

Manage grief loss 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.

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

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

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

The Three Forces of God

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

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

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

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

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

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

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

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

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

THE SWADHISTHANA CHAKRA

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

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THE MANIPURA CHAKRA

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

THE ANAHATA CHAKRA

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

THE VISHUDDHA CHAKRA

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

THE AJNA CHAKRA

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

THE SAHASARA CHAKRA

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

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

Meditation of Silence

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

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

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and Shushamna and in English as the sympathetic, parasympathetic 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 a 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 i.e. 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 i.e. 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 affected requires more breath or prana hence normally the distribution of the breath is not evenly distributed throughout the body.

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

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

Frequently Asked Questions

Why is Hypnotherapy so effective?

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

Does Hypnotherapy work for everyone?

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

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.

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

How safe is Hypnotherapy? Should I be worried?

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

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

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

Will Hypnotherapy make me act strangely?

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

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

What Types of Changes Can I Make Using Hypnotherapy?

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

Will Hypnotherapy totally change me as a person?

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

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.

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

How long are your Hypnotherapy sessions?

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

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

When will I notice the results of Hypnotherapy?

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

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

Are your Hypnotherapy sessions suitable for children?

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

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

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

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listen the Hypnotherapy audio sessions when driving or operating machinery, or when something else requires your full attention.

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

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

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

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

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

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

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

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

Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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

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

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

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

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.

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Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

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

In which languages can I get my Hypnotherapy audio sessions

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

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

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

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The Myths of Hypnotherapy

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

Hypnotherapy Myth #1 –Hypnotherapist have special powers.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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 Grief Loss with Hypnotherapy

Get some gentle hypnotic help dealing with your sadness.

When grief and loss come into your life it can feel overwhelming. Whether you have been bereaved of a loved one, or have had to leave the home you love, or have been through some other major change, dealing with your feelings alongside dealing with the demands of your changed circumstances can take an enormous toll.

Sometimes people try to deal with such challenges by focusing exclusively on the practical things they have to do, and it is certainly good to do this up to a point. But at some stage the emotional fall out must be addressed, and this is where Hypnotherapy can be of great help.

Our range of Buys for situations of grief and loss will give you the tools for processing difficult emotions and looking after yourself at the deepest level. We know how important it is to calm down the emotional arousal of such times, and to literally have a 'strategy' for handling the different challenges that you face.

These sessions will help you come through bereavement, loss and all the associated feelings - and come through stronger.

Mend your broken heart and start to enjoy life again

Hypnotherapy is a very gentle way to start your healing journey out of emotional pain

Are you grieving inconsolably over the end of a relationship?

Does it feel like your heartbreak will never mend?

Love has a strange and awesome power over us. When we feel a deep and powerful connection to another person, it can transform our lives. Being in love casts a sort of golden glow over everything, making even the most mundane things seem sublime, and making our troubles trivial. But when love ends, as it sometimes does, or we experience the loss of the one we love, the heart that carried that love can break in two.

Why it feels so difficult to mend a broken heart

Of course, hearts don't physically break, but there is no doubt that the emotional pain you experience when a relationship ends manifests all too physically in the heart area. It doesn't matter whether you've been rejected, or bereaved, or divorced. It might just as well be actually broken. And the agony can be all consuming, taking up all your energy, all your thoughts, all your time, leaving no space for anything else in your life.

It's common for people going through this experience to find themselves thinking obsessively about the one they have lost. They imagine seeing them at every corner - and of course, in many cases, they actually do have to deal with encountering that person again, which presents a whole new set of problems. What do you say to them? How do you act?

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Is time the only healer that can mend a broken heart?

Everyone who is grieving (which is what having a broken heart means) needs time to come to terms with what has happened. It's not a process that you can hurry, or that 'should' be completed in any fixed period of time. Nonetheless, there are things you can do to help yourself begin to heal. You might find it helpful, for instance, to set aside specific times for letting yourself grieve, rather than letting it swamp your whole life.

And you can use the calm relaxation that comes with Hypnotherapy.

Hypnotherapy can help you begin to heal your heart

Mend your broken heart Hypnotherapy audio session is an audio Hypnotherapy session created by psychologists that uses powerful hypnotic suggestions to help you

- experience periods of really deep rest (grief is exhausting)
- enjoy a gradual soothing of the emotional pain
- begin to reconnect with yourself as a separate individual
- appreciate everything you have learned and gained from the relationship
- start to gently contemplate new possibilities for your future
- feel a rising sense of hope and optimism

Buy *Mend your broken heart* Hypnotherapy audio session and treat yourself with the kindness you deserve. Visit www.hypnotherapy.eorg.in now.

If dealing with grief is proving difficult, Hypnotherapy may be able to help

Grief is a natural process we all experience when we lose someone important to us, but this doesn't make it any easier to deal with.

When we lose someone it can be so hard for a while. You may find that everything reminds you of them and, more painfully, remind you that they are no longer around. It can seem as if you'll never deal with your grief and move on.

When grieving, people often find that strangers in the street look like the person you are grieving for. This is natural for a while and is just your brain's way of gently weaning this person out of your day to day life. The person you are grieving for can always be there for you on one level, but you do need to continue to live.

Grief is natural but if the process lasts for months without reducing in intensity then it may be time to get a little help.

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Organising grieving can help

Part of the process of dealing with grief is to organise the process so that you begin to have more choice about when and how you grieve. This stops sad thoughts and recollections constantly interrupting your day to day life and means, in a way, that the grieving you do is more concentrated and 'pure' but less pervasive and disturbing. To truly remember someone is a great act of appreciation and respect and to go on and truly live your life can be an act of respectful remembrance.

Try our *Dealing with Grief* Hypnotherapy audio session to help you move on in life... Visit www.hypnotherapy.eorg.in now.

Death of a Child

It's hard to imagine the suffering a parent must feel after the death of a child. Whether it was anticipated or not the grief and upset is intense. Memories of how the child was when they were full of life and vitality can haunt the bereaved parent as much as images of any suffering the child may have experienced.

If a child has just recently died you may feel as if you are 'seeing' them everywhere in the street, on TV at the shops. This is a natural way the brain has of re-categorizing someone as no longer there physically. It's a period of adjustment and also happens to people sometimes after relationships has ended.

The impact of the death of a child can reach far and wide affecting siblings, school friends, and of course any extended family. In addition to your own grieving you may have been worrying desperately as to whether other people are ok too. And of course it can feel hard to focus on others peoples' emotions when you are overwhelmed by your own.

Different ways of grieving the death of a child

Many people describe grieving as a 'process' and it's true that it something you 'go through' and come out the other side from. But there are different ways of grieving. You may experience all of just some of the characteristics of grief.

Of course it's natural to grieve after a death of a child and sometimes it's going to feel easier than others. But you need to continue to live and give love and support to people around you such as other children or your partner. To be able to live more fully you need to be ok. We all have emotional and physical needs whether we are bereaved or not. To stay strong and grieve properly you need to:

- Have supportive people around you.
- Have at least one person you can feel emotionally intimate enough with to talk about anything on our mind.
- Feel connected to your community.
- Get enough sleep and rest.
- Eat regularly and well.

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- Keep your mind connected to day to day current reality.
- Have a sense of goals for the future (even if that is to feel better in yourself.)

The extent to which you can eventually meet the above needs in your life will correspond to how strong you start to feel. You may need to really think about how you can meet your needs in your life. But remember grieving takes time and only becomes a 'problem' when it doesn't seem to feel any better after many months and is clearly preventing you from engaging in your life by getting satisfactions though meeting your needs as a person. Please make sure you have someone to talk to.

The Guilt bind

Many grieving parents quite naturally feel that somehow they *shouldn't* ever feel better; that somehow *not* constantly grieving for their child is disrespectful or means they are forgetting about them or no longer love them. This is a bind. You want to feel better but you feel bad when you do feel better.

Organizing grief

But it's good to know that you can always love your child. Eventually after the loss of a child many grieving parents find they can focus their grieving in a more 'organised' way. This may mean putting one afternoon aside a month to look at photos and footage of their child. This organized grieving means that you can re-engage with life again and have times of not thinking upsetting thoughts and enjoy meaning in life whilst always taking time to remember in a pure and focused way. Eventually bereaved parents may mark out anniversary to remember the child twice or once a year. Of course the child is never forgotten and always mourned but life also continues for you and those around you.

This Hypnotherapy audio session isn't meant to encourage you to forget your child or to somehow make the grieving stop completely-that wouldn't be right-but it should be used as a 'break from feeling bad' and a way to feel better about your own future.

You can actually respectfully grieve in a better and balanced way if you are rested and relaxed more of the time.

Buy *Easing Grief - The Death of a Child* Hypnotherapy audio session now. Visit www.hypnotherapy.eorg.in now.

Coming through the death of a parent

The death of a parent is one of the key milestones of life, one of those points of no return after which life can never be quite the same again. Whether the death was expected or unexpected, welcome or unwelcome, now they are gone. And you cannot escape the physical, emotional and practical demands of your new situation. Many people are shocked by how overwhelming the experience of the death of a parent can be.

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The 'end of the world' feeling that surrounds the death of a parent

The experience we all share, of course, is that up until now our parent or parents have 'always been there' - a fundamental fact of our lives. Even though we intellectually know that everyone will die one day, this knowledge is not enough to shake the inner conviction of permanence we have built from our *experience*. So when a parent dies, it can feel as if the very foundation of your world has crumbled.

So fundamental is the place of our parents in our understanding of our lives that even people who have not seen their parents for many years, or who have only a distant relationship with them (or none at all), can feel as if their world has fallen apart. This can seem quite inexplicable to them, and they may be shocked and frightened by it.

Coping with the death of a parent can be a demanding process

Whatever the nature of your relationship with your parent while they were alive, coping with their death and your feelings, dealing with the process of grieving, adjusting to life without them practically and emotionally can all make enormous demands on you. You need to gather all your resources to help yourself come through this time.

There is no right or wrong way to grieve for your parent

Remember that, even if the death of your parent was expected, you will still be in a state of shock. You may feel dissociated from what is happening around you, or as if you are operating on automatic pilot. You may be overwhelmed by emotions, or feel quite blank. All such reactions are normal - there is no 'right' way to feel in such circumstances. So whatever you feel, you can just accept that that is how *you* feel.

Grief is not something that 'happens' to you

The process of grieving uses a great deal of energy - much more than people would credit who have not experienced it. It can be very exhausting - as can coping with the grief of others around you who may also have been affected by this death. But even though it feels as if grief is a tidal wave sweeping you helplessly away and there is nothing you can do about it, there actually *is* a way to ride this wave.

You see, grieving is something that you *do*. That is, it is a behavior, and like all behaviors, it can be done more or less skillfully. In grieving, you gradually let go of the life that included the living presence of that parent, and adjust to and appropriate the life where their presence has become a memory. And there are a number of ways you can ease yourself through this necessary and inescapable task.

Hypnotherapy can help you grieve well for the death of your parent

Death of a parent Hypnotherapy audio session is an audio Hypnotherapy session which can help you with the psychological task of accepting the passing of your parent and preparing for the life you must now live. In this session, you will learn how to gain some control over the emotions associated with grief without having to

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suppress or deny them. You will be able to enjoy times of deep rest which will help you 'recharge' before you go on again.

Listening to *Death of a parent* Hypnotherapy audio session will help you to build a new perspective on what your relationship with your parent can mean to you in the future. You will find that it is possible, however sad and bereaved you now feel, to begin to look forward again to being able to enjoy the good things that life has to offer you, while fully honoring the memory of your parent in ways that are appropriate and satisfying to you.

Buy *Death of a parent* Hypnotherapy audio session and give yourself the chance to grieve well. Visit www.hypnotherapy.eorg.in now.

Get help with the grief caused by the death of a partner

Dealing with the death of a partner can seem like the hardest thing in the world. It may seem as if the light has gone out of your life and a part of you died with them. Maybe you 'hear' their voice in your mind constantly or feel as if you keep 'seeing' them all over the place and then realize that who you are looking at only bears the slightest resemblance to the person who died.

When your partner dies you may have mixed emotions. You may feel shock, disbelief, angry with them for dying, afraid of the future and/or guilty for being the one left alive. This is all totally natural.

Grief is natural

To feel grief when your partner has died is, of course, natural. You may have been very close and intimate with this person - perhaps for many years. But grief is *aprocess* and, like any process has a beginning and an end. You may have started grieving even before your partner died but maybe you feel you will *never* stop grieving. Of course it's natural to feel sad when you think about the loss of your loved one in future but there will come a time when you begin to feel fully re-connected to your life again and start to enjoy life fully.

Avoiding the guilt trap

After experiencing the death of a partner you may feel guilt. Guilt that you and not them are able to see friends, go places and have enjoyable times. You may even feel guilty if you realize you haven't been thinking about them for a while.

It's vital to remember that to 'grieve well' - that is to really love and respect the person in your thoughts - you also need to rest from grieving. This means *not* thinking about your deceased partner sometimes. This means when you do think about them your thoughts can be more focused and clearer.

The way forward

It may feel as if you can't ever live a truly satisfying life after the death of a partner but you can and will. You have needs. You need to take care of your body, making sure you are rested and eating well. You need to

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maintain and encourage connection to supportive people around you, you need to have meaning and purpose and of course time to talk about your deceased partner. Soon you will feel better and your grieving will feel more comfortable.

About this session

Easing Grief - Death of a Partner Hypnotherapy audio session will help you to rest and relax and also offer deep encouragement for your future.

Buy *Easing Grief Death of a Partner* Hypnotherapy audio session now. Visit www.hypnotherapy.eorg.in now.

Your grief for your pet is important and valuable. Honor it.

Although most people will sympathize with a child whose pet has died, and help them with their grief, there is less sympathy for an adult in the same situation. If you have recently lost a pet, you may have found yourself feeling even more upset at this apparent callousness. It can feel as if no one understands what you are going through. But the death of a pet can affect you just as much as the death of a person.

The stages of grief apply to pets as well as people

When you are bereaved, a natural process of grief is set in motion. You have to deal with the pain and shock of loss. If you've never experienced it before, the depth of this pain can itself shock and surprise you - it's as if you did not know you could feel quite so deeply. At first, it seems as if you can think of nothing else. Every waking moment, and even your dreams, seems to turn upon the loss. This is the first stage of grief.

In the normal course of events, this first, intense, stage of grieving gradually gives way to a more generalized sense of sadness. You become more reflective about your relationship with the one you are grieving for. Life can still be a struggle, and you may feel low and lack motivation for anything. Your thoughts still constantly return to your loss. You may remain in this phase for a long time, but in due course it too passes.

Eventually, you find a way to accommodate your loss in your life. You still care deeply about the one who has gone, but you can continue with your own life, and feel able to find joy and pleasure in life again. When you remember the one who died, you focus more on the good times you had together.

And exactly the same pattern applies when an animal you have deeply loved dies.

How long does grieving for a pet take?

There is no 'fixed' time in which grieving should be 'completed'. Everyone is different, and every relationship unique. However, it can happen that grieving can so take over your life that you find it hard to function normally and do what you need to do. In such a situation, it is not a matter of 'pulling yourself together' or 'getting over it'. But what *can* help you through is learning how to grieve *consciously*.

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What is conscious grieving?

Although it feels as if grief is something which just hits you from outside, it helps to understand that it is the *loss* which hits you. Grieving is what you do *after* the loss, in order to assimilate it and prepare yourself to go on with life. And because it is about what you *do*, you have some control over *how* you do it. When you consciously grieve for your pet, you *take charge* of your grief, rather than letting it have charge of you.

Using Hypnotherapy to help you come through the death of a pet

It's hard to think clearly about such things when you are in a highly emotional state. So it's good to know that there are ways to help yourself move comfortably into a process of grieving well, and suitably honoring the memory of your beloved pet. *Death of a pet* Hypnotherapy audio session is an audio Hypnotherapy session which uses deep relaxation techniques and powerful therapeutic suggestion to help ease the process of grieving for a loved animal.

Just by taking the time to listen quietly to *Death of a pet* Hypnotherapy audio session, you will find yourself transported to a realm of peace and calm which will soothe your heart in its pain. The principles of mindful grieving will be imprinted in your unconscious mind, so that it will feel natural and right for you to grieve appropriately and help yourself come through to a place where you can remember your pet with joy and gladness after sadness.

Buy *Death of a pet* Hypnotherapy audio session and resolve to truly honor the love you feel. **Visit www.hypnotherapy.eorg.in now.**

In all your grief and sorrow, you CAN be calm at that funeral

How can you stay calm for the funeral of someone whom you have loved dearly and whose loss is overwhelming you? When we lose someone dear to us, a family member or a dearly loved friend, strong emotions rise up in us. It's easy to feel completely overwhelmed by grief.

Different experiences of grief

Grief affects us all in different ways. Some people feel like crying all the time. Other people go 'blank' and may even seem quite emotionless to others. Others may suddenly be full of nervous energy and rush around doing things, or find themselves nervously giggling and laughing. These are all normal ways of experiencing grief.

The dilemmas posed by funerals

When it comes to funerals, people often feel caught in a dilemma. On the one hand, a funeral is (usually) a public occasion. So it feels like you are somehow 'on show' - and so expected to abide by the social conventions for acceptable public behavior. To most people, this means that you must maintain an appearance of calm, no matter what you are feeling. You must look as if you are 'in control'.

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On the other hand, the funeral of a loved one is an intensely *personal* matter, where you want to be able to show how you really feel about the person who has left this life. But showing how you really feel might risk letting those raw emotions come through. What if you 'break down'? It's hard enough to have to deal with bereavement, but how sad that social convention can add an extra burden on the day of the funeral.

How real grief can be expressed with composure and calm

Fortunately, it doesn't have to be as black-and-white as this. Ultimately, it's not a question of either/or - either showing no emotion, or letting emotions rule. With preparation, it is eminently possible to maintain a suitable composure *and* to express genuine emotions of loss and grief. This means that true honor can be shown to the one who has passed.

Hypnotherapy can help you prepare yourself well for the funeral

Funeral calm Hypnotherapy audio session is an audio Hypnotherapy session which will help you prepare yourself for the forthcoming funeral. Listening to *Funeral calm* repeatedly in the days before the funeral, you will be able to establish a deep inner calm which can *encompass* your feelings of grief. Instead of suppressing your feelings in order to appear in control, you will be able to calmly express your grief in whatever way seems appropriate to you.

Buy *Funeral calm* Hypnotherapy audio session and handle yourself with composure and confidence at this sad time.

Overcome homesickness and enjoy travel more

Home sickness is very common. Most people at some time or another have experienced homesickness. Many experience it as children - maybe going away from home for the first time or for extended periods. Homesickness can leave us with a very real sense of sadness and emptiness. It can almost feel like a bereavement

When you're homesick, you might feel nostalgic for familiar things like, friends, family, pets, your house, or neighborhood. You might feel a longing for simple things like your front door or the trees across the way. Homesickness can make you feel lonely and under-confident.

Separation anxiety and homesickness

If you suffer homesickness you might notice that even the thought of being separated from loved ones and your familiar surroundings can get you feeling anxious even *before* you pack your things to leave. Maybe you have to go away on business trips or perhaps even going away on vacation can make you feel bad.

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The Homesickness Habit

Any emotional response can become habitual pretty quickly. If you experience homesickness as an adult chances are you first felt homesick many years ago and now the feelings have become automatically attached to 'leaving home behavior.'

You may consciously and logically know that you'll only be gone a few days or weeks or even months but sadness and unhappiness persist perhaps worsened by feelings of real anxiety. These feelings may not really belong to you - they may just be a habitual residue to the way things used to be when you were younger. Like clothes that somehow fitted when you were a kid but just don't fit now that you've grown.

Overcoming homesickness

The good news is that it is possible for you to relax away from home. Even if it seems like you've left your home for good, the place you miss is always available to you hypnotically.

You can re-connect and revisit your home in Hypnotherapy, while also starting to feel familiar and relaxed in your new place. This Hypnotherapy session will get you feeling more relaxed about leaving and being away from home and also give you the opportunity to recapture the experience of being at home - after all you can visit anywhere in your mind.

Buy *Overcome Homesickness* Hypnotherapy audio session now and lose the anxiety of being away. **Visit www.hypnotherapy.eorg.in now.**

Time to go - so leave home with a spring in your step!

If you've been living in a reasonably comfortable and familiar home environment for a long time, the thought of leaving it can be rather daunting. After all, you're familiar with all the routines here. You know everyone involved and how to get along with them (more or less). Life's predictable and safe. The big world outside is full of unknown challenges. How can you be sure you will be able to cope with leaving home?

How times of change – like leaving home – affect us

These worries and concerns afflict all of us when we come to those big milestones in life. You know, the ones where we realise that we have to make a serious choice. And we don't know what the outcome will be. If we're lucky, we don't get too many of those to deal with while we are still children, and our parents or careers take care of the decision making. But our turn comes.

Why people often postpone leaving home

It's tempting to put off taking the decision to leave home. In the modern world, it's pretty normal for people to remain in the parental home much longer than used to be the case. So why rock the boat, if circumstances aren't

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doing the pushing? If you leave home, you will need to find somewhere to live, you will have to support yourself, find friends, 'get a life', as they say. It's not a small task.

The consequences of staying put

At the same time, you recognize at some deep level that staying in the nest – warm and safe though it might be – is actually stunting you. Holding you back. Keeping you from the life that could be yours, that you have a right to go seeking. Just how long are you prepared to keep on living by someone else's rules in someone else's house?

Getting ready to take the plunge

It's obviously sensible to think carefully about major changes in your life like leaving home. You'll want to research your options, consider the financial implications, talk to family and friends. Having good information will help you make better decisions for yourself. But you need more than information. You want to be able to *feel* confident, strong and optimistic about the new life you are embarking on.

Hypnotherapy can motivate and inspire you to leave home confidently

You'll find the process of leaving home and starting a fully independent life much easier and more fun if you establish the right mindset before you start. Hypnotherapy is the best tool for creating and maintaining powerful and constructive attitudes in oneself.

Leaving Home Hypnotherapy audio session is a Hypnotherapy session designed to help you quickly and easily develop the strength of mind and the creative outlook that will help you make the best of living your own life.

Listening regularly to *Leaving Home* Hypnotherapy audio session as you prepare to make your plans will teach you to use relaxation skills to deal with stressful challenges and enhance your problem solving capacities. Each session will leave you feeling very good about yourself and optimistic about your future.

Buy *Leaving Home* Hypnotherapy audio session and get ready for a great new life. Visit www.hypnotherapy.eorg.in now.

Where did our friendship go? Dealing with the pain of losing a friend

When you lose a friend, the end of the friendship can feel as devastating as a bereavement. But it's difficult to grieve, exactly, because your friend is not dead. Just no longer your friend. So there's no funeral rites to help you, and no condolences from other people. The foundations of your life have been shaken - but everybody expects you to go on as normal.

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Losing a friend can cause deep grief

You may know what it was that brought your friendship to an end. If it was by mutual agreement, you may have expected that you would be able to handle the loss of your friend with equanimity. You may be puzzled to find yourself going through the stages of grief. You may feel inexplicably weepy. Or angry. Or depressed. Because, even if you ended the friendship by agreement, you really *have* lost something important.

The pain of not knowing why the friendship ended

And it can be even trickier if you are not sure why the friendship has ended. Because then you may be questioning and blaming yourself - was it something I said? Something I did? And there is no answer to these painful questions. Although we like to think that 'there must be a reason', people's motives are not necessarily rationally explicable. Yet somehow you have to find a way to go on with your life without this friend.

Helping yourself come through losing a friend

If the friendship is not repairable (and only you can know whether this is so), there are constructive things you can do to help yourself adjust to the new situation. It helps to acknowledge your own pain - to other friends if you can, but at least to yourself. Allow yourself to grieve over the loss of the friendship. Friendships are important parts of the structures of our lives, and when they go, they deserve recognition.

Practical steps to help with grieving over a friend

You can take charge of the process of your grieving, rather than letting it swamp your life. Set aside some specific, limited times to think about the lost friendship. You can use these times to feel sad, but also to be glad of the good things that friendship brought you. You may like to note what, in particular, that friendship gave you that has lasting value, whether the friend is there or not. Such actions help you to come through grief.

How Hypnotherapy can ease your path through grief and bring comfort

You can make the process of grieving for your friendship easier and kinder to yourself by availing of the help of Hypnotherapy. *Losing a friend* Hypnotherapy audio session is an audio Hypnotherapy session which will gently guide you through the process of letting go of the lost friendship and the lost friend, and moving on in confidence and serenity.

Listening to *Losing a friend* Hypnotherapy audio session will allow you to enter a state of deep relaxation, and soothe and relieve the emotional strain you have been experiencing. Your mind will become calm and clear, and you will find a deep peace within yourself as you let the hypnotic suggestions for integrating this experience take hold.

Buy *Losing a friend* Hypnotherapy audio session and begin to heal the pain of loss. **Visit www.hypnotherapy.eorg.in now.**

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Dealing with the guilt of putting someone you love in a nursing home

Whether it's your mother or father or some other relative you have to place in a nursing home, it's a terribly tough decision and can leave you plagued by guilt.

Even if you don't get along with the person in question, seeing anyone you have known for a long time frail and in need of care can be heart wrenching.

And the moment when you take them to the nursing home and leave them can leave you feeling guiltier than ever.

"But they did so much for me"

It is common for people to recall how parents looked after and cared for them, and so feel they should be doing the same for their parents rather than placing them in the care of others.

Although you may feel sad at committing your relative to a nursing home, right decisions have to be right for everybody. Guilt is an emotion that serves no purpose in the long term. Shame may make you act differently but guilt does nothing but make you feel bad. It's like the indigestion of emotions. It just sits there making you feel bad but doesn't really change anything.

This Hypnotherapy audio session will get you feeling more objective and detached about the whole process which will enable you to be *more* humane.

Dealing with Nursing Home Guilt Hypnotherapy audio session won't make you care less but it will enable you to feel calmer about the inevitable and stop making things harder for yourself by feeling like a 'bad person.'

Buy *Nursing Home Guilt* Hypnotherapy audio session now and get some perspective, because guilt alone helps no-one. Visit www.hypnotherapy.eorg.in now.

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