about what an amazing thing 'writing' is. Those cryptic squiggles that fill our pages (and screens) are a *code* for the sounds and concepts of our spoken language. Every time you look at

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them, you have to *decipher* the code in order to understand the words and bring them back to speech. If you want to record something, or send a message, you have to *encrypt* your ideas and put down the code.

The roots of dyslexia anxiety

It's only relatively recently that we've begun to understand that the way the brain processes the encoding and decoding that we call 'writing' and 'reading' isn't the same for everybody. For a very long time it was widely assumed that anybody who struggled with letters and words beyond their early schooldays must simply be 'less intelligent'. People didn't hesitate to tell them so, either, in far harsher terms.

Sadly, even though this assumption is now known to be completely unfounded, it has not entirely gone away. This means that dyslexic people, who have a quite different way of processing written language to non-dyslexics, are often burdened with psychological and emotional problems *on top* of having more of a struggle mastering the necessary skills in the first place.

So, if you are dyslexic, you may not just be anxious and concerned about that fact in itself, and its implications for your life. You may also, because of having had a lot of unpleasant experiences associated with reading and writing, get very tense and worked up whenever you are faced with doing one or the other or both. Which hardly makes them any easier.

The good news about dyslexia

The good news is that, no matter how mildly or severely you are affected by dyslexia, it is genuinely possible to improve writing and reading fluency and comprehension. And when you can relax and free yourself from tension and worry, it becomes very much easier to do so.

And the fastest, most effective way to access that relaxation and liberation is with Hypnotherapy.

Hypnotherapy can help you build confidence and calm

Overcome dyslexia anxiety Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that will quickly help you become much more calm and confident with everything you are and do.

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

- you become much more relaxed and less anxious generally
- you no longer feel so bothered by self-doubts
- your mind seems much clearer and better able to process all kinds of information
- you can calmly focus on improving your reading and writing skills in a way that works for you
- you feel more confident and hopeful about your life

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Buy *Overcome dyslexia anxiety Hypnotherapy* audio session and relax and make the most of who you are. Visit www.hypnotherapy.eorg.in now

Language learning: make the most of your mind and accelerate your learning

A Hypnotherapy audio to help you relax about learning

Learning a foreign language seems to get more difficult as you get older for many people. Before the age of 6, children can pick up multiple languages with little difficulty, so what happens to block this natural ability?

Well of course, the way your brain works changes as you grow older, but other barriers to learning also arise.

These can be anything from lack of enjoyment of school, to poor focus and concentration. But whatever the reason, Hypnotherapy can help you maximize your ability to learn a foreign language.

Of course, structured learning by an experienced language teacher is important, but you can also work on your side of the equation:

- What state of mind will make language learning easiest?
- How can you improve your memory for languages while decreasing your stress and anxiety about learning them?

Hypnotherapy learning is the perfect learning state. The sort of selfless, effortless concentration that kids find so easy when they absorb themselves in something. And then a wonderful thing happens... you learn without realizing you're learning. Words and phrases come back to you without having to think.

Buy our *Better Language Learning Hypnotherapy* audio session now and see your foreign language skills come on by leaps and bounds in the weeks to come... Visit www.hypnotherapy.eorg.in now

Learn more quickly with Hypnotherapy

Learn to filter distractions and focus on the facts

There are many situations where the ability to learn quickly is useful. Accelerated learning, (the ability to pick things up fast), is a handy tool for rapid progression, whether you are learning a language, a speech (so that you don't have to laboriously read notes), a programming language or new dance routine, the capacity to 'get it' and absorb new facts, skills and ideas rapidly means you will always have the competitive edge.

When someone is a great learner you often hear other people say things like: 'You seem like someone who has been doing this all your life!' It this knack of quickly assimilating new knowledge and 'making it your own' that this Hypnotherapy audio session focuses on.

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Speed learning and avoiding distractions

Of course, as well as preparing your brain to access the correct state to learn quickly, certain other basics needs to be in place too. For example, if you are learning facts, you need to be in a peaceful enough environment to enable you to focus and concentrate. If you are constantly being interrupted by outside distractions or you haven't yet learnt to quieten your own mind, then you learn less and take longer to do it.

Fast learners know how to filter out distractions and they also know instinctively how to use 'imaginative rehearsal' to embed the learning instantly and deeply. This Hypnotherapy session will greatly enhance this ability.

Once you can learn both facts and skills more rapidly your potential for success in life goes into turbo drive. **Buy *Learn Fast Hypnotherapy* audio session now and watch your progression accelerate. Visit www.hypnotherapy.eorg.in now**

Build a habit of recalling happy memories regularly and easily

Imagine loving a movie but never watching it again. Now imagine hating a movie but replaying it every single night. Well many people do this with their memories. The great memories they forget to review regularly but the lousy ones they keep on reviewing so that they feel bad/humiliated/sad and depressed all over again (like feeling like that once wasn't enough!)

What you remember affects how you are now

Brain research shows us that the same areas of the brain are used when we strongly recall something as when we *actually* experience it. (1) So recalling a time when you were upset or terrified can produce these feelings again and affect your body. Conversely, strongly recalling times when you felt fantastic or super relaxed will give you those beneficial feelings again. Remembering good times regularly is good for you and this session will get you into the habit for a happier life.

But shouldn't we all just live in the moment?

Well yes and no. We need to know how to leave the past behind us and to be spontaneous sometimes. But we also need to review the past occasionally to:

- Ensure we avoid past mistakes.
- Remember what we really enjoy that is healthy so we can do more of it in the future.
- Simply feel good!

Get in to the happy habit

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Learning Help with Hypnotherapy by Manish Patil

Thinking of good memories for just 20 minutes a day can make people more cheerful than they were the week before, and happier than if they think of their current lives, report researchers from Loyola University (2). Positive reminiscing has been found to be a positive mood booster. Psychologist Tim Wildschut and colleagues at Southampton University in the UK found that people who recall and then write down happy memories are more happy and cheerful after doing that than those who write about everyday experiences. This study also showed that people who write about positive past experiences report having higher self-esteem and have more positive feelings about friendships and close relationships.

Recalling memories in depth is more powerful than writing them down

According to research completed by Sonja Lyubomirsky of the University of California at Riverside found that people who wrote down favorite memories felt much better afterwards but not as good as those who just replayed the memories in their heads. (The opposite is true for bad memories - writing them down makes you feel better but ruminating about them makes people feel worse)

Hypnotherapy the most powerful recall tool

Hypnotherapy is a powerful tool to re-connect with past positive events and thereby benefit from all the positive feelings they bring. This Hypnotherapy audio session played often will get you feeling great and better about your present and your future.

Buy *Happy Memory Jogger Hypnotherapy* audio session now and populate your mind with happy memories. Visit www.hypnotherapy.eorg.in now

(1) The Wisdom Paradox How Your Mind Can Grow Stronger As Your Brain Grows Older Elkhonon Goldberg

(2) Loyola psychologist Fred Bryant cites the examples of being in a new college or town and feeling alone and how powerful reminiscing about good past times can help form a positive and optimistic feeling in the present. "Reminiscence can motivate you," says Bryant. More important, it can give you "a sense of being rooted, a sense of meaning and purpose-instead of being blown around by the whims of everyday life."

Learn method acting and make your characters live

Hypnotherapy is an ideal aid for character acting

Want to be a better actor and connect more deeply with your roles?

Want to know what method acting techniques can do for you?

The best actors, on stage, screen, and in ordinary life (for actors abound there too) are those who get you to completely forget that you are watching a 'character', an 'act', at all. They convince you, without you even

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noticing it happening, that this is a real person in front of you. And you respond, as naturally, as emotionally, as you would to any real person.

We have all seen actors who never leave themselves behind. No matter what the role, you always see them playing themselves. They may be very good at playing themselves, and of course playing yourself makes you instantly recognizable, which may be considered a benefit in our era of celebrity culture where exposure is everything. But it does the audience, playwright or screen writer a disservice.

How to give the audience the best possible experience

Because the audience come to see a play or a movie, or watch a television drama, not in order to see the actors (even if they do know who they are) but the *characters*. The audience comes to participate in the *emotional* and *psychological* experience of the story before them. And they can best do that when the characters they see before them are not 'roles' but fully rounded people.

The art of putting oneself aside and becoming 'someone else', a fictional creation, has been studied for centuries, of course. One of the most famous theorists and practitioners of the skill is Constantin Stanislavski, who invented what we now call method acting. Stanislavski insisted on the importance of getting to know your character from the 'inside out' as well as from the 'outside in'. This was the only way to 'become real'.

But what's the best way to learn how to do this?

Hypnotherapy is an ideal way to access Stanislavski's method

Stanislavski held that the actor who wishes to convincingly and wholeheartedly portray the 'reality' of a character must be able to enter fully into a completely convincing 'alternative reality'. This, of course, is exactly what happens in a hypnotic trance. And that's why Hypnotherapy is an invaluable aid to mastering method acting.

Method acting training Hypnotherapy audio session is an audio Hypnotherapy session created to unite technical theatrical skills and modern psychological understandings to enhance character portrayal and performance.

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

- you gain a deeper understanding of the 'person' your character is
- you deepen your connection with the emotional life of your character
- you find yourself responding spontaneously within the 'alternative reality' of the performance
- you can control all the technical aspects of your performance to sustain the framework in which your character 'lives'
- your acting becomes more skilled and truthful

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Buy *Method acting training Hypnotherapy audio session* and enhance and amplify your skill as an actor. Visit www.hypnotherapy.eorg.in now

Relax about learning a musical instrument

A Hypnotherapy audio to visualise a more musically able you and strengthen your resolve to practice

Have you heard a particular musical instrument being played and been inspired? The music can be so moving, the performance seemingly effortless - of course you want to do that yourself.

What is not immediately apparent are the years of practice you need to become skilled in playing any musical instrument well.

Learning stickability

So how do you maintain your enthusiasm and commitment after the initial flush has faded? Practice and learning has to be steady and *constant* for you to truly master your instrument.

To learn and master music takes vision

When you have vision you see past the present. Your daily practice becomes just a step along the longer journey towards your dream. That way you can immerse yourself in the routine, even the relative boredom, of day to day practice because you have vision that you'll have breakthroughs in ability.

This Hypnotherapy audio session will get you motivated to practice over and over and feel good about practicing. It will get you totally focused on each practice session whilst still feeling inspired and focused on your long term musical goals.

Buy *Learn a Musical Instrument Hypnotherapy audio session* now and enjoy the hard work it takes to excel. Visit www.hypnotherapy.eorg.in now

Perfect pitch training for your ear and brain

Use Hypnotherapy to develop your ability to accurately identify any musical note

Would you like to have perfect pitch, but doubt that perfect pitch *training* is actually possible?

What difference to your enjoyment of and/or skill in music would having perfect pitch make?

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We live in the first era of history where it is possible to look inside our brains and actually begin to understand what is going on in there. Neuroscience is still in its infancy, but already many amazing discoveries have been made about what the brain is capable of. And psychological research has shown that these capacities can be developed in ways that no one would have believed possible only a century ago.

Is perfect pitch innate?

The ability to identify musical pitch is one such capacity. It used to be thought that perfect pitch was a 'gift'. You either had it, or not. Those who did enjoyed the benefits and the rest of us looked on with envy, believing that 'I could never do that'. But we're wrong. It turns out that the potential for perfect pitch is in all of us (except those born tone deaf, who are unable to distinguish *any* difference between musical notes).

Identifying musical notes is a skill. It can be learned.

And if we all *have* the potential, it means that some lucky people, as we've all noticed, can correctly identify and match any musical note naturally, and the rest of us can all *develop* that potential through training and practice. That includes you.

But what's the best way to go about this?

Hypnotherapy is a fast and effective form of perfect pitch training

Perfect pitch trainer Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists working with musicians and sound technicians that will help you train your ear and brain.

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

- your ability to hear music in your mind accurately and precisely steadily improves
- you develop your own instinctive ways to recognize notes as you hear them
- you make your own personal associations to particular notes
- you become more and more adept at accurately reproducing musical pitch in your mind, with your voice, or on an instrument
- you enjoy music and music making even more than you did before

Buy *Perfect pitch trainer* Hypnotherapy audio session and give yourself a new window on music. Visit www.hypnotherapy.eorg.in now

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Learning Help with Hypnotherapy by Manish Patil

Remember people's names with ease

Learn how to recall names using this Hypnotherapy audio session.

Do you meet people and forget their name instantly?

Would your social or professional life be easier if you could remember names?

Forgetting someone's name is horrendously embarrassing. And it's even worse if you were introduced to them only 2 minutes ago! Or you've exchanged pleasantries for years and are beyond the point of being able to ask for a reminder.

To recall names you need to lay down the initial memory

It's not struggling to recall names that causes the problem, it's not having fixed them in your memory in the first place. If you haven't fixed something in memory then, of course, you won't recall it later - because there is nothing to recall!

The huge benefits in being able to recall names

Apart from not suffering the embarrassment of forgetting someone's name, there are other positive benefits.

Just think how it feels when someone you've just met, who only heard your name briefly once when you were introduced, remembers your name and uses it a couple of hours later. That sends you the signal that you are interesting and important enough for them to not only listen out for your name but to use it. It's a great rapport builder.

Imagine if you could go into a room full of strangers and be introduced and retain all the names you hear.

This Hypnotherapy audio session will give you a simple powerful technique for recalling names and provide you with a deeply relaxing experience to embed this ability into your unconscious mind.

Buy *Remember Peoples' Names* Hypnotherapy audio session now and then get out there and try it out! Visit www.hypnotherapy.eorg.in now

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Learning Help with Hypnotherapy by Manish Patil

Remember What You Read

How to use Hypnotherapy to get your brain in the perfect state to remember what you read

Do you ever catch yourself reading and suddenly realize you haven't taken any of it in at all?

Have you ever looked at a book you read six months before and wondered what on earth it was about? If you are lucky you may have remembered half a dozen ideas from it. Do facts seem slip off your mind like snow melts on a hot plate?

What would it be like if you could recall three, four or five times as much as you do now from one reading? You'd be smarter, save huge amounts of time and achieve more. Your confidence in your own abilities would also increase radically.

Why your memory is as good as anyone else's - when it's working right!

There are many different processes to memory. Basically for something to be recalled later it needs to be laid down properly in the first place. When you experience or learn something new the impression has to be laid down in a part of the brain called the hippocampus which stores short term memories. So if someone tells you their phone number you store it in your short term memory either until you write it down and forget it or until you use it so much that it becomes stored in your long term memory.

So when asking yourself how to remember what you read, you need to think about the state your brain is in when you are reading. You know there are some things from your life you will never forget. So what was different about them? The answer is the state of your brain when the memory was formed.

The advanced Hypnotherapy session *Remember what You Read* Hypnotherapy audio session will help you get information into long term memory much quicker and help you create and maintain good memory habits.

Buy *Remember what You Read* Hypnotherapy audio session now to help yourself recall technical, factual and all other kinds of written material. How nice is it going to be to have the confidence that you can recall facts and figures at will? Visit www.hypnotherapy.eorg.in now

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Learning Help with Hypnotherapy by Manish Patil

Eradicate anxiety about going back to school

Going back to school as an adult can feel scary. Maybe it's been years - even decades - since you did any formal education. And perhaps even then you didn't feel you were any good at academic learning, hated exams or were bullied at school and therefore have bad associations with any school-like setting.

Seeing similarities but not the differences

If school or college was a bad time for you then it's easy to confuse adult learning with childhood (or young adulthood) learning but it's essential you think about the differences. For example, we are often forced to try to learn when we don't really want to.

Now you are an adult, you want to learn for your own reasons. You are not going to be picked on or bullied at school as an adult student. If you want to go to the bathroom you can do. It is not the same now.

But I've been away from education for so long!

It's easy to lose confidence what you want to return to education as an adult. People often feel they just aren't as smart as they used to be, that their brains just don't work as well but that's just not true. If you've been away from education you've still been doing *something*. That something may be raising kids or working or whatever. You've still had to use your brain.

We may all lose brain cells as we age but the *connections* we make cells markedly increase. This means you have *more* available brain power than you used to, not less. Education is mostly about focus and motivation - now you are more motivated. When you were at school the teachers were rating you.

Return to Education Hypnotherapy audio session will gently and enjoyably 'train your brain' to relax, feel more confident and enjoy retuning to a learning environment.

Buy *Return to Education* Hypnotherapy audio session now and get everything you can from your new opportunity. Visit www.hypnotherapy.eorg.in now

Learn speed reading and free up time

There is so much to learn and so little time: Keeping up with news, technology developments, psychology, life in general. We are increasingly an information culture and being able to rapidly sift for quality information has never been more vital. Yet many of us read much slower than we need to.

Speed reading is all about maximizing a major tool of your personal development and ramping up your learning potential, comprehension and recall. We've probably all thought at one time or another: 'If only I could get through this material in half or even quarter of the time!'

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The average reader will be able to read around 200 words minute with a comprehension rate of around 60% whereas a top speed reader can read 1,000 words plus a minute with comprehension rates of 85%.

Speed reading for success

Speed reading is really a group of skills that enhance the rate at which we absorb words without losing comprehension. Many speed reading courses claim to be able to teach people to read between 1,000 and 2,000 words a minute without losing comprehension but research shows that comprehension tends to go down to 70% or lower at speeds much above 1,000 words a minute (1) But we have found it is possible to crank up your reading speed and still maintain understanding.

The techniques of speed reading and photoreading

Speed reading is a composite of skills which include learning how to 'see' the words rather than inwardly vocalize them. Sounding each word in your head as you read slows you down. This speed reading session will focus on encouraging a state of 'photoreading'. This involves enlarging the peripheral vision and engaging in a trance like state as you whiz through the words.

This instant comprehension is akin to the amazing natural skill that some savants demonstrate whereby a random number of, say, scattered beads can instantly be read to an exact or very close number. This dramatically shows the brains' potential to instantly see and comprehend large numbers of data. When you tap into this potential when speed reading then you'll literally have more processing power.

Advantages of speed reading

Imagine being able to speed read (and speed re-read) academic material, emails, technical missives, newspapers, novels and magazines. You'll have to practice your speed reading in reality in conjunction with repeated listening to this relaxing session. Hypnotherapy appeals to the same part of the brain that is used by top speed readers and therefore is the ideal tool to optimize your speed reading.

Buy the *Speed Reading Hypnotherapy* audio session and get on the fast track to learning. Visit www.hypnotherapy.eorg.in now

(1) (Allyn and Bacon, 1987 and Harris and Sipay 1990)

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Learning Help with Hypnotherapy by Manish Patil

Get your unconscious mind to help you with your spelling

A Hypnotherapy audio to improve specific memory and recall skills

If spelling 'necessary' or 'stationery' or 'accommodation' or even 'though the bough was tough it fell through into the trough' does your head in, *Better spelling* is really going to help with spelling challenges.

Poor spelling can be embarrassing, and time consuming because of all the checking you have to do. Poor spelling can make your work look shoddy, sloppy and unprofessional, even if you are trying your hardest or dyslexic. Accidental misspellings can confuse the message you are attempting to convey.

But few people know the trick of using their unconscious powers when they want spelling help.

Help your brain help your spelling

Spell checkers, wonderful though they are, can only go so far. They will tell you that a certain word exists, but *you* must be sure that it is the *right* word in that context. For instance, you might write 'loose' instead of 'lose'. The computer will accept that as correct spelling, but it might not be what you want to say at all. Spell check systems can make you lazy.

To improve spelling, you need to improve *specific* memory and recall skills. And *Better Spelling* will help you do this easily and comfortably.

The English language is complex and spellings can be confusing. So many words seem to break all the rules. But when you really begin to master spelling and improve grammar, you actually start to *develop* the part of your brain which processes words, spellings, and meanings.

Some people have a naturally excellent visual memory and can easily recall the actual 'look' of a word - which helps them spell correctly. But even if you are not a natural visualiser, you will find that when your spelling improves, so too does your visual memory.

Hypnotherapy - the perfect tool for self development - and spelling help

Imagine when you can work on a document twice as quickly because your spelling is so much better and you spend less time checking and double checking and worrying whether you have got it write, nope, rite, ah gottit, right!

This *Better Spelling* session Hypnotherapy audio session will help *you* really relax around words and become so much better at spelling in everyday life. Use this Hypnotherapy audio session often, take on board the conscious tips and principles, but also remember to relax and allow your unconscious mind to absorb and digest the mind development which will improve your spelling.

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Learning Help with Hypnotherapy by Manish Patil

Buy *Better Spelling Hypnotherapy* audio session now and start enjoying feeling so much more confident in your spelling abilities. Visit www.hypnotherapy.eorg.in now

Boost your studying motivation permanently

Use Hypnotherapy to make your motivation for studying a steady, constant drive.

Studying and learning can take you so far in life yet it can feel so hard to get down to it.

Whether it's college study or you need to be studying to advance your career; studying can be one of the most important things you *should* be doing.

Modern life continually demands your attention whether it's to commercials, the internet, friends, TV. And all these things can feel easier to attend to than study.

Study view for your attention

If you were totally isolated say on a desert island where there was absolutely nothing else to do other than study - you'd study every last morsel of your subject until you were completely versed in it because there would be nothing else to distract you.

Imagine being in a cell with no TV and nothing except one book - you'd certainly read it cover to cover and maybe many times! You'd know that book inside out because it's all you have to do.

Having too much choice, too much possibility over what we extend our attention towards means that now, more than ever before we need to *exert will power*. Hypnotherapy is an excellent way to quickly develop your motivation for studying.

What do you want out of life?

You need to think why you are studying and what you are studying for because, presumably it connects to what you want your life to ultimately be about.

You can have all these distraction/displacement activities - stuff you do as a way of *not* studying. But ask your self, do you want your life to be about drinking coffee, playing computer games, watching TV, chatting to friends or have you bigger fish to fry? Your life is about what you do with it.

Feed and develop your mind

We live in a culture of entertainment where everything is supposed to be entertaining and instantly exciting before all else. If you buy into this too much then you stop benefiting with the more subtle stimuli because it doesn't immediately excite! This is like someone who has been trained to only eat artificial sweeteners in their diet they miss out on real nutrition.

Your mind needs the 'nutrition' of study as well as the relaxation of entertainment.

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Learning Help with Hypnotherapy by Manish Patil

When you study well you find it has its own subtle pleasures and satisfactions above and apart from the good results in can bring into your life.

Imagine what it's going to be like to feel compelled to study hard and well.

Buy *Study Motivation Hypnotherapy* audio session now! Visit www.hypnotherapy.eorg.in now

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- Stocks recipes
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- Stuffings recipes
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