

**Manage personal finance
by
Hypnotherapy**



Dr. Manish Patil

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Hypnosis

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

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

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

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

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

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

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

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

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Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

The Power of Suggestion

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

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

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

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

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

Samadhi through Self Hypnosis

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

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.

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Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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

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

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

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

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

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remember that we respect our customer's privacy, and your details will not be shared with any third party.

Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

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

In which languages can I get my Hypnotherapy audio sessions

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

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

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

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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 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.

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 personal finance by Hypnotherapy

Gain a new relationship with money and change your financial habits at an unconscious level.

How can Hypnotherapy help you in matters of personal finance? How we handle money - how we spend it, how we charge it, how we make it, how we control it - has rather little to do with rational decision making. Psychological and emotional factors are much more important - how we think of money itself, and how we think of our own worth. And Hypnotherapy is *all* about working directly with psychological and emotional factors.

So if you want to feel more in control of how you deal with financial matters, whether it's to keep better control, or make more money, or get paid what you're worth, you can really benefit from our personal finance Hypnotherapy audio sessions.

Our Hypnotherapy audio sessions will help you clarify your goals, develop effective strategies to manage your money (and make more of it), and avoid being influenced to spend more than you really want.

Cure affluenza and overcome the urge to keep acquiring more stuff

Have you got affluenza? You might be interested to know what symptoms to look out for.

Some key indicators are

- getting fixated on acquiring specific 'desirable' items
- being unduly influenced by whether such items are bigger/faster/latest fashion/owned by so-and-so
- believing that these items are 'essential' to your happiness
- constantly thinking about acquiring the next thing/more things
- feeling restless and uneasy if you resist buying
- overworking in order to raise money to buy items
- taking on unsustainable loans to raise money to buy items
- feeling that people who own those items are 'better' than you
- sensing that others look down on you for not owning them
- gnawing sense of dissatisfaction no matter how much you already have
- feeling trapped in a pattern of hoping that the *next* item will *finally* make you really happy

The problem with the pursuit of more

The affluenza epidemic has spread across most of the developed world, and even less well-developed places have not entirely escaped. The word 'affluenza' gained currency when British psychologist Oliver James published a book of that name looking into the spread of this painful, contagious, socially transmitted condition of overload, debt, anxiety and waste resulting from the dogged pursuit of more.

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There wouldn't be any personal problem for anyone with this pattern of acquisition (leaving aside the social and economic implications), if continuous acquisition actually did make you happy. But it doesn't. Not only that, but it *can't* make you happy, as Professor Robert Lane of Yale University explains in his analysis of all the research on the subject in his book *The Loss of Happiness in Market Democracies*.

How to use Hypnotherapy to overcome the urge to buy more things

But you already know you're not happy with what is happening. The question is: is it possible to *cure* it? What is the appropriate 'medication'? You have probably already found that just trying to use will power to resist the urge to buy doesn't get you very far. What you need is something that will fundamentally change your mind-set so that it will feel natural for you to be more satisfied with what you have.

Overcome Affluenza Hypnotherapy audio session is an audio Hypnotherapy session which uses powerful hypnotic suggestion to help you radically change that seemingly fundamental conviction that having more and getting more is what life is all about. It will tap into the unconscious roots of this pattern and allow you to construct a new 'template' of what matters to you.

As you relax in deep trance, removed from the world and seeing it from a whole new perspective, you will find yourself effortlessly 'pre-experiencing' what it is like to have this new balanced template operational in your life. This allows you to get so familiar with your new way of being that you will find yourself effectively 'immunized' against affluenza and won't catch it again.

Buy *Overcome Affluenza* Hypnotherapy audio session and be the one who decides what's really important to you and your happiness. **Visit www.hypnotherapy.eorg.in now.**

Be more frugal with a new attitude to money

Break the habit of thoughtless spending and retrain your brain to make better decisions.

Are you feeling the pinch? In the boom times, and if things are going well for you, it is all too easy to get carried away and cast frugality to the winds. But when times are hard, for the economy generally or for you personally, it's not at all easy to tighten that belt and knot those purse strings. The habits of free and easy spending can feel hard to break.

Being careful with money doesn't protect you from advertising

Even if you are a person who is quite careful with their money, you don't live on a desert island. Like the rest of us, you are surrounded by exhortations to buy more stuff and indulge in more pleasures. Not because you *need* these things, but because they will make you more attractive, younger, well-known, superior, etc. At least, that's what the advertisers want you to believe, and *we* want to believe *them*.

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Avoiding the 'discount' honey trap to save money

And when times get hard, these messages about spending don't go away. While you are wondering how to be more frugal, every shop on the street tries to tempt you with today's 'special offer'. Those 'discounts' are not charity. They are a trap - a honey trap. They are there to draw you into spending more than you really want to or can really afford. But they are disguised as 'unmissable bargains'.

The mindset needed for true frugality

So when you know that you have to find ways to be more frugal and cut down your spending because your income or capital has reduced, you find yourself having to develop a whole new mindset. This is no easy thing. You may start out with the best of intentions, but when you unpack your shopping you can't help but recognize that you have bought more than you need, or have been unable to resist certain 'luxury' items.

How Hypnotherapy can help you control your spending

If you really want to make an impact on your spending levels, you need a 'fast track' way to establish and maintain a frugal mindset. And there is no better way to do this than to use the power of Hypnotherapy.

Be more frugal Hypnotherapy audio session is an audio Hypnotherapy session which utilizes therapeutic hypnotic states to allow you to quickly make powerful and permanent changes to habitual patterns of behavior. Even if you have never experienced Hypnotherapy before, the structure of this session and the powerful hypnotic suggestions make it simple for you to initiate and maintain the changes that you want.

Listening to *Be more frugal* Hypnotherapy audio session will allow you to enter a delightfully relaxed state of mental clarity - the ideal state in which to conduct a life review and 'see things as they really are'. Setting and committing to a spending style in line with your circumstances will feel inevitable and natural - and easy to do.

Buy *Be more frugal* Hypnotherapy audio session and take full control of your purse. Visit www.hypnotherapy.eorg.in now.

What are you worth? And are you charging fully for that worth?

If you provide goods or services for which you yourself have to set the price, you will have faced a challenging question. How much is what you do worth? It's extraordinary how difficult this is to answer! Whatever it is you do, it feels as if you are *really* being asked 'How much are *you* worth?' And, for all those ads proclaiming that you're worth it, it can feel both boastful *and* demeaning to put a sum on it.

The thing is, if you *don't* charge the right rate, you won't *earn* the right rate, and your business venture will run into the ground. So tackling the question of what to charge as a professional fee and getting it right is vital.

But why does it feel so difficult to charge what you're worth?

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Making a profit is essential if you want to survive in business

Most people can point to the 'value added' attributes of their goods or services. You know what training you've undertaken, what level of skill you have attained, what you have invested in high quality materials, and so forth. It's not too difficult to work out a balance sheet equivalent for these factors. But to do well you have to make a *profit*. That means that your *income* must, over time, exceed your *expenses*.

It's important to focus on your customer to charge properly

And this is where many people balk. It almost feels as if you must charge *more* than you're worth! And if you're the honest, modest, hard working type, this just feels *wrong*. But this is all due to focusing on the wrong thing. What you are worth is not what *you* think you are worth, but what your *customer* thinks you are worth.

Value, price, worth - all the same thing?

Although for some people a low price is the most important thing, this attitude is actually quite rare. For most people, a low price is indicative of a low *value*. It's a cliché that you get what you pay for, but there are subtleties on both sides. People do sometimes charge ridiculous rates for what really has little value. But you are not about to do this, are you? You are looking to feel comfortable about charging the *right* rate.

Getting beyond price to what it's really worth

Determining the right rate calls for an accurate assessment of your value added factors, an understanding of buyer psychology, a commitment to see that *both sides* get value from the transaction, and determining a profit margin that will satisfactorily achieve this goal. Getting to this stage may call for a serious change of mind about what you're worth.

And when it comes to taking on a new mindset, there's nothing like Hypnotherapy to help you on your way.

Hypnotherapy can help you feel good charging what you're worth

Charge what you're worth Hypnotherapy audio session is an audio Hypnotherapy session which will take you deep into your core values and self understanding and help you transform your perspective on trading your goods and services for a return commensurate with their value.

Powerful hypnotic suggestions in *Charge what you're worth* Hypnotherapy audio session will activate unconscious levels of your mind and help you break out of a limited vision of what is right and possible for you. It will carry you through the stages of feeling awkward or uncomfortable with the unfamiliarity of knowing your worth to a new level of calm confidence and readiness to charge appropriately.

Buy *Charge what you're worth* Hypnotherapy audio session and make *your* business or trade successful. **Visit www.hypnotherapy.eorg.in now.**

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How to be debt free

Use Hypnotherapy to train your brain to block the very idea of owing money

Has the money you owe become a ghastly bugbear in your life?

Are you anxious that you might never be debt free?

When someone lends you money and charges you interest, that is a business transaction and not a favor. You *buy* that loan, with the interest. And like every other purchase you make, title to the goods isn't yours until you've fully paid up. Everybody knows that it's not a good idea to borrow money that you won't be able to repay, because you end up not only out of pocket but also in trouble with the law.

It's easy to fall into debt - not so easy to get out of debt

Unfortunately, it's rather too easy to get drawn into loan arrangements when you're short of cash, or when you desperately want something *now* and can't afford the full price up front. In recent times we've witnessed an explosion of easy credit, with loans to be had for the asking, and many of us asked ourselves "Why not?" We've also witnessed the resultant credit crash, and it's all too clear "why not".

But whether you were driven into debt because you had no choice or because you made choices that were perhaps unwise, living with the burden of unpaid debts can be soul destroying. It can be hard to see your way out, both in terms of paying off what you currently owe, and protecting yourself in future. And borrowing *more* money to pay off other loans can land you in an even worse trap than before.

How can you stop this?

Hypnotherapy can quickly help you develop a debt free mindset

Debt Free Mindset Hypnotherapy audio session is a powerful audio Hypnotherapy session developed by psychologists that will help you tackle both horns of the dilemma. And help you avoid getting caught on them again.

As you relax and listen repeatedly to your Hypnotherapy audio session, you'll notice a number of significant changes starting to happen. In particular, you'll notice that

- the feeling of panic first subsides and then disappears
- you begin to think more clearly about your options and get professional help where necessary
- you find it much easier to resist the temptation to go beyond your means
- you take back control of how you are managing your life

Buy *Debt Free Mindset* Hypnotherapy audio session and put those money worries behind you. **Visit www.hypnotherapy.eorg.in now.**

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Manage personal finance by Hypnotherapy by Dr. Manish Patil

Keep your financial worries in their place.

Learn to 'compartmentalize' and stop thinking about financial worries when you should be relaxing

In a famous *Cabaret* scene, heroine Sally Bowles spells out the role of money in a belting number, *Money makes the world go round*. She clearly knows everything there is to know about the nightmare of financial worries:

*When you haven't any coal in the stove and you freeze in the winter and you curse to the wind at your fate
When you haven't any shoes on your feet and your coat's thin as paper and you look thirty pounds underweight
When you go to get a word of advice from the fat little pastor he will tell you to love evermore
But when hunger comes to rap rat-a-tat rat-a-tat at the window
See how love flies out the door!*

That verse has it all. No income for the bare necessities. No help apart from platitudes. Severe relationship stress. A real nightmare scenario. How could anybody cope with all that? And that's *not* even all of it. If you were doing okay before, and now you're in financial difficulties, you may also be painfully struggling inwardly with what it all means about *you*, personally.

The way you respond to financial worries is under your control

Even if things never reach the nightmare proportions depicted in Sally's song, most of us face financial worries of some kind during the course of our lives. These may come our way due to our own actions, or be forced on us by circumstances outside our control. However they come about, the way we respond *is* within our control. And keeping your financial worries in their place is a vital mechanism for surviving the strain.

So what *is* the place of financial worries?

The real purpose of financial worry

Like any worry, financial worry is there for a purpose. It's alerting you that you need to pay attention to your circumstances, and *take any necessary steps*. Of course, taking action may mean doing a number of things that you don't really want to do. That may tempt you to 'put your head in the sand' or at the very least to procrastinate. Worry is there to encourage you to get on with what you need to do.

What to do when financial worries invade

But worry, including financial worry, can overstep the mark. Because it's big and scary (as Sally reminds us), we are prone to letting it invade parts of our life where it doesn't belong. It's important to remember, and keep separate, those parts of your life that are okay and going well. If you've taken the action that the worry called for, you don't need it to be invading your sleep, or your leisure time, or your relationships.

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How Hypnotherapy can help you take control of financial worries

In theory, you can use willpower to keep worry in its place, but it's much easier if you also make use of the capacities of your unconscious mind to create and maintain appropriate states of wellbeing. Hypnotherapy is a powerful and effective way to do this.

Financial worries Hypnotherapy audio session is an audio Hypnotherapy session which make the process of mental compartmentalization – keeping financial worries in their place – both relaxing and enjoyable.

Powerful hypnotic techniques are used in the *Financial worries* Hypnotherapy audio session to help you really relax deeply amid the stresses and strains of dealing with financial problems. At the same time, your mind will be fed practical inspiration that will help you develop creative and effective responses to your situation.

Buy *Financial worries* Hypnotherapy audio session and master the art of effective worry control. **Visit www.hypnotherapy.eorg.in now.**

Get a Millionaire Mind-Set

Train your brain to think like a millionaire using Hypnotherapy

Everyone wants to be rich. Don't they? So why do only a few reach those heights? How do millions of people work their fingers to the bone yet end up broke?

It's not about luck

Most millionaires will tell you that luck played a large part in their success - and you could stop there, assuming that unless you get lucky, you won't get rich.

But then if you look a little deeper, you uncover something else - something all successful people have in common - the millionaire mind-set.

And even more interestingly, millionaires don't have much else in common - there's no standard for academic achievement - Richard Branson and many other entrepreneurs are dyslexic, there's no commonality of family background, there's no 'special knowledge' that these people possess.

It's about your mindset

When it comes down to it, success is down to your mindset - the habits, attitudes and behaviors you use every day that move you, step-by-step, towards millionaire status.

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This *Millionaire Mindset* Hypnotherapy audio session 6-part Hypnotherapy program is designed to program your subconscious mind with these common attitudes of millionaires.

Absorb the 6 key psychological traits of self-made millionaires

The Millionaire Mindset Hypnotherapy audio session program contains these 6 success-shaping sessions:

- 1) **Create Winning Business Ideas** - enter a creative space within your mind where the money-making ideas will flow like molten gold.
- 2) **Create Real Business Passion** - generate a powerful deep unconscious drive for your business idea that will propel you forward.
- 3) **Build Unshakeable Self Belief** - every successful entrepreneur has solid self confidence and self-belief. Build yours so you can beat the nay-sayers and weather the storms with ease.
- 4) **Generate Laser Focus** - you don't get to the top by drifting off and thinking about other things. Get the full power of your unconscious mind behind your goal.
- 5) **Develop an Unstoppable Work Ethic** - anyone who tells you becoming a millionaire is not hard work has never done it. This session will make work your most enjoyable pastime.
- 6) **Create Unbeatable Optimism** - as you travel your business path, you will come up against obstacles. There will be times when you wonder if you should give up. This session will give you a solid bedrock of optimism, so you just know it's going to work, even on the darkest of days.

Get started now!

There is a vast flowing river of money in the world - you just need to know where and when to dip your bucket in and start collecting it. You can even carve out a diversion and direct large volumes of the money river in your direction. That's all the super rich have done.

Buy your *Millionaire Mind-Set* Hypnotherapy audio session now and make your attitude a millionaire attitude. Visit www.hypnotherapy.eorg.in now.

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Manage personal finance by Hypnotherapy by Dr. Manish Patil

Learn how to save money and achieve financial freedom

Let Hypnotherapy help you develop the money-saving mindset and take control of your finances

Do you regularly impulse buy things you don't need?

Do you sometimes wonder why it is so very hard to save money?

We all like to dream of sudden riches - winning the lottery, inheriting a fortune from a distant relative - and fantasize about what we would do with a cool million or six. But even though we (mostly) realise this is a fairy tale and we have to work at achieving financial freedom, managing your money well is not as easy as it might seem.

How to save money

The easy bit is the principle. Don't spend more than you have, and put a little aside on a regular basis. What could be simpler? Annoyingly, some people do seem to find it simple and easy (you probably know some). But most people find being frugal quite a struggle. They have good intentions, and a clear desire to be better off, but somehow there's always too much month left at the end of the money.

Why saving money is more difficult than it looks

The struggle can be made up of many things. It might be the difficulty of dealing with numbers (even simple math is hard work for lots of us). It might be not having regular income. It might be uncertainty about how to manage credit and savings. It might be problems of accumulating debt from previous relationships, businesses, or simply 'keeping up appearances'. And all of this in the face of relentless exhortations from advertisers to spend, spend, spend!

It's no wonder you end up feeling overwhelmed and out of control.

But the good news is that you really can develop a powerful inner mindset that will make money-saving behavior and future thinking a natural part of your identity. It will be just 'who you are'.

How?

Hypnotherapy can help you quickly develop a good money management mindset

Save money Hypnotherapy audio session is an audio Hypnotherapy session developed by experienced psychologists that will give you the tools to completely retrain your mind on financial matters. You will replace impulse buying with considered spending, and be more mindful of saving the pennies.

As you relax repeatedly to the powerful hypnotic suggestions that have been carefully crafted to help you easily make these changes, you will notice that you

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- naturally focus more and more strongly on what you really want for yourself in the long term
- develop a deeper commitment to achieving your goals
- devise a practical money management approach that works for *you*
- commit to regular saving
- instinctively make better decisions about spending

Buy *Save money* Hypnotherapy audio session and start building the financial future that you really want. Visit www.hypnotherapy.eorg.in now.

Trader's Mind

You probably know about the times when your approach to trading has been emotional rather than rational. You've probably read the books about the great traders, and know you should stay calm. But knowing is one thing, doing is another.

Managing your mind to manage your money

As Noel Whittaker the great financier said: "Becoming wealthy is not a matter of how much you earn, who your parents are, or what you do... it is a matter of managing your money properly." And to do that you need to manage your mind properly too.

Disruptive emotions

Many people have bad trading habits fueled by ignorance, but also by the clouding effects of emotion and the wrong way of looking at things.

When emotions engulf us we experience what is known as an 'emotional hijacking'. This means that the more fear or greed or depression you experience around your trading the harder it is to think clearly. The part of your brain which thinks logically (your neo-cortex) is swamped by emotion and loses the ability to operate properly. You literally become more stupid. You need to be cool and able to detach when necessary to be a top trader.

The Trading fear/greed cycle

It's easy to get hooked into **the fear/greed cycle** when it comes to trading. The trading fear/greed cycle is:

- You buy stock
- Stock value increases reaches its peak but you don't sell (because it might go higher and you want to hit that 'home run') This is where greed kicks in.
- The value drops but you still hang on to it because it might go up again to its peak (and now you'd settle for that!)
- The stock goes back to original (or even lower than original) price and then you sell it out of fear you're going to lose money.

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This is the opposite to 'professional trading'

Wherever you feel your trading weaknesses lie, *Traders Mind* Hypnotherapy audio session will give you the tools to approach trading calmly and strategically.

Buy *Traders Mind* Hypnotherapy audio session now and manage your mind to manage your money. Visit www.hypnotherapy.eorg.in now.

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- Cure addiction by Hypnotherapy
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- Enjoy life with Hypnotherapy
- Fun Hypnosis
- Health issues and Hypnotherapy
- Healthy eating by Hypnotherapy
- Hypnotherapy and anti-aging
- Hypnotherapy and emotional intelligence
- Hypnotherapy and Parenting skills
- Hypnotherapy and Relationship problems
- Hypnotherapy and weight loss
- Hypnotherapy for children
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- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
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