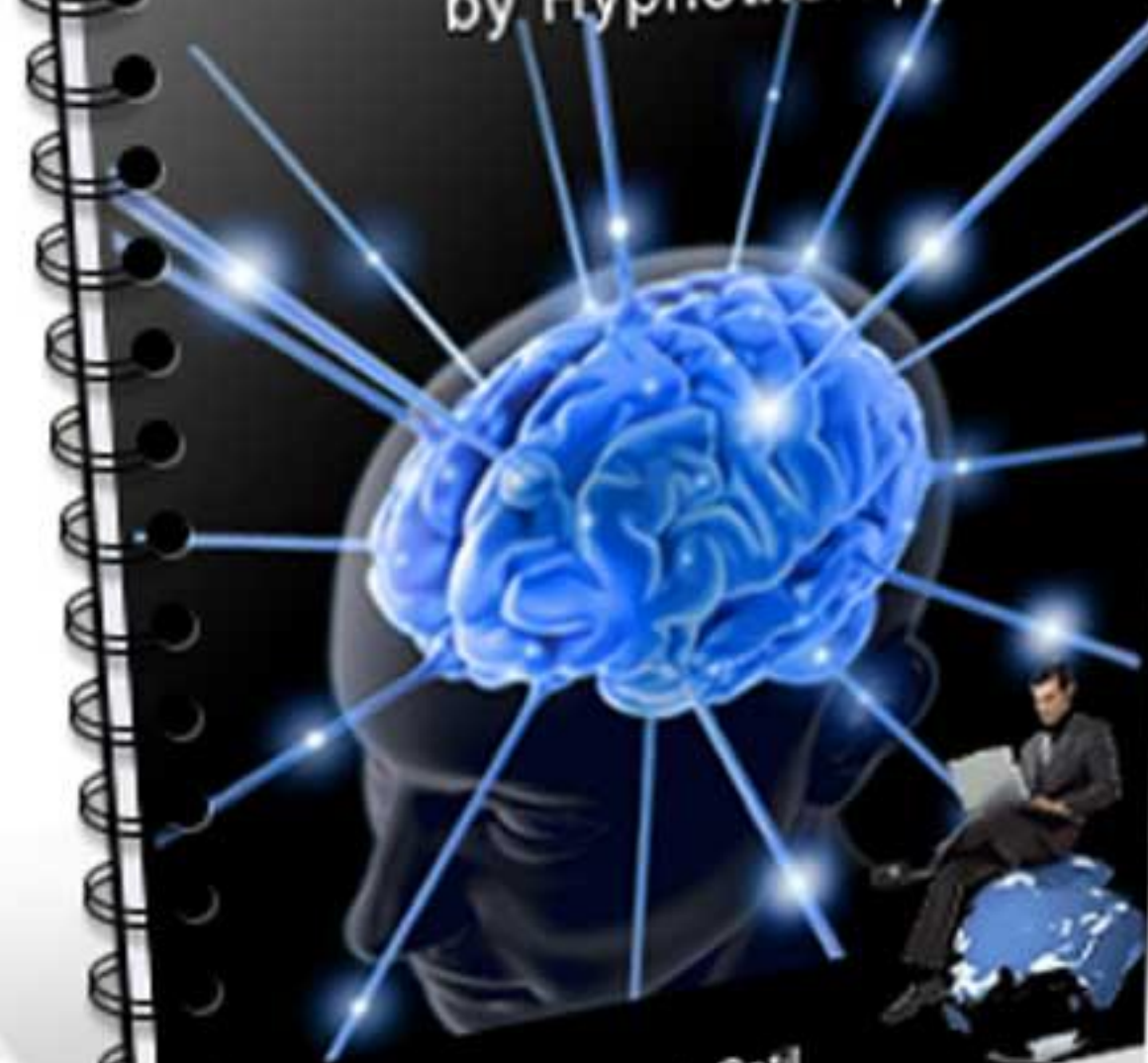


Motivation - inspiration by Hypnotherapy



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Motivation - Inspiration and Hypnotherapy by Manish Patil

Hypnosis

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

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

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

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

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

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

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

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

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Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

The Power of Suggestion

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

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

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

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

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

Samadhi through Self Hypnosis

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

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

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

The Three Forces of God

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

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

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

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

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

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

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

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

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

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THE SWADHISTHANA CHAKRA

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

THE MANIPURA CHAKRA

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

THE ANAHATA CHAKRA

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

THE VISHUDDHA CHAKRA

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

THE AJNA CHAKRA

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

THE SAHASARA CHAKRA

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

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

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Meditation of Silence

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

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

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

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

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

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

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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.

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

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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.

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.

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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 before for ordering any Hypnotherapy session.

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

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

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

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

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

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

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

Yes, twice a day is fine. Any more 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

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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?

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.

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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.

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.

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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.**

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

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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”.

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

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way that the 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.

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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Motivation - Inspiration and Hypnotherapy

Is it a struggle to get out of bed in the morning? Where do you get your motivation and inspiration? Did you know that Hypnotherapy is one of the most powerful ways to boost your enthusiasm for life and inspire you to great things?

How can it do this?

When you go into Hypnotherapy, and relax really deeply, you become detached from your 'everyday mind' with its fixed patterns and its regular burdens that grind you down. Your mind literally 'opens up', ready to receive new insights and create new perspectives.

Our Hypnotherapy audio sessions for motivation and inspiration are focused specifically on taking you 'out of yourself'. This enables you to see your whole life, or your current situation, in totally new ways. You'll learn ways to boost your energy and fire up your creativity and life will never be the same again.

Achieve your potential; raise your sights, explore new possibilities and push back your limitations

A Hypnotherapy audio to help you relax about trying new things

In society today, there is pressure to achieve your potential, and an expectation that you actually have the potential to excel in something, anything. Failure, or even mediocrity, is not a option if you want to 'live the dream' and be successful. Not living up to your potential goes with many negative, unhelpful feelings - disappointment, fear, guilt or frustration to name a few.

All these negative emotions and fear makes it less likely that you'll achieve what you want to, trapping you and sapping your energy. Somehow, you have to break out of this trap and make your own way in the world, with energy and enthusiasm, and a healthy disregard for risk and negative self-talk.

Learn to jump in feet first

How do you jump into water? Do you dive straight in or take a more cautious approach, maybe even staying dry on the side? Sure, diving in head-first is risky - unless you know what's under the water's surface. Experience might tell you to check out a few critical factors, such as depth and likelihood of predators. Even after a quick risk-assessment, you might decide going in feet first to protect you from that hidden rock, but you still jumped in. That's the point - you jumped and got wet. Now you know a lot more about jumping in at that particular spot, and added another line in your experience book.

Those who go on to great success in life are the ones who are not afraid to jump in. They grasp opportunity and don't let go until they have wrung every drop of possibility from it, writing whole paragraphs, sometimes chapters into their experience book.

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Learn to enjoy the feeling of trying something new

Those who achieve actively seek out new challenges and relish them when they occur, purely because they enjoy the feeling. But for those who aren't so naturally thrill-seeking, a less positive approach to new opportunities can make things difficult.

Often, they experience a negative inner voice, undermining them, expecting poor outcomes and putting them off even trying in the first place. The result of this of course, is that with nothing ventured, little is gained.

They fail to learn from failure because they never get the chance. They miss out on successes because they fail to try.

Achieve your potential Hypnotherapy audio sessions helps you feel more positive about the opportunities in life and motivates you to seek out new experiences and challenges. It will help you develop a more positive, supportive inner voice that will help you go on to greater things and provide a new template for 'jumping in'.

Buy *Achieve your potential* Hypnotherapy audio sessions today and begin to experience life in a more positive, enjoyable way... **Visit www.hypnotherapy.eorg.in now.**

Act on ideas and turn your dreams and plans from wishful fantasy into concrete reality

Hypnotherapy can motivate you to act on ideas and achieve real results that make a difference to you and others

Deborah's family is now complete and are happy but cramped in their starter house. But just down town is a house that's close to great schools, has a garden and is only a short walk to her work. In her head, Deborah has already moved into her for-ever house, and has been baking cookies and relaxing on the porch for weeks. It's a bit of a financial stretch, but the family can just afford it due to a recent wind-fall.

Why then, is Deborah not seeing the realtor to view the house and making appointments with her bank?

What makes it hard to act on ideas and get results?

Your brain knows that life is complex and if you change one thing, there will be lots of consequences, some you can foresee, and some you can't. As you contemplate the consequences of choosing to act on ideas in a practical way, you are affected *emotionally* by what you think those consequences might be.

If you have nothing but positive emotions towards the imagined outcomes, you might leap right in and act on ideas in whatever way is necessary to realize them. But if you also have some negative emotions - what if I lose my job, what if the school isn't right for my kids, what if the house price falls? - then it is not surprising if you hesitate, heck it's actually *wise* to hesitate!

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How too much dreaming can lead to inaction

Dreaming about how marvelous it will be when your plan is implemented, and enjoying all this ahead of time in your imagination, can be very seductive and preferable to the detailed 'hard' thinking required to turn the dream into reality. Who wants to think about mortgages when they're already living in their dream house in their head?

Whether it's hesitation or dreaming that's slowing you down, you can learn a new template for acting on your ideas.

How Hypnotherapy can help you overcome the barriers to action

Act on your ideas Hypnotherapy audio sessions is a powerful audio Hypnotherapy session created by experienced psychologists and motivational experts for people who are caught in the inertia trap. This life transforming session makes use of your brain's ability to generate alternative reality and *directs* it at source level so that you can break through those old excuses and *act*.

When you take the time to relax deeply and open your mind to the hypnotic power of the motivational and dynamizing process embedded in this session, you'll very quickly notice that

- you are regularly focusing on and taking concrete, practical steps to realize your plans
- your commitment to your ideas has acquired a powerful emotional depth
- a sense of the significance of what you are doing becomes a constant of your life
- you feel encouraged to press on even harder when you meet obstacles
- as you mark each major or minor step forward, you feel a growing sense of satisfaction and achievement that motivates you further

Buy *Act on your ideas* Hypnotherapy audio sessions and discover what you can really do when you put your mind to it. Visit www.hypnotherapy.eorg.in now.

You've failed - but you really can deal with failure

When it comes to failure, the positive thinking crowd cheerily tells you not to beat yourself up. They jolly you along with advice to focus on the future and put the past behind you. They use nostrums like 'There is no such thing as failure - only feedback!' They even advise you to look yourself in the eye in the mirror and proclaim "I can do anything!" But none of this makes you feel okay about failure, does it?

Don't punish yourself for your failures

Of course, this advice isn't *wrong*, in itself. If you've done the best you can, it's true that beating yourself up for not getting the result you hoped for, planned for, worked for, isn't going to help you. It won't make you feel better about the failure, nor will it help you 'do better next time'. It just makes you feel worse than you already do about failing.

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Good advice for recovering from failure - when you're ready

It's also true that dwelling on the past only leads to a dead end. Not to mention that you could get depressed by constantly ruminating on what you *should have done*, or how things might have been, *if only...* And you probably don't need to be told that there are lessons to be learned from your experience. Using affirmations to build your confidence is good too (though perhaps it's not *quite* true that you can do *anything...*)

The real trouble is that this advice is *premature*. These are not the *first* things to do when you meet an experience of failure.

Failure is really important. You can tell, because it hurts.

It's only human to dislike unpleasant experiences, and we all do our best to avoid them. When we can't avoid them, we do our best to get out of them as quickly as possible. But sometimes, in our rush to escape, we can miss the gleam of treasure hidden in the dirty ore of those experiences that touch us where it matters. You can tell that failure is one of those, by the strength of the feeling it generates in you.

If you can bring yourself to stay with it (which is not the same as *dwelling* on it), you can find yourself dealing with failure in a whole new way.

You can use Hypnotherapy to help you deal with failure in a new way

Dealing with failure Hypnotherapy audio sessions is an audio Hypnotherapy session which focuses on this essential first step to really dealing well with the experience of failure. As you listen to the gentle but powerful hypnotic suggestions, you will notice that the distress and discomfort you feel begin to change at a very deep and subtle level.

Your own experience and the experience of others are woven together in *Dealing with failure* Hypnotherapy audio sessions in a series of beneficial interventions which affirm the meaning and value of what has happened - just as it is. As you relax deeply (itself a profoundly healing thing to do) you will find yourself moving more naturally towards that stage where you really are ready to move on - and do well.

Buy *Dealing with failure* Hypnotherapy audio sessions and discover something more than feedback. **Visit www.hypnotherapy.eorg.in now.**

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Do you want to get your drive back? Here's how!

Use Hypnotherapy to naturally restore your energy and enthusiasm

Are you feeling dull, listless and uninspired, even though you can't point to any specific 'problem'?

Do you get a sense of everything having turned flat and uninteresting, even things that you used to enjoy and get enthused about?

Everybody has 'down times' when life just feels more of a struggle than usual, even if you have no major 'problems' going on. That's a normal part of life and usually we get past such episodes and life picks up again and we forget all about it. But sometimes the grayness and dullness can hang around rather too long and then you may well begin to wonder what's up.

Check the basics first if you want to get your drive back

It's always a good idea to go back to basics first. Are you getting enough decent sleep? Exercise? Relaxation? What are you eating (and drinking) every day? These things have a huge influence on your mood and energy levels and are out of kilter, you may need to make adjustments to re-establish a reasonably healthy lifestyle for yourself. You may also want to check in with your doctor to rule out medical factors.

Your psychological state is also a major influence on drive

But your mood and motivation depend on more than your physical state. In fact, even if your physical state is excellent, psychological factors can plunge you into gloom and deprive you of all enthusiasm and energy. So it is essential to ensure that your emotional and mental states are also working well together if you want to get the most out of life.

This doesn't necessarily mean that you need to sign up for therapy right now. It means that you need to understand the simple psychological principles that influence how much you enjoy life and how much energy you can give to what you do. And you need to apply them in the same way that you look after other elements of your lifestyle.

What's the quickest and easiest way to get that sorted?

Hypnotherapy is a powerful way to get your drive back

Get your drive back Hypnotherapy audio sessions is an audio Hypnotherapy session created by psychologists specializing in motivation that will kick start the process of re-igniting your enthusiasm for life and giving it a solid foundation that you can build on in future.

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Motivation - Inspiration and Hypnotherapy by Manish Patil

As you enter into deep relaxing trance each time you listen to your Hypnotherapy audio sessions, you will more and more deeply absorb and integrate three fundamental principles that underlie all motivation and drive. You will notice that

- your energy levels rise
- you feel a stronger sense of autonomy and ability to make choices
- you understand more deeply what is really important to you
- you are motivated to take concrete positive steps in pursuit of goals
- you get passionate again about old (and new) interests

Buy *Get your drive back* Hypnotherapy audio sessions and put the zing back in your life! Visit www.hypnotherapy.eorg.in now.

High Power Natural Energy Booster

Use Hypnotherapy to instantly boost your energy levels - safely and naturally

Do you sometimes need a quick, reliable injection of extra energy?

Would you prefer a natural energy booster to get you going when you need it?

Why everybody needs a quick source of energy

We all run into times in life when what we need is a quick lift to carry us through. You may need to meet an urgent deadline, you may have something important to do when you're feeling a bit under the weather, you may just be trying to help a friend in need when you have a lot on your own plate - it could be anything.

And what's the quickest, most effective way to give yourself a metaphorical 'shot in the arm' of powerful, uplifting energy that will help you stay the course? Without any nasty side effects?

Hypnotherapy.

Hypnotherapy is a highly effective natural energy booster

Energy Booster Hypnotherapy audio sessions is an audio Hypnotherapy session created by psychologists that will quickly, safely, effectively (and very enjoyably!) give you the lift you need.

Whenever you need some more 'oomph' to see you through, take some time out, relax to this Hypnotherapy audio sessions, and let yourself experience

- a great wave of relaxation refreshing your whole body
- what it's like to connect with the deep sources of power and energy within you
- multi-sensory awareness of energetic forces passing through and around you

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- actively 'powering up' your reserves
- getting up and getting on with it!

Buy *Energy Booster* Hypnotherapy audio sessions and keep energy on tap. Visit www.hypnotherapy.eorg.in now.

The sensible way to be lucky - expect the best

Develop an optimist's mind-set using Hypnotherapy and make your own 'luck'

We'd all love to have a crystal ball which would tell us *for sure* how things are going to turn out. We don't have one, so we guess - things are either going to go well or badly. If you've had a few bad experiences in life - been cheated, let down, injured, and so on - it makes sense that you tend to think things are going to turn out badly.

If you expect the worst, and it doesn't happen, that's a miracle. And if the worst actually *does* happen, you will have the satisfaction of being right - the pessimist's comfort zone.

Why pessimism is bad for you

Adopting a view that things are *likely* to turn out badly more often than they turn out well, has been shown to measurably increase the number of bad outcomes experienced. You could say this person is just 'unlucky', and that the bad outcome was somehow out of their control. The link between control and a bad outcome is true in some instances, but research tells a different story about 'luck'.

Research shows 'lucky' people generate their own good fortune

Research carried out by Professor Richard Wiseman, a psychologist at the University of Hertfordshire, has uncovered the real explanation why 'lucky' people (who naturally expect the best), get more out of life, and 'unlucky' people (who naturally expect the worst) have such a hard time of it.

Wiseman discovered that 'lucky' people generate their own good fortune via four basic principles:

- they are skilled at creating and noticing chance opportunities
- they make lucky decisions by listening to their intuition
- they create self-fulfilling prophesies via positive expectations
- They adopt a resilient attitude to life that transforms bad luck into good. (1)

Wiseman's fascinating research showed that pessimistic people, who expected things not to go well for them, *consistently* miss positive opportunities, even when these are put in front of them in the most dramatic way possible. It is as if they become 'blind' to opportunities.

Fortunately, even if you've developed a pessimistic attitude to life, in response to your experiences, or perhaps influenced by the culture of cynicism and skepticism around you, it is still possible to cultivate a new optimism,

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and actually learn to expect the best. And the easiest way to overcome ingrained attitudes and outmoded behavior patterns is to avail of the power of Hypnotherapy to change your mind.

Open your eyes to the opportunities around you

Expect the best Hypnotherapy audio sessions are an audio Hypnotherapy session which will enable you to discover how to really open your eyes to the opportunities around you. Through deep relaxation, *Expect the best* will first allow you to establish an optimum learning state in your mind and brain. You will discover a new and positive use for your carefully honed skills of skepticism.

When you listen to *Expect the best* Hypnotherapy audio sessions, you will find yourself naturally developing your own creative and intuitive skills in ways that will amaze you and transform your life.

Buy *Expect the best* - Hypnotherapy audio sessions and prepare for lift off! Visit www.hypnotherapy.eorg.in now.

Note

(1) The Luck Factor, Hyperion Books, April 2003

Learn how to be more enthusiastic and enjoy life more

Relax deeply with Hypnotherapy and open your mind to a more colorful life

Has your life lost its zing? Have you stopped enjoying things you used to be keen on?

Do you find it hard to get excited or passionate about anything anymore?

We all start life with a seemingly endless supply of curiosity and positive energy - just look at any little kid! So why does life turn so gray and dull for some of us, sometimes? Of course, if you're ill, or facing some major problem in your personal or work life, you're not going to enjoy life so much until you've dealt with and got past those issues. But sometimes it just seems like the fun goes out of things for no apparent reason.

How to be more enthusiastic again

If this has happened to you, the first thing to do is a quick life audit. Are you getting your basic emotional needs met? Does how you live your life now bring you enough attention, stimulation, relaxation, interaction, connection, intimacy, and sense of purpose? If not, what can you do to change this? Making these needs more of a priority in your life can dramatically improve your mood and motivation.

Enthusiasm needs exercise

The second thing to do is to ask yourself if you haven't just *forgotten* how to be enthusiastic. Now that might sound like a strange thing to ask, but the fact is that we are creatures of habit. All kinds of pressures from

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ourselves and others can lead us to start living in rather restricted ways, and to get totally used to that. Enthusiasm, like many other qualities, needs to be *exercised* if it is to remain alive and well.

If your enthusiasm has got somehow buried under the dreary drudge of day to day, how do you dig it out and dynamize it again? (Is dynamize a word? It should be!)

Here's the key.

Hypnotherapy can help you put more enthusiasm into your life

Be more enthusiastic Hypnotherapy audio sessions is a powerful audio Hypnotherapy session created by expert psychologists that uses the power of your unconscious mind to re-ignite your zest for life.

As you rest and relax regularly to this Hypnotherapy audio sessions (thus also satisfying one of your vital emotional needs), you'll notice that you quickly

- master the art of relaxing very deeply
- learn how to make significant inner changes without struggle
- start to feel so much more alive and engaged
- find yourself taking part in more new activities
- start getting more out of life

Buy *Be more enthusiastic* Hypnotherapy audio sessions and bring color back into your life. **Visit www.hypnotherapy.eorg.in now.**

Do you find it difficult to motivate yourself?

The stress caused by a lack of motivation can be highly unpleasant. You know you are capable of doing a better job, yet your energy and enthusiasm just isn't there.

No matter how much you try to focus, something else always gets in the way of your goal achievement.

Boost your unconscious motivation and energy

Let's face it, you are only *truly* motivated when you *feel* motivated. Any amount of thinking cannot replace that deep-down knowledge that you just have to get going!

This *Motivation and Energy at Work* Hypnotherapy audio session will create that deep-down drive to succeed, so that without even thinking about it, you will simply *feel more motivated*. Use the Buy for a few days and the first thing you will notice is you are getting more done *and* getting much greater satisfaction from your working life.

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Buy Motivation and Energy at Work Hypnotherapy audio sessions and start enjoying your job again! Visit www.hypnotherapy.eorg.in now.

Get out there and get started on starting your own business

What's *stopping* you from starting your own business?

The very fact that you're reading this page indicates that the idea of running your own business has already taken root in your mind. You may already know what field you want to be in. You may know just why people will want that product or service. You may have sketched out ideas on how to make your business successful.

But you haven't started your business - yet.

Resources available to would-be business owners

You know you can find pretty well anything you need on the practicalities of setting up a business on the internet, in bookshops, from your local library or chamber of commerce. There are oceans of advice and instruction. There are courses you can take and business gurus falling over themselves to give you a hand. Banks and venture capitalists stand ready to finance your fledgling business. What are you waiting for?

Excuses for not getting started with your own business

We often tell ourselves that it is these practical issues that stand in our way. We worry about our ignorance of book-keeping, or the complexities of business loans, or how to rent commercial property, or how on earth to hire (and fire!) people. But the fact is that people have been running businesses for thousands of years, and everything you could possibly want to know about starting a business is there for the taking.

Getting over the internal block to starting your own business

Of course, it *is* essential to work on the practical matters. You do need a proper business plan. You do need to work out how, exactly, your business is going to make money, and when you can expect it to return a profit. You may need to find suppliers, employees, distributors. But none of these things can hold you back, except temporarily. The real block to getting started with running your own business is an internal one.

The real question you need to answer is: 'Do I really *want* to start my own business?'

The vital questions to ask before you set up your own business

And to answer that question, you need to step away from the other questions (which are really *how* questions) and look at the *why* question. *Why* do you want to set up in business?

- Will starting your own business give you more *independence*?
- Will running your own business give you more control and *choice in your life*?

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- Will having your own business bring you a greater *sense of achievement*?
- Will starting your own business make you *wealthier*?
- Will creating your own business allow you to produce something *unique*?
- Will a business of your own allow you to *contribute* more to society?

Understand what drives you and you will be successful

These are just some of the questions that you can ask yourself. As you can see, they relate to the *personal value* that you draw from the vision that you have. There may be more than one driver behind your desire to start your own business - and you need to know exactly what drives you forward. Because only when *you know exactly what is important to you* about having your own business can you really motivate yourself to start.

Hypnotherapy can help you find the way forward to your own business

It's only human to be a bit scared off by all that, and to run away into worrying your head about niggly things like the book-keeping instead. So it's good to know that there is a way you can help yourself face up to the real questions and answer them with the courage, confidence and conviction you will need if your business is to be a success.

Start your own business Hypnotherapy audio sessions is an audio Hypnotherapy session tailor-made for those who want to make the move from standard jobs to having their own business. No matter what field you currently work in, you can confidently use this session to provide yourself with the psychological tools and attitudes to move forward with focus and determination.

Start your own business Hypnotherapy audio sessions will help you clear your head of all the distractions and all the nay-saying. You will move effortlessly into a state of profound relaxation, where you can connect with your own inner wisdom and build up your inner resources to bring your plans to fruition.

Repeated listening to *Start your own business* Hypnotherapy audio sessions will ensure that you deeply embed and integrate the qualities that will be most helpful to you on your personally chosen path.

Buy *Start your own business* Hypnotherapy audio sessions and make *your* dream a reality. **Visit www.hypnotherapy.eorg.in now.**

Increase your self motivation and achieve your goals, ambitions and dreams

Use Hypnotherapy to free up your personal internal motivator

Do you lack motivation to do something even when you know it's important?

Would you prefer to be driven to achieve success instead of simply avoiding failure?

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These days, everyone has come across goal-setting and self motivation 'gurus', with their personal motivation techniques and systems to plan your goals, or acquire other achievement-oriented skills. There is value in these and adopting these techniques can provide some level of success, but for many people the real stumbling block is their own motivation. The motivations that let them study a bit harder or train a bit longer or let them take the easier option.

Develop powerful self motivation - feel compelled to achieve your goals

Hypnotherapy for motivation can help you powerfully increase your unconscious motivation to move towards the things you want to achieve in life. This way, self motivation becomes almost effortless - you feel driven, rather than dragged.

You may have experienced those times when you just can't stop yourself from doing something. Well how would it feel to behave like that towards your important dreams, desires and targets?

- Feel effortlessly compelled to do what's important to you.
- Recognise earlier when you are getting dragged down and take action
- Free your internal positive motivator to keep you up beat and on track.
- Make choices that help not hinder your path to achieving your goals.

Buy the *Self Motivation Booster* Hypnotherapy audio sessions now. Visit www.hypnotherapy.eorg.in now.

Selling Yourself Successfully

Learn clear ways of communicating what you are good at

Ever had the feeling that you've been beaten to the line by someone just because they sold themselves so well? You know they were no better than you but the way they projected themselves won the day for them.

Do you present yourself in the best possible way or do you sometimes sell yourself short to other people? The way you present yourself goes a long way to the impression others form of you.

To create a good impression on potential employers, friends, even lovers, isn't about being fake or worrying too much what they think it merely means knowing how to emphasise and project your strong points and favorable characteristics in the best way and having the self confidence to do so.

Selling yourself well doesn't mean talking just about yourself or arrogantly telling others how great you are! In fact people who just 'big themselves' up all the time actually come across as *less* sure of themselves simply because they obviously have to try *too* hard. But on some level you *do* need to present yourself well.

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Under-selling yourself is a habit that can be broken

A common mistake people make is to sell themselves short! They actively put themselves down, talk about their failures, weaknesses and mistakes. They'll tell you what they *can't* do or attempt and why they are *unable* to do this or that. This self effacement can really leak over and pretty soon other people start to agree with you!!

If you are too self-deprecatory, too publicly self-critical and describe yourself in too limiting terms then it gives permission to others to join in and think about you, even talk about you in limiting ways.

You don't have to go around saying: 'I did a wonderful job!' but you can say things like: 'I'm really pleased with the way that turned out!' This sends the clear message that *you* have qualities/skills and so on.

What you need to sell yourself the best

So how *do* you sell yourself best? How you sell yourself is down to your *communication* and to the way you feel inside.

Your communication happens through the way you dress, are groomed, move, speak and the subtle expressions of your face. Strong eye contact and a firm positive voice all show confidence. Smiling and being interested in what others have to say indicate attentiveness and friendliness. The demonstration of clear ideas and thoughtfulness, display logic and so on.

Your Sell Yourself Hypnotherapy audio sessions will present clear ways to sell yourself so that your subconscious mind can absorb then use these methods. It's easy for the little negative voice in your head to sneer at you before you meet others to remind you of what you feel you're not good at.

But we want you to sell yourself in the best way possible so you need to be able to relax, to feel confident and to really be on your own side!

Buy *Sell Yourself* Hypnotherapy audio sessions now and stop undermining yourself. **Visit www.hypnotherapy.eorg.in now.**

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Stop making excuses!

Use Hypnotherapy to get into the habit of taking full responsibility – whatever you do

Have you found yourself being pulled up short and told to stop making excuses?

Do excuses and rationalizations actually bar you from leading a much more rewarding life?

Nothing happens without a reason, and we humans are the 'rational' beings who discovered this very important principle. And we are so attached to it that when we don't have or know a good reason for why something happened (or didn't happen), we feel such extreme discomfort that we regularly rush to invent plausible explanations to fill the gap.

And then we believe our explanations are true, and act on them, whether they are actually true or not.

Why it's important to stop making excuses

It's easy to see as 'rational' human beings, that believing an explanation which is not true could lead to problems. It has recently been proposed that human reasoning ability may have evolved not as a way to discover objective truths for ourselves but as a way to win arguments with others. Winning over others is a good survival strategy. And we like to win arguments with ourselves as much as with others. More so, even.

What that means is that we are far more ready to believe our own plausible explanations for our own actions or inactions, than we are to believe other people's explanations for *their* actions. And it is quite often the case that our 'plausible explanation' for why we did or didn't do something has no objective truth to it and is simply - an excuse.

This won't usually have fatal consequences. But over time it can give your life a seriously negative bias. Instead of squaring up to life and taking full responsibility for your decisions, good and bad, you 'blame' something else. So you don't take up that activity that you really would find deeply satisfying. And when things go wrong, it's never your fault, and so you don't take the steps that would lead to things going right.

But when you've woken up to the fact that excuse making is really not doing you any favors, how do you get out of what may be a lifetime's habitual pattern?

Hypnotherapy can help you free yourself and stop making excuses

Stop making excuses Hypnotherapy audio sessions is an audio Hypnotherapy session developed by psychologists that uses the power of Hypnotherapy to help you make deep changes at the level of your unconscious mind.

As you repeatedly listen and relax deeply to this life changing Buy, you'll notice that you

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- begin to see life from a new broader perspective
- develop a deeper honesty and truthfulness with yourself
- take full responsibility for what you do
- understand your own and others' motivations more clearly
- live life with more determination and enthusiasm

Buy *Stop making excuses* Hypnotherapy audio sessions and get out there and live life to the full. Visit www.hypnotherapy.eorg.in now.

Boost your motivation to succeed - increase your ambition

Learn to play to win with Hypnotherapy

Have there been times when you feel you didn't push hard enough? When you felt you perhaps lacked ambition, or could have done with some more motivation to make a real success of something?

Maybe you have been partially successful but know deep down that you can be even more successful with a bit more motivation..

Avoiding failure is not the same as focusing on success

Many people retreat into 'safety mode' when it comes to opportunities or challenges, but avoiding failure is *not* the same as strong focus on success. Just trying to not make mistakes is not the same as having strong motivation to succeed; to do your very best.

Success depends on many things. Aptitude and opportunity alone are not enough. To achieve success you must possess a genuine and intense desire to excel.

Programming success

Read this - it is amazing. The first computerized checkers player could compute *all* possible outcomes of a given move but *it was only an average player*. Why? Because it made only 'safe' moves that prevented it from losing.

When it was programmed to play to win (not just to avoid losing) the machine started winning. Think about that for a moment.

Being success focused lowers stress

Research has also found that not only is a genuine desire to succeed strongly related to eventual success, it has the added benefit of making the goal less stressful!

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The constructive feeling that you are going somewhere, taking things forward and making a difference (or going to make a difference) through your success is fantastically satisfying. This is very different from just feeling that you want to avoid failure.

This Hypnotherapy audio session will increase your desire to succeed and the Law of attraction will work for your success.

Buy *Desire to Succeed* Hypnotherapy audio sessions now and develop an unstoppable desire to get where you want to be. Visit www.hypnotherapy.eorg.in now.

Think big to make it big

Create confident goals using Hypnotherapy to expand your thinking and strengthen your focus

OK, here's the deal. *If you think you can or you think you can't, you're right.* Do you know who said that? Arguably, one of the biggest thinkers in American history, Henry Ford, father of the industrial assembly line. He was a farm boy who made it *really* big, in national and international business - decades before computers and the internet. Intimidated already? Think you can't think as big as that?

Why not?

Two ways to stop yourself from thinking big

It's a funny thing, given that science has barely even *begun* to explore the real potential of the human mind, how easily we persuade ourselves of its limitations! You've probably caught yourself thinking about some course of action - *I could never do that!* Or you've come up with a bright idea about something and then shelved it just because somebody said dismissively - *You can't do that!* But how do you (or they) know?

Thinking big demands a step outside the comfort zone

It can feel scary to contemplate getting out of your comfort zone - the space in which you feel you know what you're doing and you're fully in control - and explore what it would be like if you were *really* to take a step up to a new level in your life. You don't know where it will lead. But everyone who's ever made a success of anything had to start by thinking big.

And you can too.

Hypnotherapy can help you really begin to think big on a grand scale

Think Big Hypnotherapy audio sessions is an audio Hypnotherapy session which will take you into that part of your mind which sets the hidden fundamental standards of your life. Even if you have been held back for years, *Think Big* will help you discover and enlist the power to move those goalposts right to where you want them.

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Think Big Hypnotherapy audio sessions is such an exhilarating experience that each time you listen you will just automatically find yourself taking another leap of understanding and confidence. Powerful hypnotic suggestions will trigger your unconscious mind into maximum creativity and dedicated commitment to your goals.

Buy *Think Big* Hypnotherapy audio sessions and discover how to think you can. Visit www.hypnotherapy.eorg.in now.

How to make tomorrow great

Get your unconscious mind locked onto your goals and set your expectations for tomorrow's achievement.

Can you make tomorrow great even when today's been lousy?

Do you know how to set your expectations to influence your experience?

People are always exhorting us to have a nice day, a great day. So much so, that it even gets annoying. Particularly if you're having a rather crummy day when they say it. And what sort of advice is that, anyway? How are you supposed to follow it? What are you supposed to *do* to make your day great? Or even just 'nice'? It's not as if you have any control over what comes your way, is it?

Well.

You may have more control than you realize!

To make tomorrow great, you need more than a good forecast

We tend to think of our 'moods', the way we feel about ourselves and our lives today, as being something like the weather. You can get to recognize 'weather fronts' and understand something of how 'weather systems' work, so that you can have some idea of what's coming. But what's coming is coming, and all you can hope for is some advance warning. Which is handy if a hurricane is on its way.

But moods are *not* like weather. We can do far more than just prepare for them. We can shape them and direct them, encouraging more of one type of mood and less of another. Learning to do this doesn't guarantee everything in life will go your way and you'll never have another horrid day. But it does mean that you'll be likely to have far more 'great days' -and be a great deal better able to survive the 'not so great days'.

So how do you do it?

Hypnotherapy can help you quickly develop a positive mindset

Make Tomorrow Great Hypnotherapy audio sessions is an audio Hypnotherapy session developed by psychologists experienced in helping people with motivation and attitude. It focuses specifically on using

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hypnotic techniques to develop the inner control that regulates your emotional responses and aligns them with your true best interests.

As you relax and listen repeatedly to your Hypnotherapy audio sessions you'll notice a number of profound changes taking place -

- you become adept at relaxing deeply and entering a focused trance state
- you identify and connect deeply with the significant personal qualities that epitomize how *you* want to be
- as these qualities pervade your inner world more and more powerfully, your outer life starts to change in response
- you find you are much better able to maintain an 'even keel', no matter what is happening around you
- you enjoy life so much more, so much more often

Buy *Make Tomorrow Great* Hypnotherapy audio sessions and learn to create your own emotional weather. **Visit www.hypnotherapy.eorg.in now.**

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- Anxiety and Hypnotherapy
- Bad habits and Hypnotherapy
- Be More Sociable by Hypnotherapy
- Clinical Hypnotherapy
- Communication skills and Hypnotherapy
- Confidence issues and Hypnotherapy
- Cure addiction by Hypnotherapy
- Depression help with Hypnotherapy
- Enjoy life with Hypnotherapy
- Fun Hypnosis
- Health issues and Hypnotherapy
- Healthy eating by Hypnotherapy
- Hypnotherapy and anti-aging
- Hypnotherapy and emotional intelligence
- Hypnotherapy and Parenting skills
- Hypnotherapy and Relationship problems
- Hypnotherapy and weight loss
- Hypnotherapy for children
- Increase interpersonal skills by Hypnotherapy
- Increase job skills by Hypnotherapy
- Increase personal productivity
- Increase personal skills
- Increase sports performance by Hypnotherapy
- Learning help with Hypnotherapy
- Manage difficult people with Hypnotherapy
- Manage grief loss with Hypnotherapy
- Manage personal finance by Hypnotherapy
- Motivation-inspiration by Hypnotherapy
- Overcome fears and phobias by Hypnotherapy
- Pain relief with Hypnotherapy
- Personal development due to Hypnotherapy
- Personal fitness by Hypnotherapy
- Pregnancy childbirth and Hypnotherapy
- Relaxation by Hypnotherapy
- Self confidence by Hypnotherapy
- Self esteem in Relationships
- Sex problems and Hypnotherapy
- Solve sleep problems by Hypnotherapy
- Stress management by Hypnotherapy
- Thinking skills and Hypnotherapy

Recipe series e-books of Manish Patil

- Basic recipes
- Bean salads
- Beans recipes
- Bread machine recipes
- Breads
- Breakfast
- Breakfast recipes
- Brinjal/ Baingan recipes
- Brownies recipes
- Cakes
- Cakes recipes
- Capsicum recipes
- Casseroles recipes
- Cauliflower/ Gobi recipes
- Chicken Dishes
- Chili recipes
- Chinese dishes
- Chinese recipes
- Chocolate recipes
- Christmas recipes
- Chutneys
- Cookies recipes
- Cornbread recipes
- Couscous recipes
- Daal recipes
- Desserts
- Dinner pies
- Dips and spreads
- Diwali sweets
- Dosa recipes
- Drinks
- Egg recipes
- Frozen Desserts
- Fruits recipes
- Fruits dishes
- Ganesha Festival recipes
- Gazpacho recipes
- General basic condiments
- General desserts
- General recipes
- General salads
- General soups
- Grain salads
- Grains dishes
- Health recipes
- Hummus recipes
- Ice cream recipes
- Idli recipes
- Indian dishes
- Japanese dishes
- Lasagna dishes
- Leftover recipes
- Malaysian recipes
- Meat-analogues recipes
- Mexican dishes
- Microwave cooking
- Microwave work lunches
- Muffins recipes
- Okra/Bhindi recipes
- Onam Festival
- Pakistani recipes
- Paneer Dishes
- Pasta recipes
- Pasta salads
- Pickles & Chutney recipes
- Pies recipes
- Pilafs recipes
- Pizza recipes
- Polenta recipes
- Potato dishes
- Potato salads
- Potato recipes
- Puddings
- Pulses & Lentil recipes
- Punjabi recipes
- Quick breads
- Raksha bandhan special Indian sweets
- Rice recipes
- Risottos recipes
- Salad Dressings
- Salads
- Salsas
- Sandwiches
- Sauces
- Seafood
- Shakes and Sips
- Snacks
- Snacks recipes
- Soups
- South Indian nonveg recipies
- Stews recipes
- Stocks recipes
- Stuffed vegetables
- Stuffings recipes
- Tofu recipes
- Tomato recipies
- Variety breads
- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
- Yeast breads (made by hand)