

**Manage  
difficult people  
with Hypnotherapy**



**Dr. Manish Patil**

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# Manage Difficult People with Hypnotherapy by Manish Patil

## Hypnosis

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

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

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

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

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

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

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

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

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## Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

### The Power of Suggestion

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

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

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

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

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

### Samadhi through Self Hypnosis

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

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

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

### The Three Forces of God

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

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

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

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

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

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

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

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

### The truth behind meditation

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

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

Then you will ask how to achieve this state of mind which is popularly called meditation and to achieve the ultimate goal which is union 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 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 annus, it is said to be red in colour and has four wheels or spokes which represent the basic wants of life which are material in nature. The four spokes symbolises the force with which the energy rotates ,the words which correspond to this chakra are LAM.

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### **THE SWADHISTHANA CHAKRA**

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

### **THE MANIPURA CHAKRA**

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

### **THE ANAHATA CHAKRA**

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

### **THE VISHUDDHA CHAKRA**

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

### **THE AJNA CHAKRA**

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

### **THE SAHASARA CHAKRA**

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

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

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### Meditation of Silence

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

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

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

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

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

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

### 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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## Manage Difficult People with Hypnotherapy by Manish Patil

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

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### 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 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

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

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

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

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

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

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### **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 hypnosis and be unable to wake up.**

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

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

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

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

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

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

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

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### 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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## **Manage Difficult People with Hypnotherapy** by Manish Patil

### **Manage Difficult People with Hypnotherapy**

Use Hypnotherapy to rehearse strategies for dealing with difficult people, and change your own emotional responses.

We all know people we would describe as 'difficult'. Difficult people can range from the mildly irritating to the totally impossible-to-deal-with. If you have one or more of the latter kind in your life, you can experience a great deal of stress and worry that you would rather be without.

Our Dealing with difficult people range of Hypnotherapy audio sessions is designed to give you effective new strategies and skills to make handling those tricky types easier. And it's not just about managing the relationship better on the surface - it's also about reducing the real impact these people have on your life.

Once you have listened to your Difficult People session, you will find that the next encounter with that person is somehow just much easier and perhaps even productive.

### **Learn the secret of dealing with the angry bully**

Having to deal with an angry bully on an ongoing basis can make you life hell. In fact the impact from regular contact with just one angry bully in your life can spread out and start to diminish the quality of your whole life!

Angry bullies shout and scream without giving you a chance to explain or justify yourself and use humiliation and fear as weapons to manipulate you.

#### **How bullies work**

When a bully knows what is important to you they know how to manipulate you. If your work is important to you they'll attack your work efforts. If being sociable is important they attempt to isolate you. If progressing up the career ladder is important to you they'll seek to block your advancement.

Bullies can be very perceptive when seeing what is important to different people because they use that information as weaponry.

Bullies routinely disrupt work and personal relationships and are continually undermining and disrespectful. They may think their aggressive 'leadership' is motivating but low morale means low productivity.

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### Too much self-esteem, not too little!

Contrary to popular opinion the latest research suggest that aggressive bullies are not like this because they feel badly about themselves or have low self-esteem - in fact they are more likely to have unrealistically inflated high self-esteem so don't be tempted to feel sorry for them!

Bullies come in many guises. Some just don't listen to you, others have to have the last word all the time or constantly fail to do what they said they would. Some make you feel like you have got to watch your back because of what they might be saying about you to others. Often they'll criticize anything you say or do just because it came from you! Aggressive bullies compete for status and the spotlight and will want to make themselves look good by making you look bad.

### Why advice alone won't work

All the best advice in the world will fall away when you are under attack from a bully.

When a bully shouts at you and displays open hostility it becomes harder to think and defend yourself. The more emotional they make you the more your thinking brain shuts down. Angry bullies specialize in raising the emotional temperature so that you can't think.

### How to stay calm when under attack

Happily, there are ways to deal with angry bullies which will make your life so much easier. '*The Secret of Dealing with an Angry Bully*' Hypnotherapy audio session will hypnotically prepare your mind to remain calm and detached so that your emotional state is no longer manipulated by that bully. Hypnotherapy can enable you to remain calm naturally when the bully starts throwing their toys out of their pram.

**Buy The Secret of Dealing with an Angry Bully Hypnotherapy audio session** and replenish your self-esteem and confidence with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Learn the secret of dealing with the relationship control freak

Control freaks can make relationships very difficult indeed. Especially if the control freak in your life happens to be your life partner. Over-possessiveness is stifling and suffocating. Does your relationship sometimes feel more like a dictatorship!?

Possessive control freaks do anything to get their own way, including manipulation and even outright bullying.

They feel they have to dictate every aspect of a project and if you are their 'project' then you can have a real sense that they are stealing your autonomy and independence. Their possessiveness can drive you crazy!

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Control freaks are uncomfortable even acknowledging that other people have a point of view!

Your partner may be attractive and know how to be charming when it suits but if they are over-controlling then something needs to be done for your sake. Control freaks will often:

- Try to control every aspect of your life
- Dictate what you and your friends should do
- Hate you going out or doing anything without them
- Seem threatened by any opinions that don't fall in line with what they think
- Feel threatened by areas of your life that don't directly concern them and may criticize things they don't even know about
- Always assume they know what's best for you regardless of your point of view and give advice whether you asked for it or not
- Resent other people in your life who seem to exert influence over you in some way such as your boss, or good friends or even family members. They may constantly criticize or even try to keep you away from such people.
- Check up on you to see what you are up to. They may even go through your phone numbers or interrogate friends, colleagues as to your whereabouts

We all have a basic need of for a sense of control but the control freak has a need that is out of control! They may tell you their controlling possessive ways are signs of 'true love' but that's part of the control.

If your relationship is more like a dictatorship then you need to do something to stop being bulldozed and get your self-respect back.

**Buy Secret of Dealing with the Relationship Control Freak Hypnotherapy audio session** and get some balance back into your relationship with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Learn how to deal with the two-faced, backstabbing gossip!

Do you know someone who says one thing to your face, and then another behind your back? And then comes and tells you the latest spiteful gossip about someone else?

At first you can't believe it - they seemed so nice - you thought they were a friend but in fact their behavior is poisonous.

**"So and so's been saying this about you"**

A common tactic of the gossipy two-face is to 'false-team': "*Some people have been saying, a few people have been talking about you and saying...*" But when it comes to giving you names or even exactly what is being said they clam up! Nothing is out in the open and all they've succeeded in doing

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is make you feel insecure and paranoid. They may do this as entertainment or because they are envious of others. Whatever the reason, dealing with them can be awful.

Two faced gossips often operate by first getting your trust, perhaps by using charm or by telling you a small piece of personal information about themselves. You then tell them something about yourself in return which is later used against you. Two-faced gossips have to be dealt with before their behavior rots the trust and efficiency of whole organizations or social groups.

Two faced gossiping and back stabbing can be likened to guerrilla warfare; the sniper shoots from the trees so you can't properly defend yourself. When you force them out into the open and confront them openly they go on the defensive.

**Buy Dealing with the Two-Faced Gossip Hypnotherapy audio session** and learn how to deal with this most unpleasant of difficult people. Make your life straight forward today with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### The Secret of dealing with The Guilt Tripper

How is it that 'guilt trippers' know exactly which buttons to press? Some people are just adept at emotional manipulation, and if you find yourself on the receiving end, you need to have your defenses ready.

#### Why guilt works

You can be controlled through guilt because you're basically a decent person. If you didn't have a conscience then there would be no guilt to use against you. In addition, it's likely that you have been conditioned in the past to feel guilty and unrealistically responsible for someone else's emotions and actions.

Maybe other people made you feel overly responsible: '*You made me do this!*', or '*After all I've done for you, how could you treat me like this?*' and '*Oh ok I'll do it even though I am not feeling well*' and so on.

Guilt trippers play the martyr, constantly remind you what they have done for you and know exactly how to make you feel bad so they can get what they want.

#### Why using guilt is bullying

And make no mistake, although this manipulative behavior may not seem aggressive, it is. The emotional blackmail of the guilt tripper is still a way of gaining control over you. Even though they are not shouting and threatening it is still behavior designed to dominate you. That's why it's bullying.

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When people manipulate by making you feel guilty (even if it is by giving you a certain look) then they entrap you within their own agenda - you become merely an instrument to get them what they want. They are in fact treating you as an object; a means to an end.

Guilt trippers will try to make you feel responsible for what they do and feel. This immature tactic subsumes all responsibility. Ultimately, of course, what they do and feel is down to them.

### The language of guilt

The guilt tripper will use accusatory language with black or white statements such as: '*You always do this to me!*' or '*Why don't you ever help me?*' and '*How could you just go off and enjoy yourself when you know I've got all this to do?*'

They will talk about things 'not being fair' and compare your behavior with other people to the way they feel you treat them. For example: '*How come it's ok for you to help them but not me?*' or '*Why is it that you listen to everyone else's ideas but not mine?*'

The guilt tripper will exaggerate your role in things and over blame you. This amounts to threatening behavior. They may say stuff like: '*If we lose this contract it will be all your fault!*', or '*I hope you are satisfied now you've ruined my entire life!*'

### Drama queens

Guilt trippers are drama queens and talk dramatically. The most immature and dramatic sentiment expressed is the: '*You'll be sorry when I'm gone!*' or '*When I'm dead and buried at least you want have to worry about me anymore!*'

It's one thing have a guilt tripper in your life but it's another to have your behavior and emotions controlled by them.

Guilt trippers are all 'me, me, me!' Guilt tripping is selfish behavior and you may have noticed that any non-selfish behavior is then used for their own gain, never letting you forget what they've done or suffered for others.

Guilt trippers may have real hardships but then they use these to manipulate others. We may find ourselves making excuses for them such as: '*Well Sally did have that divorce and she has got that ill child.*' However is 'Sally' using these things to control you? If she is then her behavior still needs dealing with, despite any real difficulties in her life.

### Freedom from the guilt tripper's manipulations

Just think how much easier your life is going to be when you are no longer manipulated into feeling and doing what you don't really want. No longer being controlled though emotional blackmail doesn't

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mean you always have to say no but it does mean you'll make decisions based on logic, not enforced guilt trips. Your decisions need to be made for the right reasons.

**Buy The secret of dealing with the guilt tripper Hypnotherapy audio session** and give them a chance to grow up and yourself a chance to enjoy your life more with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### The secret of dealing with the know it all

#### A Hypnotherapy audio session with tips and strategies to deal constructively with know it alls

Being a 'know-it-all' is a form of bullying even if that is not the intention.

The know-it-all has an opinion on everything regardless of whether they actually know anything about the subject or not. You know the type: something is self-evidently true purely because they happen to think it.

Know-it-alls are bombastic, opinionated and bad at listening.

What the know-it-all lacks is the humility to say: "I do not know enough about this to form a proper opinion", or "You may be right because you have more experience in this area than I do".

#### Set on transmit not receive

Know-it-alls are on set on 'transmit' most of the time. They are not up for receiving input from others. They want to be the ones giving out, transmitting their pearls of 'wisdom'.

What they don't know isn't worth knowing and when they do learn something well... according to them, they knew it already.

The know-it-all may be a highly intelligent person but their know-it-all attitude makes them narrow minded and less and less able to learn as the years roll by.

#### Putting you down without meaning to?

The obvious solution seems to be to avoid the 'know it all' as they have a great way of putting other people down by implication. In other words if they know everything then *you* know nothing. Or anything you do know you know because of them. That's the way they can make you feel.

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### Bad for self-esteem

The know-it-all can damage your self-esteem because there is something compelling about certainty. The trouble is they can feel hard to deal with especially if they happen to be your boss or the person you live with.

Being a know-it-all is a form of greed. Wanting to take all credit and direct all things at all times regardless of other people is like someone grabbing all the food at the table.

The know-it-all may take on board other peoples' ideas but then claim them as their own or say that 'everyone knew that any way.' They are in fact greedy over ownership of knowledge.

Your '*How to Deal with the Know It All*' Hypnotherapy audio session will give you both tips and strategies and prime your unconscious mind to respond constructively to the know-it-all.

Remember it's not down to you to change the know-it-all, just to deal with them in ways which are more constructive and cause less conflict. You need to be able to remain calm and objective and remember that they do not know everything and that you, yourself, can contribute.

**Buy How to Deal with the Know it All Hypnotherapy audio session** and enjoy your next interaction with them with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Protect yourself from the emotional leech in your life

#### Hypnotherapy can help you fortify your defenses against all forms of emotional blackmail

Is an emotional leech stealing your emotions and energy?

Do you find it hard to say no when someone asks for your help?

Good natured, generous people like you love to have warm relationships with others and draw considerable satisfaction from being able to offer help, advice and practical support to those who ask them. You don't specially ask for thanks or favors in return, though these are always appreciated. You can take a bit of being 'taken for granted' or 'made use of' in your stride as you know in the long run you can rely on others to return the favour.

But.

Every now and then you run into some difficult people. On the surface they can look just like anyone else whom you might choose to help. Someone who's in a spot of bother and needs a helping hand, that normally you wouldn't think twice about offering. But these parasitic types are so clingy, so demanding, and so draining of your time and energy it could put you off helping anyone ever again. You end up feeling used, as it's not a mutually beneficial relationship.

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### How the leech gets their hooks into you

They get hooked into you by using your good nature. They may even do this quite directly, saying accusingly "We *are* friends, aren't we?" when it looks like you might be about to turn down some unreasonable request of theirs. They know you don't like to say no to a friend, and they use this knowledge to get what they want. At your expense.

This puts you in something of a quandary. At what point does a 'friend' become a bloodsucker? And how do you take control of the situation without compromising your own standards or becoming selfish and hardhearted?

### Hypnotherapy can help you quickly arm yourself against emotional blackmail

*Dealing with the leech* Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that will arm you with the psychological tools and determination you need to deal with these predators (for that is what they are).

As you relax deeply from the strain of having to cope with such people in your life, your unconscious mind will effortlessly absorb the understanding and skills you need. You will quickly notice as you listen repeatedly to your download that you

- much more easily discern who is taking advantage of your good nature
- find it easier to set and maintain protective boundaries
- stop being affected by psychological blackmail
- are ready to cut the constant 'takers' out of your life
- become a 'wise giver'

**Buy *Dealing with the leech* Hypnotherapy audio session** and get the bloodsuckers out of your life with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### The secret of dealing with The Moody Type

You know how it is. Their moods change like the weather. You never know how they are going to be from one day to the next. One day they're fine and the next they bite your head off and you never know why. Moody people, especially when they're work colleagues, make life much harder than it needs to be.

### Why moodiness works

When something is scarce or rare it's human to value it more highly. You might have found yourself feeling pathetically grateful for those rare shards of good mood and proper professionalism that come your way.

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Moody people may be that way because their needs in life aren't being met. Who knows? Maybe they don't feel appreciated or loved, or they never have enough sleep or they drink too much coffee? That's not your problem - it's theirs.

### Emotional blackmail

When people are moody they become unpredictable and something that is unpredictable keeps you guessing all the time. This means you have to work twice as hard - you have to do your work and you have to work at handling them. They may use their moods as a way of wielding power and control. Sometimes they'll give the impression that you may have done something wrong without actually coming out with anything directly. This can make you feel somehow responsible for something but you are not quite sure what. This is emotional blackmail.

If their moods are like constantly changing weather conditions then you need to become weatherproof and stopped being battered and blown all over the place. *Your* responses, emotions and actions need to be constant, calm and reliable when you deal with them. When you are different with them you will begin to influence the way they behave. People ultimately only act up with people when they feel they can get away with it and it will gain them some advantage - once these two factors lessen their behavior has a chance to improve.

### Let their moods just sail by

Imagine feeling detached and 'resistant' to whatever mood your moody person displays. Imagine mentally handing back all responsibility to them for the way that they act - freeing up your own energy for more important considerations.

**Buy The secret of dealing with the moody person Hypnotherapy audio session** and start to emotionally manage yourself and the moody person with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## The secret of dealing with narcissistic behavior

### Dealing with narcissistic behavior in others is much easier with the help of Hypnotherapy

Is someone you live or work with exceptionally selfish and inconsiderate, though perhaps superficially charming and pleasant?

Are you always being put down, sidelined, blamed for problems and made to feel that everything is *always* your fault?

You may be dealing with narcissistic behavior.

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## Manage Difficult People with Hypnotherapy by Manish Patil

### What is a narcissist?

Narcissistic people are exclusively and immovably focused

- on themselves
- on what they 'deserve' in life
- on their status
- on their right to appreciation and attention from everyone else
- on their superiority to the rest of the world.

Other people only matter to the narcissist in as much as they

- constantly make it plain that they recognize and admire the narcissist's importance and superiority in every respect, and are useful to them in some way.

Your failure to meet these requirements may lead to you being criticized, abused, bullied - or dumped.

### The key to dealing with narcissistic behavior - understand your usefulness

The key factor is - are you *useful* to the particular narcissistic person you have to deal with? You may wonder why someone who can be so horrid to you doesn't just get on and dump you. But you can be sure that, if they are maintaining the relationship in spite of criticizing you to pieces, *they* are getting some benefit out of it. But if *you* are not, or are no longer, getting any benefit from this connection, it's time for action.

### What can you do about narcissism?

Figuring out what action to take is not easy. Should you challenge their behavior? Should you attempt to negotiate new rules for the relationship? Should you admit that nothing can be done and quit? Should you just find a way to 'cope' with it?

Not only are these questions hard in themselves, but by the time you get to asking them, you may not be in a great state yourself. This is because long association with a narcissist - be it a friend, a boss, a wife, a husband, a partner - will leave you emotionally bruised and battered, if not physically so. And that makes it difficult to think clearly and make good decisions.

So the first thing to do is not to worry about what you are going to do about *them* and focus instead on what you are going to do about *you*. You need to rebuild your own confidence and self-esteem. You need to learn how to be relaxed and detached with the narcissistic behavior that comes your way, able to see that, however bad it is, *it's not about you*.

And how can you best do this?

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### Hypnotherapy can help you in dealing with narcissistic behavior

*Dealing with the narcissist* Hypnotherapy audio session is an empowering audio Hypnotherapy session developed by experienced psychologists. It is designed specifically to equip you to handle a narcissistic relationship by helping you to

- relax deeply even in times of great stress
- understand the patterns of narcissism
- build up your self-confidence and determination
- use psychological strategies to improve your situation
- untangle yourself from the web of blame and stay detached
- gain the clarity to work out the best way forward for yourself

**Buy Dealing with the narcissist Hypnotherapy audio session** and discover how to free yourself with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Learn the secret of dealing with negative critics

Negative critics bring you down. Always picking at you, chipping away at your confidence, complaining about something or other. Being on the receiving end of someone's negative carping, especially if it's directed to you is demoralizing and downright depressing.

The worst thing is when you begin to believe or 'swallow' the messages of the negative critic because then your self-confidence and self-esteem being to suffer.

When you download this session you'll discover why criticism mirrors how depressed people think (which is why they are so depressing to receive) and also why they are never true or realistic.

### Become immune to negative criticism

Once you start to see through the overblown and emotive statements of negative criticism you'll begin to become immune to them. You don't have to take criticism on board. If someone gives you bitter tasting chewing gum it doesn't mean you have to chew it! If someone criticizes you then you can chew it briefly, and then spit it out!

Being criticized is an emotional experience and can make you anxious and/or angry. The more emotional you become the harder it becomes to think clearly or to defend yourself.

### Hold your own against negative critics

*'The Secret of Dealing with the Negative Critic'* Hypnotherapy audio session will get you feeling calm and in touch with your logical brain during times of criticism.

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It will also give you real strategies to hold your own against the critic.

**Buy The Secret of Dealing with the Negative Critic Hypnotherapy audio session** and start feeling better about yourself with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### **Master verbal self-defense and never let anyone push you around with words again**

**Hypnotherapy can help you develop advanced verbal self-defense skills to deflect verbal assaults**

Have you ever been insulted or belittled and felt utterly frustrated because you couldn't find the right words to handle the situation?

Do you feel helpless and angry that you can't make your point when someone is laying into you?

*Sticks and stones may break my bones but names will never hurt me*, according to the old children's rhyme. But it's a lie. Name-calling, insults, jibes, sarcasm, criticism, put-downs and every other verbal assault are all forms of bullying behavior. And they can really hurt. Indeed, researchers have found that physical pain and social pain (such as exclusion or belittlement) are processed in the same area of the brain.

### **Good verbal self-defense is a vital social skill**

Insults have been part and parcel of human interaction since time began. We're a highly social and hierarchical species, and have developed complex systems of 'pecking order' to establish where we stand in relation to each other. Having some sense of status is a fundamental human need, and, sadly, many people seem able to satisfy this need only by putting other people down.

In consequence, we all have to learn to negotiate the minefield of 'status communications' and handle whatever gets flung at us along the way. You might have experienced being on the end of the 'machine gun' technique, for instance, when someone fires question after question at you, without giving you a chance to respond. Or you might have met the snide joker, always ready to raise a laugh at your expense.

### **Verbal repartee may not be the best way to defend your-self**

Some people have a natural talent for handling this sort of situation, always ready with a witty comeback or a telling putdown to fire off in return. But most of us actually find it hard to handle, and can rarely think of just the right thing to say. At least, not until it's way too late to say it.

It can be pretty demoralizing.

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It might seem at first sight that the best way forward is to practice verbal repartee. Learn a lot of cutting things to say and be ready to trot them out whenever the need arises. This might work for some people, but it's very hard work, not guaranteed to be successful and can easily backfire. It also means that you are 'buying into the game'.

A far more effective approach is to develop the key *emotional* and *cognitive* skills that you need to handle situations of criticism, sarcasm and insult *without* being drawn into the game.

And the most effective way to develop those skills quickly and easily is with Hypnotherapy.

### Hypnotherapy can help you quickly become a pro

*Master verbal self-defense* Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that will help you quickly become adept at

- staying relaxed and calm
- developing effective psychological 'self-protection'
- freeing yourself from 'status games'
- discerning what's really behind the words being said
- establishing and pursuing your real goal in difficult encounters
- saying what you really need to say

**Buy Master verbal self-defense Hypnotherapy audio session** and make your stand with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### The secret of drawing out shy people

Although shyness is not often classed as 'difficult' behavior, shyness can make people hard to communicate with.

Dealing with shy people differs from many of the other difficult behaviors in the Dealing with Difficult People section. However, as with all 'difficult behavior' when you start to deal with it effectively you indirectly help the difficult person.

### Shyness doesn't just cause problems for the sufferer

Shyness can present problems not just for the shyness sufferer. Shy people can be hard to deal with. The more you 'push' the more they go into their shell.

You might feel you are doing all the talking or asking them questions then, when they are unforthcoming, answering them yourself. Shy people can seem rude, snobbish and stand-offish. You need to see beyond this for their sake and yours.

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It's easy to become frustrated with shy people especially if you feel their shyness hampers work and social situations.

Behind the seeming aloofness often lies somebody who desperately wants to 'join in' but doesn't know how. It's easy for a shy person to feel invisible or, because they aren't socially dominant to ignore what they say.

Shy people often have so much to offer maybe *because* they are so sensitive and thoughtful. Underneath they may be very funny or kind and considerate.

You need to be patient and calm and also know some of the tools to really help quickly build confidence in the shy person.

This Hypnotherapy audio session will help you deal effectively with shy people so that you start feeling relaxed with them yourself and also become better at making them feel comfortable enough to speak and express themselves freely.

**Buy The secret of drawing out shy people Hypnotherapy audio session** and make life easier for everyone with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

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- Drinks
- Egg recipes
- Frozen Desserts
- Fruits recipes
- Fruits dishes
- Ganesha Festival recipes
- Gazpacho recipes
- General basic condiments
- General desserts
- General recipes
- General salads
- General soups
- Grain salads
- Grains dishes
- Health recipes
- Hummus recipes
- Ice cream recipes
- Idli recipes
- Indian dishes
- Japanese dishes
- Lasagna dishes
- Leftover recipes
- Malaysian recipes
- Meat-analogues recipes
- Mexican dishes
- Microwave cooking
- Microwave work lunches
- Muffins recipes
- Okra/Bhindi recipes
- Onam Festival
- Pakistani recipes
- Paneer Dishes
- Pasta recipes
- Pasta salads
- Pickles & Chutney recipes
- Pies recipes
- Pilafs recipes
- Pizza recipes
- Polenta recipes
- Potato dishes
- Potato salads
- Potato recipes
- Puddings
- Pulses & Lentil recipes
- Punjabi recipes
- Quick breads
- Raksha bandhan special Indian sweets
- Rice recipes
- Risottos recipes
- Salad Dressings
- Salads
- Salsas
- Sandwiches
- Sauces
- Seafood
- Shakes and Sips
- Snacks
- Snacks recipes
- Soups
- South Indian nonveg recipies
- Stews recipes
- Stocks recipes
- Stuffed vegetables
- Stuffings recipes
- Tofu recipes
- Tomato recipies
- Variety breads
- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
- Yeast breads (made by hand)