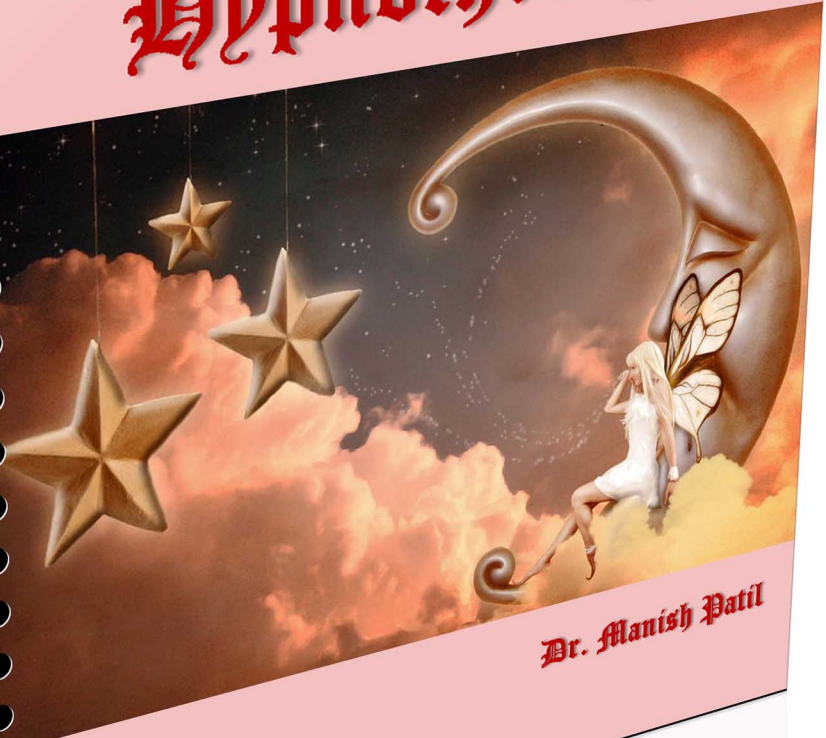


Overcome fears and phobias by Hypnotherapy



Dr. Manish Patil

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Hypnosis

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

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

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

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

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

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

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

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

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Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

The Power of Suggestion

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

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

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

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

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

Samadhi through Self Hypnosis

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

This highest state of hypnotic trance though it might seem difficult can be achieved by the dedicated student of self-hypnosis, and also through the practice of **Meditation of Silence**. The consciousness

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

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

The Three Forces of God

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

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

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

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

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

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

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

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

The truth behind meditation

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

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

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

Meditation a state of mind

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

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

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

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

THE SWADHISTHANA CHAKRA

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

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THE MANIPURA CHAKRA

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

THE ANAHATA CHAKRA

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

THE VISHUDDHA CHAKRA

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

THE AJNA CHAKRA

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

THE SAHASARA CHAKRA

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

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

Meditation of Silence

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

I have in my post [The Seven Chakras](#) explained in detail who the functions of the three nadis in the human body which distribute breath or pranathrought out the body -called in Sanskrit as Ida, Pingala

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and Shushamna and in English as the sympathetic, parasympathetic and central nervous systems, these three nadis are situated along the spinal cord and they run in a curved manner which is why they are called Serpent or Kundalini, these three nadis in this curved movement overlap each other and at the various fields of crossing an energy field is created which flows in a circular manner which can be compared to a wheel or a chakra hence the word chakra is used to describe these centers of energy, the frequency of these energy fields increases from the lower to the higher chakra i.e. the force which is generated increases from the lower to the higher.

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

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

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

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

Frequently Asked Questions

Why is Hypnotherapy so effective?

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

Does Hypnotherapy work for everyone?

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

It is found that about 10-15% of people are classically un-hypnotisable, most people (85%) show normal scores, and about 10% are hypnotisable to extreme depths and show the classical deep trance phenomena.

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

How safe is Hypnotherapy? Should I be worried?

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

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

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

Will Hypnotherapy make me act strangely?

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

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

What Types of Changes Can I Make Using Hypnotherapy?

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

Will Hypnotherapy totally change me as a person?

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

How do your Hypnotherapy audio sessions work?

When listening to one of our **Hypnotherapy audio sessions**, you will be gently and effortlessly guided into a state of deep relaxation. This is achieved by a technique called progressive relaxation, which involves following very simple verbal instructions and positive suggestions, which leads to you becoming progressively more and more relaxed. As your body relaxes so too does your mind.

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

How long are your Hypnotherapy sessions?

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

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

When will I notice the results of Hypnotherapy?

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

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

Are your Hypnotherapy sessions suitable for children?

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

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

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

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

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

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

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

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

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

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

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

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

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

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

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Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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

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

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

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

While ordering you must fill in your correct and complete details, along with the name of the person to be benefited as it is used in the sessions. Otherwise your order will not get processed. Please

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

Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

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

In which languages can I get my Hypnotherapy audio sessions

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

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

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

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The Myths of Hypnotherapy

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

Hypnotherapy Myth #1 –Hypnotherapist have special powers.

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

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

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

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

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

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

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

Hypnotherapy Myth #5 –Hypnotherapy can be bad for your health.

Wrong! My guess would be that all medical practitioners would agree on the health benefits of relaxation. Relaxation helps to bring about a homeostatic balance – a balance within the system, of mind, body and soul, emotionally and physically. The problem is that a lot of doctors say to people "you need to learn to relax" but they never really give them the tools for knowing "how to relax".

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

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

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

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

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

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

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

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

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

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

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

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Summary

The word 'hypnosis or Hypnotherapy' usually conjures up certain images in people's minds, and these stereotypes are sometimes hard to overturn. I hope this article has helped you to understand a bit more about hypnosis, and hopefully debunked some of the myths that surround it. The real truth is that hypnosis is a perfectly natural occurring state, and Hypnotherapy is the method to treat your problems by Hypnosis and so Hypnosis & Hypnotherapy are something that should be embraced for producing personal growth, and personal empowerment.

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Overcome Fears and Phobias by Hypnotherapy

It's good to know that you can easily overcome fears and phobias with Hypnotherapy, because such anxieties are extremely common. More than 25% of people will experience a simple phobia at some time in their lives. From elevators, spiders and birds, to heights, dentists and open spaces, there is nothing we can't develop anxiety or phobias about.

But you're not doomed to be stuck with them forever.

Happily, Hypnotherapy provides an extremely effective cure for these problems as it provides the *opposite* of anxiety - deep relaxation. At the same time, it teaches the mind a different way of responding to the feared object or situation. Hypnotherapy for phobias works by detaching the stimulus (trigger object) from the emotional response (fear) and 'updating' the brain with a new, more realistic response.

Overcoming Agoraphobia

The true meaning of agoraphobia is fear of crowds, but for many people it is much more than that.

Anxiety or panic attacks that occur originally in one place can spread to others until the sufferer finds it hard to be anywhere unless 'escape' is easy.

Eventually, it can get so bad that you feel safe only at home. The brain's survival emergency system gets 'hyper aroused' and starts to respond to almost any situation with anxiety or panic attacks.

Effective agoraphobia treatment

Overcoming Agoraphobia Hypnotherapy audio session retrains the brain to understand that these situations are actually safe, and that it does not need to generate anxiety responses. Although medication is often prescribed as agoraphobia treatment, detraumatization and relaxation is what is required.

Hypnotherapy is so effective for doing this because it keeps the mind calm and relaxed while reviewing the difficult situations or experiences, so teaching the mind to respond differently.

As this happens, you will begin to feel differently about the prospect of situations that used to be frightening, until actually going back into them is a realistic prospect.

This is not an 'overnight cure' of course, but can be a great self help tool for curing agoraphobia, especially when used repeatedly over time.

Get *Overcoming Agoraphobia* Hypnotherapy audio session and enjoy the relaxing changes it brings... **Visit www.hypnotherapy.eorg.in now.**

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Overcome Agoraphobia Hypnotherapy audio session

- Uses advanced hypnotherapy
- Deeply relaxing hypnotic music
- A digitally mastered recording
- Your satisfaction guaranteed!

Step outside your fear of agoraphobia with the help of Hypnotherapy!

Do you look for reasons not to leave the house, or experience anxiety at the thought of open spaces? How long has it been since you were able to go to the grocery store, chat with a friend over coffee, or enjoy a meal at a sidewalk cafe without worry? Maybe you have avoided going out in public for some time now. **Do you feel like you're missing out on life?**

Agoraphobia and the fear it brings can be overwhelming and prevent us from living our lives the way we want to live them. Many people struggle with anxiety and sincerely want to free themselves from the life-limiting thoughts of agoraphobia. **Everyone deserves to step outside their doors with their heads held high**, carrying with them a sense of security wherever they go. While it may seem like only a dream right now, know that **this dream is attainable**.

But how can that be possible, when just the thought of being in public makes your heartbeat quicken? How can you unlock the door that has kept you hidden for so long? **You've told yourself over and over that the next time will be different**. You may even feel as though you know nothing bad will happen if you leave the house, but something still keeps you from taking that first step.

This is because **the fear you feel does not lie in the conscious part of your mind** - it's much deeper than that. Hypnotherapy is a form of creative relaxation that speaks to your unconscious (subconscious) mind. This powerful process helps you to develop inner resources which can help you to **free yourself from agoraphobia**. This agoraphobia hypnotherapy MP3 Hypnotherapy Buy is specifically designed to help you rid your mind of these underlying fears and overcome agoraphobia.

Imagine what it would be like to:

- Feel more relaxed and secure in public!
- Begin to enjoy wide-open spaces again!
- Feel a sense of freedom when outdoors!

Hypnotherapy can allow you to take your first steps outside in the comfort of your own mind. Just picture yourself taking a walk in the park as **you revel in all the sights and sounds of nature**. You smile and wave to your neighbour as you walk past their house and straight into your new-found freedom. By building on your inner strength, your unconscious mind can help you to begin to make these imagined activities part of your real world.

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With regular use, hypnotherapy can help you to overcome your symptoms of agoraphobia! Visit www.hypnotherapy.eorg.in now.

Get control over unnecessary fear and anxiety

Use Hypnotherapy to gently reset your anxiety levels and become more relaxed in more situations

Do you ever feel that your thoughts and emotions control you, rather than the other way round?

Sometimes, you can feel as if something bad is about to happen for no apparent reason. As if you are about to have to do something, but you don't know what, when or where.

This sort of general anxiety or fear is usually generated by an unconscious response to the 'misuse' of the imagination. Basically, the 'back part' of the mind is getting the message from the imagination that something bad is going to happen, and so creates a state of readiness in the mind and body to act upon the anxiety.

This can partly be due to experiences in the past, or a lack of an ability to tolerate uncertainty or not knowing what is going to happen. Whatever the reason, using anti anxiety-Hypnotherapy, the mind can learn to relax and take things as they come.

And this is how this 'Hypnotherapy for Anxiety and Fear' Hypnotherapy audio session works. Using hypnotherapy, anxiety melts away, enabling you to enter a calm and relaxed frame of mind. The unconscious mind can then learn to 're-set' its responses and get back to normal, allowing you to enjoy every day with less anxiety, and more comfort.

Get *Overcome Fear and Anxiety* Hypnotherapy audio session and stop unnecessary anxiety plaguing you... Visit www.hypnotherapy.eorg.in now.

Conquer fear of bees or wasps today and enjoy yourself outdoors

Hypnotherapy can safely train your mind to replace fear with calm, using your natural abilities

Does even the buzz of a bee or a wasp have your heart racing and palms sweating?

Do you find it hard to enjoy yourself outdoor because you're worried you might have to deal with stinging insects?

Being concerned about insects that can sting you is not irrational. Bee and wasp stings can be quite unpleasant, and some people can have allergic reactions and have extra reason to take care. So, it's sensible to avoid doing anything that might frighten any stinging insect you encounter, as they are not on the hunt for humans, and will not attack unless they feel threatened.

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So, for example, wildly flapping your hands at a bee that's buzzing around your head is not sensible behavior, as it risks seriously frightening them and will put them on the defensive. That's when you're much more likely to get stung - although even then the bee is more likely to try to get away than actually go for you.

But you probably know all that.

Why a fear of bees makes you behave irrationally

You know even as you're doing it that waving your arms about isn't helping. But *it feels like you can't help it*. Something just drives you into a panic, and in a panic *nobody* can think straight. And when you know that the sight of a wasp or the buzz of a bee is going to send you into a panic, it seems like a good idea to just avoid situations where you might encounter these tiny creatures.

But the problem is, you can't fully avoid them and live a normal life. Sometimes you just find yourself right there when a wasp comes buzzing by. And off goes the panic.

Fear of bees is really a fear of panic

The truth is that the problem is not the bees or the wasps. Human beings have lived happily alongside them for millennia, and although some people get stung sometimes and that's not nice, we generally know how to co-exist peacefully with them. The problem is the panic.

What is panic? It is an overwhelming *feeling* of fear. The strength of this feeling is not necessarily proportional to the 'threat' that triggers it. In the case of fears and phobias, the trigger can even have nothing whatever to do with the fear. Of course, with bees and wasps, there is a genuine element of threat, but when you objectively consider what danger a sting of this nature is, it is clear that the fear is out of all proportion.

It doesn't really matter how you acquired this disproportionate 'panic' response. The good news is that you can easily 'reset' the level of response that your automatic 'fight or flight' system generates in your body. Won't it be nice to be able to sit out in a garden or park, or enjoy a barbecue with your family and friends, without worrying about what other forms of life might be attending the event?

How can you do this?

Hypnotherapy can help you overcome your fear of wasps or bees

Fear of bees and wasps Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists with wide experience in helping people overcome phobias and fears. The powerful hypnotic suggestions bypass your conscious mind and reach directly into your unconscious - where instinctive responses are created.

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

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- your memories of past bee/wasp incidents have begun to change
- your mental image of these creatures has transformed
- bees and wasps don't seem worth bothering about anymore
- you often completely forget to think about them
- you feel much more relaxed and at ease outdoors

Buy *Fear of bees and wasps* Hypnotherapy audio session and free yourself to be relaxed no matter what little critters are flying around. **Visit www.hypnotherapy.eorg.in now.**

Cure your Fear of Birds comfortably - right now!

A bird phobia can be really difficult to live with. Birds are just so unpredictable, and often they fly up out of nowhere when you haven't seen them, giving you a terrible shock.

And when you have a bird phobia, it can be impossible to imagine life without it. Even the picture of a bird in a magazine can make some bird phobics run from the room.

Thankfully, we now know just how to cure phobias very quickly and completely comfortably - and you won't believe it when it happens to you.

Hypnotherapy gently retrains the unconscious mind to respond to birds like everyone else does - with indifference.

Cure your fear of birds today and the world will become a much more enjoyable place - on the street, in the park, on the beach - you will finally be able to relax properly and enjoy yourself as you want to.

Buy *Cure Bird Phobia* Hypnotherapy audio session now. **Visit www.hypnotherapy.eorg.in now.**

Put fear of cancer aside and get on with your life

Are you spending a lot of time worrying about cancer? Do you obsessively read news reports about medical research on cancer and watch medical programs on TV? Are you forever checking yourself for lumps and bumps and unexplained pains? Is fear of cancer your biggest fear in life? It's not a great way to live. Wouldn't it be great to have a cure for fear of cancer?

Fear of cancer is not irrational or silly

It's not irrational to fear something which can potentially kill you, of course. Fear encourages us to take sensible precautions. It makes sense to lead your life in such a way that you minimise your risks of developing cancer. It's a relief to know that at least you can't *catch* it! And as someone worried about cancer, chances are you have already carefully studied and implemented suitable preventive measures.

Why precautions are not enough to allay fear of cancer

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Overcome fears and phobias by Hypnotherapy by Dr. Manish Patil

So you may be asking yourself why, even though you are eating a sensible diet, taking appropriate exercise, getting enough rest and generally looking after your health and well-being (all things which significantly minimise cancer risks), you still worry so much about getting cancer?

Well, the answer is that knowing things with your head is all very well, but what really matters is how things *feel*. And the scary *feeling* associated with cancer can become overpowering if you haven't learned how to disconnect feelings and facts when you need to. If you *know* you are doing everything you can to keep your risks down, then you clearly don't need to *feel* as if the threat of cancer is right on top of you.

But how do you shrug it off?

Use the power of Hypnotherapy to help yourself overcome fear of cancer

Overcome fear of cancer Hypnotherapy audio session is an audio Hypnotherapy session which focuses on how, exactly, you can undo the negative associations you may have acquired around particular facts, so that emotional responses no longer cloud your judgment and interfere with your life.

Overcome fear of cancer works Hypnotherapy audio session at the *unconscious* level – the same level where associations are made in the first place. Using the power of Hypnotherapy, *Overcome fear of cancer* will help you relax deeper than ever before (also known to reduce cancer risks) and give you the tools you need to be able to feel the way you want.

In addition, through listening to *Overcome fear of cancer* Hypnotherapy audio session you will learn for yourself how to use therapeutic visualisation to enhance and strengthen your immune system. That's useful for more than just cancer!

Buy *Overcome fear of cancer* Hypnotherapy audio session and put fear of cancer back in its place. **Visit www.hypnotherapy.eorg.in now.**

Overcome fear of cats and never worry about them again

Hypnotherapy is an ideal treatment for cat phobia

Do you shrink back and want to get away whenever you see a cat?

Are you always worrying that a cat might jump on you, or scratch or bite you?

Some people have good reason to avoid cats, because they are allergic to cat dander - the very tiny particles of skin that a cat sheds. Allergic reactions range from sniffles to asthma to skin rashes and none of them are fun. So it makes sense to avoid the source of the problem. But most people who panic when they encounter a cat are not worrying about sneezing.

There may not be a specific cause for your worries about cats

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People with a cat phobia may not, in fact, be worrying about anything specific. When they see a cat they just get overcome with an unbearable feeling of high anxiety - heart pounding, pulse racing, knot in the gut, sweaty palms and an irresistible urge to get out of there as fast as possible. Many of them couldn't tell you why they react like this - they only know that they do.

Trying to reason yourself out of being scared of cats has no effect. You know perfectly well that cats are largely harmless creatures that many people love to have as pets. But this *knowledge* is of no help. You still have the uncomfortable, frightening *feelings* in spite of what you know about cats.

So how can you change a feeling over which you have no control?

Hypnotherapy is the ideal way to overcome cat phobia

Fear of cats is an audio Hypnotherapy session created by psychologists that uses powerful hypnotic techniques to break the emotional link in your mind between felines and fear.

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

- the anxious feelings begin to melt away
- you enjoy a deep sense of relaxation and calm
- the thought of cats no longer troubles you
- you stop paying any attention to cats in your environment
- encounters with cats cease to be of any significance to you

Buy *Fear of cats* Hypnotherapy audio session and free yourself from cat phobia today. **Visit www.hypnotherapy.eorg.in now.**

Overcoming Claustrophobia

Claustrophobia - the fear of enclosed spaces - can be a terribly debilitating condition.

Many people think that it only involves elevators or other small spaces, but in fact many people find they can be overcome by claustrophobia in a large space.

The problem tends to spread so that people find they are thinking ahead to avoid any situation that might trigger their claustrophobia, limiting their life experiences.

How Hypnotherapy can help you overcome claustrophobia

Overcoming Claustrophobia Hypnotherapy audio session will 'retrain your brain' to be as comfortable in enclosed spaces as other people so that it does not need to generate anxiety responses for you.

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Hypnotherapy is so effective for doing this because it keeps you calm and relaxed while distantly reviewing any difficult situations or experiences, so teaching your mind to respond differently.

As this happens, you will begin to feel different about the thought of situations that used to be frightening, and going back into them will feel 'do-able'.

Most people are amazed to discover how comfortable this is, and how quickly it can work.

Get *Overcoming Claustrophobia* Hypnotherapy audio session and notice how different you feel right away...
Visit www.hypnotherapy.eorg.in now.

Overcome Claustrophobia Hypnotherapy audio session

Use hypnotherapy to help you overcome claustrophobia!

Do feel uncomfortable in small spaces? Does it feel like the walls are closing in on you? How many times have been faced with an elevator but found yourself unable to enter? You try to calm yourself, tell yourself there is nothing to fear, but time and time again that feeling of restlessness returns. The anxiety mounts, your heart rate quickens and every breath seems a struggle. **There's no doubt that living with claustrophobia can seriously hamper your ability to live your life.**

Plenty of people suffer from claustrophobia. Symptoms can range from mild discomfort to full panic attacks. A room doesn't have to be small to feel confining either; some people feel the need to sit or stand near a door no matter what size the room. For others long trips can seem impossible. Have you ever missed out on an opportunity to travel because getting on a plane or riding in a cramped car sends chills down your spine? In some cases, just the sight of a closed door is enough to induce feelings of enclosure.

You deserve to enjoy your life. You deserve to have the freedom to travel, ride the elevator to the top floor, and sit comfortably in any room. **Hypnotherapy is an excellent tool that can help you overcome your claustrophobia.** Some treatments require you to force yourself into a situation that causes panic and merely wait for the anxiety to subside, but not Hypnotherapy. Instead of torturing yourself, you can relax deeply, breathe easy, and create change at your own pace.

Imagine what it would be like to:

- Feel free to take long trips and visit friends and family
- Ride in an elevator without feelings of anxiety and panic
- No longer need to stand by an exit to feel comfortable and safe

Hypnotherapy is a form of deep, creative relaxation. The overcome claustrophobia Hypnotherapy audio session uses visualization and other techniques to help you to **replace your feelings of confinement with new feelings of strength and confidence.**

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Nobody can force change from ‘outside’. This hypnotherapy session has been designed to help you create change from the inside - because claustrophobia resides in the unconscious mind. This is the part of the brain activated during **Hypnotherapy**, giving you the opportunity to gain control over your internal experiences in a safe and natural manner.

Don't miss out on life, use hypnotherapy to help yourself overcome claustrophobia! Visit www.hypnotherapy.eorg.in now.

From a hundred to five thousand – feel comfortable in a crowd!

Why does being in a crowd make some people uncomfortable? Why will they go to any lengths to avoid situations where the numbers of people might exceed a (very low) threshold? Of course, it's sensible for all of us to avoid some types of crowd. Rioters are not comfortable company, nor are the fans of the defeated football team after the match. But why worry that the supermarket is crowded? Why dread going to concerts?

Bad experiences teach some people to fear crowds

For some people, the explanation lies in having had some kind of distressing experience in a large group of people. Being caught up in a group who were panicking, say, or getting lost in a crowd, might directly influence you to feel afraid of crowds. And because of the way the brain processes negative experiences, you might feel afraid of *all* crowds, not just the type of crowd where you had your unpleasant experience.

Crowd fears can be unrelated to bad experiences

But some people dread any type of crowd even though they have never personally had a bad experience of being in a crowd. When the number of people gets beyond a certain level, they start to feel panicky and want to get away as fast as possible, even though there is no threat from anyone or anything. What is the explanation for this?

How humans function in crowds

Cognitive neuroscientist Dr Mark Williams of Macquarie University in Australia carried out a study into our ability to recognise facial expressions. (1) He established that our capacity to identify expressions, particularly negative ones like anger or fear, is noticeably impaired in crowd situations, where there are many faces to scan. This means that our ability to identify, and so deal with, threat is also limited.

Why smaller groups seem so much more comfortable

This fascinating research provides evidence for what evolutionary scientists have been telling us. We evolved to live in groups, we are social creatures. But the group structures we evolved to live in were relatively small in size. Humans would have been personally familiar with nearly every member of their local group. Our social skills are finely adapted for small groups.

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The modern urban world, where millions of total strangers live cheek by jowl, is, in evolutionary terms, an extremely recent event. From the biological perspective, it will be a very long time before our evolution catches up with the social changes that have occurred.

Does this mean that those who find themselves inexplicably anxious about crowds are doomed to suffer and may as well resign themselves to a life of seclusion? Does this mean that those who have had a bad experience can never get over it?

Not at all!

You have the capacity to learn to enjoy crowds

Evolution, while seeming to have left us floundering in the face of unexpected changes in our environment, like living with very large numbers of people, has also provided us with the most amazing capacity for dealing with the unexpected in creative ways. Human beings, more than any other creature, are able to learn new behaviors that are, at first sight, quite outside their instinctive programming.

You are reading this at a computer screen, are you not? You may ride a bike, or drive a car, or use a telephone, or watch TV, or any one of a thousand other behaviors that would not occur 'naturally'. Yet, in spite of that, we have taught ourselves to do them, and enjoy them. We have learned how to 'reprogram' instinctive behaviors to suit our needs and wants.

How to reprogram your brain to feel at ease in crowds

The easiest and most effective way to instigate a bit of instinctive reprogramming is through Hypnotherapy. Hypnotherapy is a way of activating those parts of the brain which set up the programming which we think of as instinctive. And this part of the brain is amazingly adaptable and receptive (thank you, evolution!).

Fear of crowds Hypnotherapy audio session is an audio Hypnotherapy session designed to help you feel more comfortable in crowd situations. This carefully crafted deep trance session will take you into a state of profound relaxation. This in itself will calm down all worries and anxieties. You will then discover how you can easily and comfortably 'reconfigure' the way your mind and brain process the experience of being in a crowd.

Fear of crowds Hypnotherapy audio session will teach you how to create a new blueprint for 'comfortable crowd behavior' which you will be able to start enjoying straight away, looking forward to all the new opportunities it will bring.

Buy *Fear of crowds* Hypnotherapy audio session and begin to enjoy being with people in a whole new way. **Visit www.hypnotherapy.eorg.in now.**

Note

(1) European Journal of Neuroscience, Conference Edition, June 2008

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Overcome fear of death and enjoy life more

Fear of death is natural if you feel threatened in some way - after all your survival instinct is an essential drive.

However when fear of death becomes a preoccupying obsessive thought then something needs to change. If you are constantly ruminating about death, or if the mere mention of the word 'death' makes you feel anxious then a natural concern has gone too far.

An overriding fear of death stop you living life properly now!

The thought that someday we won't be around anymore can be hard to comprehend and cause fear and even panic. Or maybe it's the process of dying that is feared. Obsessive fear of death may originate from witnessing the death of a loved one, or even being traumatized by something on TV!

A proper perspective on death can add joy to life

Putting death into its proper perspective can allow you to see how an occasional awareness of death can add to life, making living much more enjoyable, fulfilling and meaningful.

We live in a world where for many of us death has become a taboo, something to be brushed under the carpet and ignored. Occasional awareness of death is a great motivator to do better, take life by both hands, dismiss pettiness and live more fully.

In your *Overcome Fear of Death* Hypnotherapy audio session you'll learn how to use occasional awareness of your own mortality to your best advantage. You'll also learn how to think about death whilst remaining calm and detached. And when you start to experience this then you'll find you just don't think about death so much.

Buy *Overcome Fear of Death* Hypnotherapy audio session now and start living more fully! **Visit www.hypnotherapy.eorg.in now.**

Overcome Fear of Death Hypnotherapy audio session

Overcome your fear of death phobia with the help of Hypnotherapy!

The death of a loved one may very well be the most difficult experience any of us ever face. The shock of loss can be devastating. **The journey toward acceptance is not an easy one.** For a time the grief we feel can even overshadow everything else important in our life.

But the fact remains that our lives do go on. For some of us though, this new knowledge of death is difficult to move beyond. **We may begin to fear for our own mortality and that of others that surround us.** Unfortunately these worries will do nothing to stop this sorrowful fact of our existence.

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Death is part of life. No one can live forever. **No one can tell you at what point your life will end.** This fact is the same now as it was before you lost a loved one. Should you not have enjoyed the time you had with them when they were alive? No, that would have robbed you of so many valuable experiences. The memories that you hold in your heart allow the ones we love to live on.

Sadly, knowing that we are losing valuable time to enjoy today is sometimes not enough to free us from our fear of death. The death of someone close is such a trauma to our psyche that it sometimes ignores logic. **Deep within our unconscious (subconscious) minds we have an innate desire to protect and control our environments.** Death is outside of our boundaries of control and therefore can create an imbalance.

Hypnotherapy can help by calming this inner part of our minds and guiding us toward acceptance.

- **Imagine what it would be like to:**
- Accept life for all that it is and has to offer!
- Live each day to its fullest!
- Feel more inner peace and stop being afraid of death!

This Hypnotherapy audio session helps you create a relaxed state of mind where you can feel safe enough to confront and change your fear of death phobia. **You will find that within you is the strength to enjoy life and let go of this fear.** You will soon begin to see the beauty that is present in all cycles of life and understand their need to co-exist. Before long these feelings can be replaced - allowing you to begin to experience a renewed joy for living.

You can live your life *without* the fear of death with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Overcome Anxiety when Dining Out

Hypnotherapy can quickly 'unhook' the anxiety that has built up around eating so you can enjoy the social occasion again

Eating out socially is meant to be enjoyable yet so many people become anxious. They may even start to dread the very thought of eating out with others.

Maybe you feel anxious days, even weeks before a social meal.

Perhaps you feel self-conscious and embarrassed in front of others and feel too anxious to eat properly.

Anxiety does not go well with eating

Anxiety is meant to get us ready for the fight or flight response. When we become anxious everything that would *not* be useful when we are running from a predator switches off. You wouldn't need to be digesting

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whilst fleeing from a lion so digestion switches off, salivation diminishes making your mouth dry and blood is pumped away from the stomach into your major muscles for fighting or running.

This is great in a truly dangerous situation but if your fear instinct has wrongly associated social eating out with fear and anxiety then the adaptive response of shutting down digestion actually gets in the way of you relaxing and enjoying your food.

You may have noticed that when you feel anxious eating out then it feels like food just gets stuck in your mouth and you may even feel difficulty swallowing.

That's what fear does.

Making excuses

Some people make excuses saying they are just not hungry or they may order very little food even if they were hungry before they arrived to eat.

The more you avoid something the bigger the fear builds. This is because your fear learns by what you do as well as what you imagine. If you avoid eating out then you are literally teaching your fear instinct to become even more fearful of that situation. Your fear gets the wrong message that it is dangerous because you are avoiding it.

If you imagine eating out and then feel anxious you are training your fear instinct to fear that situation through a kind of natural negative Hypnotherapy. This misuse of the imagination also teaches your fear instinct to build around eating out.

This Hypnotherapy audio session does the opposite. It will prime your instincts to have a natural and calm association with eating out so you reclaim one of life's great pleasures-sharing nourishment with other human beings.

Imagine feeling confident and relaxed when eating out.

Buy *Relax Eating Out* Hypnotherapy audio session now and open your life up. Visit www.hypnotherapy.eorg.in now.

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How to face seeing the doctor with calm and confidence

Going to the doctor – whatever the reason – can be daunting, even if you have the friendliest, smartest doctor on the planet (in which case, lucky you!). Although medical check-ups are often compared to servicing your car, this analogy can only get you so far. A car doesn't have feelings. Or dreams. Or nightmares. Or dependants.

You do.

So to overcome fear of doctors and get the best from them you need to honour this difference.

You need a doctor like you need a mechanic – in some ways

Of course, the car analogy is apposite in some regards. Even if you have a top of the range model, you know that you should have its functions regularly checked. Does it run smoothly? How is the fuel consumption? What about emissions? Are the brakes safe? Are there any warning lights on the dashboard? What remedial steps need to be taken? Is this vehicle still roadworthy? Does it need specialist intervention?

It's no different for a healthy human body. You know it makes sense to keep an eye on your diet, your digestion, your eyesight, your hearing, your blood pressure, your sleep, your exercise. Much of this you can do yourself, but sometimes you need outside help. And if you're noticing 'warning lights' – unexplained symptoms that don't quickly clear up by themselves – you know it's time to get expert advice from a doctor.

'Doctor fears' grow out of experience and imagination

But now those factors that distinguish you from an insensate machine really kick in. Your life history includes previous experiences of health problems. You know people who have had serious illnesses. You may have had fraught experiences with doctors in the past. You can imagine the impact of illness on your life and your family. So worrying about what the doctor might say is altogether natural.

Misusing your imagination can seriously damage your health

Human beings have powerful imaginations. We can construct amazingly convincing scenarios for ourselves, starting from very little information – or even none. We're particularly good at creating disaster scenarios, and imagining the worst. This can be useful if it encourages us to take the necessary steps to *avert* the imagined disaster. But if instead we frighten ourselves into inaction, we are really misusing our imagination.

Using Hypnotherapy to master your imagination and overcome fear

So the way to overcome fear of doctors and go and get the help and advice that you might need is to *take charge of your imagination* and guide it in the right direction. The best way to direct your imagination in a healthy direction is to use the power of Hypnotherapy – the key to the most powerful learning states that we know of.

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Fear of doctors Hypnotherapy audio session is an audio Hypnotherapy session which is focused directly on using the powers of your imagination to still your fears and allow you to approach your doctor calmly and confidently.

The *Fear of doctors* Hypnotherapy audio session aims first to help you reduce your anxiety level *generally*. It is well known that anxiety clouds your mind, and makes it difficult for you to think clearly and make good decisions. By helping you to relax really deeply, *Fear of doctors* allows you to access a state of inner clarity and peace. You will learn a powerful method of relaxing yourself in any circumstance.

Fear of doctors Hypnotherapy audio session then concentrates on helping you use your imagination to its full power to establish a more beneficial 'template' to underpin any interaction you might have with health professionals. You will learn how to feel confident, ask searching questions, and absorb the information you are given so that you can make wise healthcare decisions.

Buy *Fear of doctors* Hypnotherapy audio session and ensure that you can comfortably make the most of all medical services and advice. **Visit www.hypnotherapy.org.in now.**

Overcome fear, anxiety and nerves about your driving test and give yourself the best chance of passing

Hypnotherapy is nature's optimum tool for gaining mastery over your own body

No-one likes tests and exams, but the driving test seems to create the most anxiety for many people.

Despite the fact that you *know* you can drive, somehow it's impossible to feel confident about taking the actual driving test.

And of course, the more nervous you are, the more likely you are to actually make mistakes - so it's a Catch-22 situation!

Tell your unconscious mind it's OK to relax while driving

Part of the fear about the driving test comes from knowing that you have to **concentrate**. But of course there is a big difference between calm, focused concentration and fear, anxiety or nerves.

If you are feeling very nervous about your test, it may be that your unconscious mind has become 'conditioned' to respond that way through repeated imagination of things going wrong.

'*Overcome fear of the driving test*' Hypnotherapy audio session will enable you to relax, and even look forward to your test (sounds impossible doesn't it?), through a gentle, deeply relaxing hypnotic experience.

Our expert hypnotherapist will lead you through a thoroughly enjoyable process which will change the way you feel about taking the dreaded test.

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Buy '*Overcome fear of the driving test*' Hypnotherapy audio session now and within hours you will be feeling quite different about the prospect of taking yours... Visit www.hypnotherapy.eorg.in now.

Overcome Fear of Vomiting - Emetophobia

Fear of vomiting (also known as emetophobia) often interferes with the sufferer's life because the typical reaction is to avoid doing things that has even the slightest chance of making you sick.

People we have worked with tell us it feels like they have to build their whole life around avoiding situations that might make cause vomiting, like eating out or journeys by boat, bus, plane or even car.

We have even treated women who want children but have avoided becoming pregnant because of the fear of morning sickness!

Fear of vomiting or emetophobia takes two forms either fears of being sick your self and/or fear of other people being sick - often the two fears coincide.

This Hypnotherapy audio session focuses on calming your emotions around the idea of you vomiting.

Causes of emetophobia

Fear of vomiting is surprisingly common and usually starts because an incident of vomiting (either your own or someone else) was associated with an extreme fear reaction and henceforth the two (extreme fear and vomiting) become associated in the mind.

Of course no one enjoys vomiting but on the rare occasions it happens it doesn't need to be accompanied by a huge fear response as well! Then you have two problems instead of one!

Once the association between fear and vomiting is hypnotically changed you will be able to start to relax with the idea of being sick. Then you can start leading your life in a normal and satisfying way again!

Buy *Fear of Vomiting (Emetophobia)* Hypnotherapy audio session today - you won't believe how easy it is to be free. Visit www.hypnotherapy.eorg.in now.

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Overcome fears and phobias by Hypnotherapy by Dr. Manish Patil

Overcome exam nerves and improve your studying, memory and recall!

There is nothing worse than, after all your hard study, you walk into your exam and **your mind goes blank**. Your nerves and anxiety get the better of you and your brain simply stops working properly!

This is a well-known phenomenon in psychology - known as state-dependant memory. The *state* you are in determines what you can *remember*. If you are in a very *different* state to when you learned, it is hard to *recall* things.

If you are very anxious, your brain is simply in the **wrong state for thinking!**

How Hypnotherapy helps you beat exam nerves and remember your facts!

Hypnotherapy is great for **re-training your brain** to respond with the sort of emotional response that will help your performance. So in an exam, you need calmness tinged with a little excitement to give you that extra edge. **A little stress** actually improves memory and recall!

'Overcome exam nerves' Hypnotherapy audio session will train your unconscious mind to provide you with just the right blend of relaxation and focus when you get to your exam. **You put in the study**, and the **Buy** will do the rest!

Buy 'Overcome exam nerves' Hypnotherapy audio session now and enjoy the feeling of confidence about performing well in your exam... **Visit www.hypnotherapy.eorg.in now.**

Overcome fear of driving on bridges now...

Does the thought of driving over a bridge fill you with fear or panic?

Would you rather drive the long way round, rather than drive over a bridge?

You probably think that you are 'the only one' with such a phobia, but it is surprisingly common. Many people who have no other phobias freeze up when it comes to driving on bridges, even when they themselves are not afraid of heights.

Because we have worked with people with fear of bridges in our clinic, we know it can be comfortably and quickly cured.

Quite simply, your brain has learned to associate anxiety with bridges, and even if you think it is 'irrational', your unconscious mind still provides you with the fear response.

Using Hypnotherapy, we can gently re-educate your unconscious mind so that you no longer respond with instinctive fear, but instead with the disinterest felt by most people in this situation.

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The thought of being relaxed while driving across a bridge probably feels impossible to you, but you will be amazed after listening to *Fear of Driving over Bridges* Hypnotherapy audio session.

Buy the Hypnotherapy audio session now and see how easy it can be... Visit www.hypnotherapy.eorg.in now.

Overcome Fear of Change

Fear of change doesn't just hold you back it stops you truly living.

We humans like a sense of safety and security in our lives. Some of us need more security than others but a feeling that the world is a manageable (and to some extent predictable) place is important to all of us.

No change = security

This sense of security is partly maintained by things feeling as if they are constant and unchanging. That's why a certain amount of routine is vital for everyone.

But it's this need for security that can prevent you taking calculated risks and make you shy away from change. Fear of change steals your potential.

People have always feared change, some early humans would have feared the change brought on by people who adopted the wheel, those were the ones left behind in evolution. Some people feared electricity and others thought that going above thirty miles an hour in a train would be impossible to survive.

Fear of change robs you of possibilities

Someone once said it's not what you have done that you regret later, rather what you failed to do because you didn't even try!

And, of course, the one certainty in life *is* change.

As Albert Einstein said: 'Anyone who has never made a mistake has never tried anything new.' And if you do what you've always done you will get what you've always got!

Won't it be great when you can embrace change and make the best of it? It's amazing how often people fear change only to have a great sense of relief when it actually happens.

Buy *Overcome Fear of Change* Hypnotherapy audio session now and embrace your future. Visit www.hypnotherapy.eorg.in now.

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Overcome fears and phobias by Hypnotherapy by Dr. Manish Patil

Overcome Fear of the Dark

Fear of the dark is something that haunts many people in childhood, but for some this fear continues into later life. Despite the adult knowledge that 'there is nothing there', the fear is stronger and overrides logic.

Like any fear, fear of the dark can arise at any time and for many reasons, but happily Hypnotherapy is extremely effective at treating fears and phobias.

There is an ancient story of a man who, when a child, was told by his father that he must never, ever go into the old creaky shed behind the barn. As this man grew up and took over the farm he turned it into a model of efficiency, except for the old shed.

One day a friend asked him why he hadn't done something with it, and he said he really didn't know. He thought about this, and pondered on it, and then in the middle of the night, awoke, went downstairs and lifted an old rusty key off a hook.

He went to the shed, opened the door and went inside. Shining his torch into the dark he saw old tools, rusty nails, broken floorboards and so on. All of which made it a very dangerous place for a young boy.

He had left the shed alone all that time because although his conscious mind was adult, he still had the unconscious attitude of fear towards the shed that his father had used to keep him safe.

Overcome fear of the dark Hypnotherapy audio session can help you update your unconscious understanding of the dark to allow you to enjoy it without fear. Buy the Hypnotherapy audio session now and free yourself from those out-of-date ideas...

Overcome Fear of the Dark Hypnotherapy audio session

Fear of the dark does not have to control you - try Hypnotherapy!

How do you feel when the lights go out? Do you suddenly become like a lost and frightened child, panicking until the lights come back on again? How does a thunderstorm make you feel? Do you worry that the power will go out, leaving you surrounded by nothing but the night? Do you panic when blackness surrounds you and the shadows seem to come to life?

Whether you want to admit it or not, you are afraid of the dark.

Being afraid of the dark is nothing to be ashamed of. There are plenty of people who feel the same way you do when the lights go out. **The question is – what are you going to do about it?** Are you going to let your fear of the dark control you, or are you going to take a stand and control your fear of the dark?

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Darkness is not something you can spend your life avoiding. The sun sets each and every day of the year – there's just no way around it. If you want a life that doesn't involve constant fear of dimly-lit hallways, dark parking lots and unlit rooms, **you need to vanquish your fear of the dark once and for all.**

How can you stop being afraid of the dark? **By attacking your fears where they live – within your mind.** By using Hypnotherapy to tap into your unconscious (subconscious) mind, you can overcome your fear of the dark and may even begin to welcome the dark as a pleasant and relaxing friend.

Imagine what it would be like to:

- Find yourself in pitch blackness feeling nothing but serenity and calmness.
- Lay in bed at night with the lights off, not worry about the darkness surrounding you.
- Sit all alone in a pitch-black movie theater without any fear at all.
- Stay calm and collected during a power outage, knowing the light will come back on eventually.

The dark is not something to be afraid of and this fear of the dark Hypnotherapy audio session / hypnotherapy treatment can help you understand and accept that.

Hypnotherapy can help reprogram the way your unconscious mind responds to darkness and the way you feel about the dark in general. Isn't it time you took control of your fear? Let this hypnotherapy audio session..... **Put an end to your fear of the dark *once and for all.* Visit www.hypnotherapy.eorg.in now.**

Overcome your fear of dogs quickly and easily

We all know that dogs should be respected but an undue fear of dogs can really get in the way. A strong fear - or phobia - of dogs can make the most pleasant walk fraught with anxiety. Hearing a dog bark can cause immediate panic and a powerful urge run away. Of course, many dogs will take this as an invitation to play and chase you, which will make the situation even worse.

What causes dog phobia?

It may be that you developed a fear of dogs through a past experience with dogs. Maybe one particular one scared you and now your unconscious mind has come to associate all dogs with threat and fear. On the other hand, you may have no idea why you are scared of dogs - one particularly phobic client got their phobia from watching a news report about a dog attack when they were young.

This is what the unconscious mind does so well. It over-generalises one experience to fit all experiences - tarring all dogs with the same brush!

Overcome Fear of Dogs Hypnotherapy audio session will gently allow your unconscious mind to learn a new way of responding to dogs, giving you the choice back about how to respond.

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The vast majority of dogs are safe and even friendly. And when you are relaxed around dogs you'll instinctively know how to handle them better. It will feel natural to relax around dogs and dogs will pick up that you are relaxed and comfortable. You will be able to spot an aggressive dog much more easily because your senses are not swamped by anxiety.

Overcome a phobia of dogs affects your life in all sorts of ways. Past experiences around dogs will no longer dictate current reactions to them.

Buy *Overcome Fear of Dogs* Hypnotherapy audio session now and you'll notice the difference with the very next dog you meet. **Visit www.hypnotherapy.eorg.in now.**

Overcome Fear of Dogs Hypnotherapy audio session

You can overcome your fear of dog's phobia with the help of Hypnotherapy!

Does the sight of a dog terrify you? Do you avoid any situation that is likely to result in an encounter with one? Do you wish you could get past your fear of dogs, but something inside you screams danger every time you're in the proximity of one? If you've answered yes to any of these questions, **you're letting your fear of dogs phobia control you and it's time to do something about it.**

They say that dog is man's best friend, but if you're one of the many people who have a fear of mankind's canine companions, you might beg to differ. To make matters worse, you can't just tell yourself that your fears are unjustified, because some dogs are indeed dangerous.

The problem is that your fear of dogs phobia is out of control and **your unconscious mind isn't differentiating between the "good" dogs and the "bad" dogs.** This results in a panic effect each and every time you encounter a dog, no matter what the dog's personality is like.

Would you like to change the way you feel about dogs? Would you like to live a life free from the fears that are holding you hostage?

You don't have to spend the rest of your life dealing with your fear of dogs phobia. This Hypnotherapy audio session allows you to tap into the power of your unconscious mind to **completely change the way you feel about dear old Fifi, Fido, Rufus and Rover.**

Imagine what it would be like to:

- Instinctively know the difference between a friendly dog and an unfriendly one.
- Walk up to a friendly dog without any hesitation or fear.
- Visit friends and family without worrying about where the dog is at.
- Walk through your neighborhood without fear of running into an unleashed dog.

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Fears and phobias, such as the fear of dogs, originate in our minds at a deeper level. **This Hypnotherapy audio session contains powerful suggestion** and advanced hypnotherapy techniques which target where the problem lies and where it is presently maintained - in your unconscious mind.

Not all dogs want to harm you. Some of them want nothing more than your approval and your affection. **This fear of dogs Hypnotherapy session can help release you from your fear.** Give yourself the power to look at dogs as individuals with loving and caring personalities. You can even learn to enjoy the company of canine companions with repeated listening...

Hypnotherapy can help you to overcome your fear of dogs phobia once and for all. Visit www.hypnotherapy.eorg.in now.

Overcome Fear of Driving

You may be surprised to hear that fear of driving (or driving phobia) is fairly common.

Many people develop anxiety around driving on highways, over bridges, or just being in a car in general.

You may find that you have become hyper-alert when in a car, to the extent that it actually makes driving more difficult. Because driving is essentially an unconscious activity (you don't think about shifting gear, or pressing the brake), too much anxiety can interfere with the smooth operation of the car.

When this happens, people often start to **doubt their ability** to drive, further increasing anxiety levels.

Overcome fear of driving Hypnotherapy audio session will help retrain your mind to relax when at the wheel while retaining a safe level of focus. You are a much safer driver when you are relaxed than when you are stressed, as you probably know.

Buy *Overcome fear of driving* Hypnotherapy audio session now and get rid of your driving phobia comfortably and quickly. **Visit www.hypnotherapy.eorg.in now.**

Note: Do not listen to this Hypnotherapy audio session in your car.

Fear of elevators Hypnotherapy audio session: Rise above elevator phobia forever!

Fear of elevators is just as real to the person suffering as a fear of being attacked is to the rest of us.

Although it may seem irrational, so are most phobias or fears. Fear is not a rational emotion; it is there to keep us safe, and so is much more powerful than thought.

That is why when dealing with a fear of elevators, or elevator phobia, we have to get rid of the fear at the same level it is generated – the unconscious mind.

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And this is why Hypnotherapy is so effective

Using Hypnotherapy we can gently re-educate the unconscious mind to respond to elevators with the same calmness that other people do.

Utilising a simple yet powerful technique developed for use with survivors of traumatic incidents, fear of elevators can be quickly and easily removed.

When using this technique with our own clients, the most common response is “*I didn't know that anything had changed until I got in the elevator, and the old fear just wasn't there.*”

Anxiety can quite easily be removed from the elevator experience, allowing you to get on with life in the same way that those around you do. (We do recommend you use the stairs occasionally though – it's healthier! ;-)

Buy the *Fear of Elevators* Hypnotherapy audio session now and you won't believe how at ease you feel in elevators from now on... **Visit www.hypnotherapy.eorg.in now.**

Fear of needles

Whether fear of needles is causing a problem because you want to give blood, have to have injections for health reasons, or for inoculations before going abroad, needle phobia can be a major problem.

Many people with a fear of needles find that they become faint when getting an injection, or even pass out completely.

The needle phobia taps into the brain's natural defense mechanism against blood loss, which will lower your blood pressure - causing faintness.

Happily, Hypnotherapy can remove this unconscious response quickly and comfortably. After using the *Cure Fear of Needles* Hypnotherapy audio session, you will notice immediately that even thinking about an injection is easier.

And when you go for an injection, you will be amazed that you are much more relaxed than you ever were. (We can't promise you will actually *like* injections though!) Being uncomfortable around needles is normal - needle phobia can be cured.

Buy *Cure Fear of Needles* Hypnotherapy audio session today and get rid of that old problem for good... **Visit www.hypnotherapy.eorg.in now.**

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Stop Being a Nervous Passenger

Would you like to be a less nervous passenger?

We're all nervous passengers occasionally. Most of us have stamped on an imaginary brake when being driven by someone else.

But if you often feel anxious when a passenger in someone else's car then something needs done. Being a nervous passenger can complicate life.

Making a proper decision about your driver

If you have good reason to believe that someone is a dangerous driver then sure, you shouldn't get into a car with them. But if the fear is based on nothing but your runaway imagination then it is irrational and unnecessary.

Perhaps you had a bad experience in a car before and that has 'taught' you brain to associate being a passenger in a car with anxiety. Perhaps you've noticed sweaty palms or shaking legs or 'butterflies' or even unreasonably told your driver to drive more carefully.

Maybe you feel as if you like to 'be in control' and being a passenger in a car makes you nervous because of feelings of loss of control in the situation.

The fact is that the more emotional you are the less able you are to make good, clear decisions. So you may be even more at risk in a car as a nervous passenger than as a calm one. Your nerves may get in the way of you making good decisions about who to let drive you.

This Hypnotherapy audio session will teach your instincts to settle down and relax as a passenger in a car.

Buy *Stop Being a Nervous Passenger* Hypnotherapy audio session now and expand your horizons. **Visit www.hypnotherapy.eorg.in now.**

Fear of Others Vomiting

Fear of vomiting (also known as emetophobia) can mean fear of vomiting yourself, or fear of other people vomiting. The two are often connected, but not always.

People we have helped fear of vomiting say things like they would avoid hospital dramas on TV just in case a character vomited. Some of them wouldn't fly because someone on the plane might vomit. And as for sailing or fair ground rides - forget it!

Even other people coughing can ring the alarm bell - what if this person is about to vomit?

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Fear of others vomiting (in fact any fear) tends to make us avoid situations where the feared experience may arise. So many emetophobes avoid potential pleasures in life such as eating out in restaurants or going for a drink in local pubs or bars.

Replace fear with normal levels of displeasure or disgust

Of course no one enjoys the sight, smell or sound of someone vomiting but a full scale fear response is still totally unwarranted. We can replace fear with normal levels of displeasure coupled with calm and sympathy.

One young emetophobe said that after treatment he felt calm and actually went to help when his sister was subsequently sick.

The Fear of Others Vomiting Hypnotherapy audio session will help re-educate your unconscious mind so that it treats someone vomiting in a more balanced way. And you can forget about organizing your life around your fear.

Buy *Overcome Fear of Other People Vomiting* Hypnotherapy audio session now and get your life back! **Visit www.hypnotherapy.eorg.in now.**

Stop Panic Attacks

Learn how to be relaxed in everyday situations, quickly and naturally

Having one panic attack is bad enough, but for most people, it's the fear of the next one that is the scariest thing.

The problem with panic attacks is that once you have had one, you:

1. Worry that you are going to have another one
2. Can sometimes get a 'conditioning effect' that triggers panic again when you return to a similar situation to where the first one happened
3. Tense up even if you only feel slightly anxious

These 3 factors make it more likely that you will have another panic attack.

Hypnotherapy can get rid of the biggest, most important factor in panic

The 'conditioning effect' of panic is the most difficult to deal with because it happens unconsciously, and you have little conscious control over it.

Stop Panic Attacks Hypnotherapy audio session uses a powerful hypnotic technique to remove this effect, effectively 're-educating' your unconscious mind that the situation where you experienced panic, is not a truly dangerous one. As people often experience a panic attack in an everyday situation like in a supermarket or on

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public transport, it's important to re-learn at a deep level that it's safe enough to get on with your life without having to be on constant high alert.

You can control your anxiety levels much more easily and;

- Stop worrying about having another panic attack
- Lose the unhelpful emotional connection with the place you had the panic attack.
- Generally be more relaxed and less anxious.

All you need to do is pop on your headphones at your computer or plug into your CD or mp3 player. You will listen to a short introduction designed to shift you thinking about panic attacks, and then experience a powerful Hypnotherapy session that will stop you worrying about a future panic attack and be less anxious generally.

Stop Panic Attacks Hypnotherapy audio session also relaxes you very deeply, reminding your body and mind how to feel that way, and helping you stay more relaxed, more of the time.

Buy *Stop Panic Attacks* Hypnotherapy audio session and get control back over panic... **Visit www.hypnotherapy.eorg.in now.**

Overcome Performance Anxiety - whatever the arena

Performance anxiety occurs in many contexts - sports, acting, singing... but whatever the situation, the problem is the same.

Performance anxiety always works in the same way:

1. You have to perform an activity that requires you to be 'in the moment' (or in 'flow' as psychologists call it)
2. You start to worry about it, thinking about all the things that could do wrong
3. The anxiety gets in the way of your own performance - a self-fulfilling prophecy

And to get rid of performance anxiety you have to get round this Catch-22: If you *try* not to worry, you are still in the wrong frame of mind for peak performance. You are still *thinking*, when you need to be *experiencing*.

And this is where Hypnotherapy comes in.

Hypnotherapy gets rid of performance anxiety by getting you into the optimum state for peak performance, so that all those old worries simply become irrelevant.

Because Hypnotherapy involves relaxation and a laser-like beam of attention, it trains your brain to quickly and easily get into the state where you can perform at your best.

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This is why top athletes, boxers and golfers employ sports psychologists - to help them enter this state at will. Now you can have *Overcome Performance Anxiety* Hypnotherapy audio session at your fingertips –

Buy it now and enjoy great performance! **Visit www.hypnotherapy.eorg.in now.**

Banish dental phobia now...

There are many phobias, but few are as health-threatening as dental phobia, or a strong fear of dentists.

Dental phobia grows so powerful for some people that they don't visit for years, and we have even met people who would rather pull their own teeth!

Of course, dental visits are often unpleasant, but everyone experiences worse things, and people with a fear of dentists usually freely admit that it is 'irrational'.

Knowing it is irrational though, does not help. The emotional response is much more powerful than mere thought, and so we have to look at another way to get rid of the fear.

Over the years, we have treated hundreds of people for a huge range of phobias, and are highly successful.

A phobia (or strong fear), in fact, is about the easiest thing to treat, despite it being such a strong and unpleasant reaction.

The great thing is, that **the cure is completely pleasant**, and even enjoyable. Nothing at all like going to the dentist!

When you use the *Overcoming Dental Phobia* Hypnotherapy audio session, you will find that your next visit simply holds none of the anxiety it used to.

The most common thing people say is "*I didn't know if I would still be scared, but once I got there, it just didn't happen.*"

Quite simply, this incredibly effective Hypnotherapy audio session retrains your unconscious mind to respond to dentists with indifference, instead of anxiety and fear.

Buy *Overcoming Dental Phobia* Hypnotherapy audio session now and stop worrying about the state of your teeth! **Visit www.hypnotherapy.eorg.in now.**

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Overcome fear of public transport and ride the bus or train in comfort

Hypnotherapy can calm commuting anxiety

Do you suffer from fear of public transport? Does the thought, or the experience, of traveling on the bus or train cause you anxiety and distress?

You are not alone. Some people find themselves getting anxious just waiting in a bus queue, or going through a subway entrance. And even more people feel seriously distressed when the bus, train carriage or metro they are travelling on becomes crowded, and people are pressed up against each other. It's called 'crush hour' in France and it happens in cities all over the world every day.

The trouble is, once a fear like this gets hold of you, it can start to spread its tentacles everywhere. Soon it's not just the bus queue that bothers you, but the queue at the food store which reminds you of the bus queue. It's not just your commuter train that makes you feel breathless, but the coach trip that you take with friends. And on top of that, it feels like everybody's looking at you, noticing and judging your anxiety.

Of course, riding on public transport is not always going to be a pleasant experience, but there is no doubt that feeling full of fear and anxiety is bound to make it much more unpleasant than it need be. And when you live in a city, you are bound to have to use the transport system at least some and maybe a lot of the time in order to get about.

So what can be done to banish this fear?

Finding the cause of fear of public transport is not so important

Firstly, don't worry too much about *exactly why* you have developed a bus phobia, or a train terror. There *may* be a specific bad experience while travelling that triggered it or a public transport terrorist attack you saw in the news heightened your anxiety, but it's just as likely to be one of those random associations we all make. For example, you were feeling stressed or ill one day, happened to be travelling, felt panicky, and associated it with your immediate environment, which happened to be a crowded bus.

And then, every time you get on a bus, it reminds you of that panicky feeling, and triggers it...

In either case, as you know, the fear isn't really rational. Travelling on a crowded train might be uncomfortable, and tiresome, but it's not anything to be frightened of. Knowing this, of course, doesn't stop the *feeling* of fear, which isn't based on rational thinking, but on the *instant emotional reaction* you have to the trigger.

So, to start feeling more comfortable when travelling, that *emotion* needs to be *calmed down*. And here's how you can do it.

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Hypnotherapy can help you overcome your anxiety and travel comfortably

Overcome fear of public transport Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists who work with every kind of fear and phobia. It will help you 're-tag' your travels as safe and non-threatening.

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

- you can relax more quickly and more deeply each time you listen
- the old worrying association you had made with public transport gets replaced with calm neutral feelings
- you can think about travelling by bus or train and stay quite relaxed
- it becomes harder to even remember that it once used to bother you
- you feel quite calm and comfortable when you actually travel

Buy *Overcome fear of public transport* Hypnotherapy audio session and win back your freedom. **Visit www.hypnotherapy.eorg.in now.**

Overcome your fear of sharks and enjoy yourself by the ocean whenever you want

You can conquer the fear of sharks quickly and easily with Hypnotherapy

Does the thought of sharks make you nervous about entering the ocean, anywhere?

Do you find you get anxious even looking at pictures of sharks on TV or in magazines?

Of course you know that most of us are extremely unlikely ever to see a shark anywhere *except* in a movie or on TV, or perhaps in an aquarium. You know that they're not really a serious threat to you, even if you live in or are on vacation in a known shark area. But somehow the thought of them, just seems very unnerving and enough to make you anxious, and perhaps get you to avoid swimming, snorkelling, diving, jet-skiing and other sea-side fun.

Why you can't talk yourself out of a fear of sharks

You've probably tried to talk yourself out of it. Maybe friends or family have tried to talk you out of it (when they weren't mercilessly teasing you about it, that is). Maybe you've looked up reassuring statistics. Or read lots of facts about sharks on the internet. But somehow the feeling stays. And stays in control of you.

The reason you can't banish those feelings with facts is that the feelings aren't anything to do with the facts. They are born out of a strong *emotional reaction* you had, either to a real-life incident, or to a fictional event such as in a movie drama. When you respond with high emotion to something, your brain makes a 'link' to that thing - whether it was trivial, major, real or fictional.

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Whenever something reminds you of the initial event - even in just a passing way - your brain, quick as a flash, activates that link and brings back the same level of emotion. Whether it's appropriate or not. It's actually a mechanism for keeping you safe, but it's darned inconvenient when it fires off inappropriately or when it's not wanted.

Can you 'unlink' the emotion? Thankfully the answer is yes, using Hypnotherapy.

Use Hypnotherapy to 'neutralise' you to the idea of sharks

Overcome fear of sharks Hypnotherapy audio session is an audio Hypnotherapy session created by psychologists with wide experience in helping people conquer all sorts of fears and phobias. As you relax and listen regularly to your Hypnotherapy audio session, you will quickly find that

- you are experiencing a deep sense of relaxation
- all kinds of worries seem less important
- you are comfortably taking control of your emotional responses
- the thought of sharks just no longer bothers you
- you are looking forward to being by the ocean and even swimming if you want

Buy *Overcome fear of sharks* Hypnotherapy audio session and feel so much better wherever you are. **Visit www.hypnotherapy.eorg.in now.**

Overcome performance anxiety and stage fright - musicians and singers

When you're trying to sing or play a musical instrument, performance anxiety (or stage fright) can destroy all that hard work in a flash. Knowing that you can deliver the goods but being unable to is a frustrating and depressing experience. Not to mention frightening.

Musical performance anxiety breaks the state of focused relaxed flow, or being 'in the zone', that you need to really perform at your best.

Your fear is an over-sensitive alarm

Feeling high levels of anxiety when performing is like a car alarm going off when the wind blows; it needs re-setting so it only picks up real danger.

When performing you need a kind of energetic yet relaxed state of being. When you perform really well it's because the audience, the surroundings, even yourself 'disappears' and it feels like there is only the music.

The more easily and reliably you enter this state of hypnotic flow when performing the better your performances become and, of course, the more enjoyable they are.

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To perform at your musical optimum you need to trust your unconscious mind and keep conscious interference to a minimum.

If you are an accomplished musician then your subconscious mind is the expert. You can use Hypnotherapy to get your conscious mind out of the way and to remove fear from the performance situation.

Buy *Overcome Performance Anxiety for Musicians* Hypnotherapy audio session now and start enjoying all your performances. **Visit www.hypnotherapy.eorg.in now.**

Cure your fear of snakes - right now!

If you suffer from a phobia, or fear of snakes, you probably find it impossible to imagine being comfortable near a snake.

Even the idea of a snake (or the word itself) can be enough to strike terror into many snake phobics.

For years, people have thought that to get rid of a phobia, you have to go near the feared animal until you get used to it - a process most people simply **refuse to go through**.

Happily, with Hypnotherapy it is now possible for you to cure your fear, in complete comfort.

Overcoming your fear of snakes will actually **feel pleasant!** We regularly treat phobias in our hypnotherapy clinic, and demonstrate how to do it in front of large groups at our workshops.

This is not because we are 'magicians', but because **it is easy when you know how** - and you can have access to this amazing technique now.

To dissolve your fear of snakes, Buy *Cure Snake Phobia* Hypnotherapy audio session now. **Visit www.hypnotherapy.eorg.in now.**

Overcoming Social Phobia

Retrain your brain with Hypnotherapy to respond differently to social situations

Social phobia can make life extremely difficult. Socialising is one of life's great joys, and to constantly experience anxiety and fear in social situations can be awful.

Although it is natural for most people to feel some level of excitement before some social events, *social phobia* is something else entirely.

People with social phobia often have difficulties in areas other than just 'socialising'. Meetings at work, public speaking, even groups of friends can be difficult.

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The anxiety created by social phobia keeps the attention locked on the self (self-consciousness) which is exactly the opposite of what is required to enjoy socialising.

Even thoughts of social events can create high levels of anxiety

The *Overcoming Social Phobia* Hypnotherapy audio session will help you retrain your unconscious mind to respond to other people with calmness rather than anxiety.

Once you begin to notice that the feelings you used to associate with social situations have become much less powerful, you will be able to enjoy socialising in a way that you may never have thought possible.

Buy *Overcoming Social Phobia* Hypnotherapy audio session and begin to retrain your response to social situations now... **Visit www.hypnotherapy.eorg.in now.**

Cure your fear of spiders now!

If you suffer from a fear, or phobia of spiders, (arachnophobia), it is probably impossible to imagine being comfortable around spiders.

Even the thought of a spider (or the word) is enough to make many arachnophobes terrified.

But it **is** possible for you to be in the same room as a spider and ignore it, astounding as that may sound.

Overcoming your fear of spiders can be unbelievably comfortable!

In our clinic, we have treated hundreds (if not thousands) of people with spider phobias, plus the many spider phobia cure demonstrations at our workshops.

Curing a spider phobia with Hypnotherapy is easy, and you can have access to this amazing technique now.

To dissolve your fear of spiders, Buy *Cure Spider Phobia* Hypnotherapy audio session now and be astounded next time you see a spider... **Visit www.hypnotherapy.eorg.in now.**

Escape stage fright and enjoy performing again

Stage fright can jump on you without warning.

You're on stage, the audience is out there, they're waiting, expecting you to perform but suddenly you clam up, your mind goes blank, you feel your tongue is stuck in your throat as stage fright strikes!

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Stage fright blocks your natural talents

Not only is stage fright horrible to experience, it is also cruelly frustrating. What you know you can do is tripped up by an overblown fear response. And because the effects of anxiety include difficulty in thinking, problems talking and inhibition of fine motor movements, many elements of performance suffer, such as singing, holding a microphone, playing a musical instrument or even drinking a glass of water.

Stage fright is like fear doing an overblown allergic reaction. In reality all that fear is not required because the situation is not physically threatening. However, that knowledge is intellectual whereas it is your instincts that need to get the message. Like an over-zealous guard dog barking when it doesn't need to, your instincts need to be retrained to respond with a flow experience of peak performance.

Hypnotherapy is the best way to comfortably re-train the instinctive part of your mind. *Overcome Stage Fright* Hypnotherapy audio session will enable you to relax to just the right degree so that you can gain true satisfaction from performing.

Buy *Overcome Stage Fright* Hypnotherapy audio session now and enjoy your next appearance. **Visit www.hypnotherapy.eorg.in now.**

Overcome fear of technology and make technology work for you

Do you know what every button on your remote control does? Can you expertly use every function and feature of your cell phone? Do you feel at a disadvantage when you see people around you apparently effortlessly using every piece of new technology that comes along, while you struggle to get your head round the menu options?

The pace of change brings more new technology every day

The increasingly fast pace of change in our technologically-based society means that a new gadget or gizmo or widget appears in front of us every day, and the pressure to be seen to be 'with it' on the technology front is steadily mounting. It's not just gadgets, of course. Most of us are using computers on a daily basis – you're using one now! – and the software programs that run them change even faster than the gizmos.

New technology means there is more to learn

Every time your software is upgraded, there is learning curve to climb. And sometimes it can seem much more like a cliff than a curve. Feeling that you are getting left behind, or are struggling to understand just how it all works, stirs up feelings of anxiety and distress. You might begin to feel that others think you're stupid. You might even think so yourself.

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Negative emotions make learning to master technology more difficult

Such negative emotions and thoughts make things worse. When you are anxious and stressed, your brain cannot function at its best, because it goes into 'survival' mode. That means that learning is more difficult. People often mistakenly interpret this difficulty as 'being stupid', when it is really a symptom of anxiety.

This is good news!

Mastering new technology is easier when you understand stress

It means that you can immediately dramatically improve your capacity to learn how to handle technology well by calming down, relaxing, and releasing your mind from worry. This reduces emotional arousal and restores your brain to its natural state of receptivity to important information.

When you are calm, your mind is naturally clear, and it is easy to remember that, over the course of your lifetime, you have mastered many intricate skills that once you were completely unable to do. Now you take your ability to place one foot in front of the other and move forwards without crashing down on your face completely for granted. But there was a time when you did not know how to do this.

Past mastery can lead to future mastery – in technology and life

Similarly, you can probably drive a car from A to B while chatting to a passenger, listening to the radio, minding the traffic, and remembering the route all at the same time – and never stalling even once. But I bet it wasn't like that the first time you got in a car. I'm also willing to bet that, expert driver though you may be, you would probably find it difficult to explain exactly how an internal combustion engine works.

Technical expertise doesn't mean you have to know everything

If you have found yourself getting worked up about new technology, and maybe even turning down opportunities that would entail having to learn a whole new set of technical skills which you didn't think you could master, it's good to remember that you can learn to use technology well for its intended purpose *without* having to be expert in every aspect.

Learning to relax with technology

And even if you've fallen into a habit of thinking 'I can't do it' and so have stopped really trying to master new technology when it comes your way, learning how to relax really deeply will present you with a new springboard for developing your technical capacities and skills.

A speedy, enjoyable and effective way to relax your mind completely is to use hypnotic approaches. *Overcome fear of technology* Hypnotherapy audio session is a specially designed audio Hypnotherapy session which combines profound relaxation with the development of new technical learning skills.

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Sitting comfortably at home, you can take all the time you need to become expert in the art of relaxing yourself into an optimal learning state as you listen to *Overcome fear of technology* Hypnotherapy audio session. The more you listen, the easier it gets. At the same time, *Overcome fear of technology* Hypnotherapy audio session will help you develop just the right mindset for comfortably and competently handling the process of learning to deal with different technologies.

Buy *Overcome fear of technology* Hypnotherapy audio session and get the benefits of making technology work for you – as it was designed to do. **Visit www.hypnotherapy.org.in now.**

Overcome Fear of the Phone

Do you find yourself avoiding making or taking phone calls? Do you wonder why other people seem so comfortable with it yet whatever you do, it's just uncomfortable for you?

Fear of speaking on the phone impairs your quality of life as it stops you contacting loved ones, blocks work and business opportunities and causes anxiety.

And if that isn't bad enough you can also end up feeling anxious and guilty about important calls you haven't made and calls you haven't picked up. So avoiding the phone produces its own anxiety - making the whole situation worse.

If you continued in this way it would mean resigning yourself to a life where you have to worry and think about the phone, where every in and out call feels threatening, where you'd be missing opportunities to connect and progress, to learn and grow.

Once that fear has gone for good you'll be able to fully focus on what's really important in your life - meaning you will be emotionally, and probably financially, better off.

The causes of fear of the phone

Your fear response can become falsely linked to anything which is why phobias are so common. Somewhere along the way your instincts learned to assign fear to phone calls.

Maybe your instincts learned to fear the telephone after a series of difficult calls or even because you were experiencing high stress levels in your life during a time you were making a lot of calls. Your fear instinct may have made the 'wrong association' between fear and phone calls.

Hypnotherapy is the best way to 're-program' your instinctive responses

You will be astonished at just how quickly, easily and comfortably Hypnotherapy can get you feeling *totally different* about the phone. Imagine how it's going to feel when you are excited to hear the phone ring, or look forward to calling someone.

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Imagine the freedom and the weight off your shoulders when you can relax and stay calm during any call.

Buy *Overcome Fear of the Phone* Hypnotherapy audio session now and become free to focus on what's important. Visit www.hypnotherapy.eorg.in now.

Overcome fear of terrorism and get on with your life

Has the terrorist activity of recent years succeeded in its goal? Has it made you reluctant to go out? To travel? To be in crowded places? Do you find yourself feeling anxious among strangers? Doubtful about people who look or talk a bit different? Do you worry about being caught in a bomb blast or getting hijacked? These are all indications that fear of terrorism has you in its grip.

It's time to put fear of terrorism in its place.

The fear of terrorism is not all due to the terrorists

Nobody can deny that there really are people in the world who will go to any lengths – and even commit murder – in pursuit of their goals. Acts of terrorism take this one step further. Although terrorists may commit murder, their aim is really to generate *terror* – *fear* of murder. In recent times, they have been very successful in spreading fear of terrorism far and wide. But their success was not all their own work.

The rise and spread of the fear of terrorism cannot be accounted for by the data. Research data shows that the numbers of people worldwide actually injured or killed by terrorist activity has changed very little in the past 100 years – even including the terrible atrocities of 11 September 2001. But everybody *believes* that terrorism is much more widespread now than it was. And so more people are frightened of terrorism.

The role of 24 hour news in spreading the fear of terrorism

This *feeling* that a terrorist attack is much more likely to happen to you nowadays comes about because of a combination of factors. Instant – and blanket – news coverage has played a large role in this. We don't really take account of the fact that we see the *same* news item over and over. In our minds, in our emotions, it feels new each time. Even though we *know* this, this intellectual knowledge does not 'get through' to our emotions.

The consequence of this gap between what we know and what feel is that each 'incident' goes through an emotional 'multiplier' which gets us feeling that such incidents are much more common than they really are. Put this together with the fact that news editors *need* bad news to keep us watching their screens and reading their papers, and you can begin to understand how we are frightening ourselves to death.

So what can you do about a fear of terrorism, given that terrorist acts *do* actually occur from time to time?

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Daily and hourly news bulletins can damage your health

There's one very simple practical thing you can do (which will help you in other ways too!). Stop watching the news. Stop reading the papers. Don't even listen to radio bulletins. If something happens that you really *need* to know about, you can be sure you will know about it soon enough. If you want to follow current affairs, subscribe to a weekly or monthly journals, which are generally more measured in their analysis of events.

Using Hypnotherapy to overcome the fear of terrorism and enjoy life

And you can get to work on reducing the emotional arousal you have been subjected to so that you can get on with your life, with all its uncertainties, with confidence and calm.

Overcome fear of terrorism Hypnotherapy audio session is an audio Hypnotherapy session which will get you calmed right down, no matter how anxious you were feeling. This powerful session aims to ensure you have all the *facts* about terrorism and fear of terrorism clear in your mind. But it doesn't stop there.

Using highly effective hypnotic techniques, *Overcome fear of terrorism* Hypnotherapy audio session teaches you how to enter a state of profound tranquillity and calm – an almost Zen like stillness of mind. This is deeply enjoyable and relaxing in itself, and enables you to adopt an empowering new perspective on dealing calmly with actual or perceived risks.

Buy *Overcome fear of terrorism* Hypnotherapy audio session and don't let them win. Visit www.hypnotherapy.eorg.in now.

Overcome fear of thunder storms today

Use Hypnotherapy to reprogram your reactions and overcome fear of thunder storms

Do you find yourself getting unduly anxious when you see storm clouds gathering?

Does the sound of thunder and the flash of lightning fill you with dread?

Thunder storms are exciting and often spectacular natural events - a sound and light show put on by nature itself. They are not always harmless events, of course. Thunder itself is harmless - it is only noise - but the lightning which causes it is a powerful and potentially destructive force that demands respect - and caution. But respect and caution need not prevent you from enjoying the show.

Understanding thunder doesn't overcome fear of thunder storms

Why do some people feel full of terror when they hear thunder, whereas others either just ignore it or even actively look forward to the 'fireworks'? It's not a matter of choice. The response you experience when you hear thunder happens all by itself - and may be quite the opposite of what you would 'choose'. *Knowing* that thunder can't harm you doesn't help you *feel* any better about it.

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Automatic emotional responses like this are the result of an imprinted *association*. At some time in the past, your brain linked feelings of fear that you were experiencing (which may not have had anything to do with thunder) to the sounds of thunder that you could hear at the time (which may have been purely coincidental). Once the link is made, the merest distant rumble can trigger the feeling of fear.

Hypnotherapy can help you overcome fear of thunder storms

The good news is that, although you may feel as if you have no control over this reaction, such negative associations *can* be unlinked again and a *new* association made. The easiest and most effective way to do this is using Hypnotherapy - which puts your brain directly into that 'programmable' state where the link was first made.

Overcome fear of thunder Hypnotherapy audio session is an audio Hypnotherapy session that uses powerful hypnotic and psychological techniques to help you completely calm down the negative emotions that drive your reaction. As you listen to your Buy regularly, you will notice that you

- feel a growing and deepening sense of calm
- take longer to notice that storms are brewing
- sometimes forget to be aware of storms altogether
- generally feel fairly indifferent if you hear thunder
- actually find yourself enjoying a good storm

Buy *Overcome fear of thunder* Hypnotherapy audio session and enjoy being so much calmer when storms come around. **Visit www.hypnotherapy.eorg.in now.**

How to overcome fear of travel and go wherever you want without a care

Hypnotherapy is a powerful way to overcome fear of travel quickly, easily and comfortably

Does the thought of having to travel make you quail?

Do you avoid traveling, or fail to enjoy the journeys you do make?

The romance of travel! Who dreamed that up? Even in the age of the internet and instant communication, of high speed travel to the remotest places, there are just so many things that can go wrong when you leave your home town, even for somewhere relatively close. And no matter what age you live in, travel faces you with unfamiliar and sometimes downright peculiar people, customs, scenes, climate, food, languages.

And yet.

Other people seem to enjoy it. They don't worry about what could go wrong. They look forward to encountering those new experiences and people. Some people can even find business trips fun, and complain that they don't

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have enough time to enjoy the place they have arrived in. Even those who have had some genuinely disastrous experience don't seem to be put off traveling.

Overly powerful emotions underlie a fear of travel

Why can't you be more like them? This may seem like an unkind question, but actually it's a serious one. It's not a matter of telling you to just stop being silly and enjoy yourself. You probably recognize quite well yourself that there is no real rational basis for your worries about travel. You just feel uncomfortable, or anxious, or stressed when faced with the thought of it. And who would choose to feel like that?

And of course, you *don't* choose to. Those feelings spring up all by themselves, even directly against your will. So if you have no control over them, it can seem perfectly sensible to deal with them by not traveling. Even if this cuts you off from many potentially valuable and enjoyable experiences.

There is another way.

Hypnotherapy can help you become a relaxed and happy traveler

Overcome fear of travel Hypnotherapy audio session is an audio Hypnotherapy session developed by expert psychologists that will help you literally *retrain your instinctual response*. Although emotions happen autonomously (without your direct choice), Hypnotherapy can help you quite dramatically calm down over-high levels of emotion.

As you listen regularly to this Hypnotherapy audio session, you will soon notice that you

- feel much more relaxed about life in general
- have started to feel differently about the prospect of travel
- can sense the drop in the emotional 'temperature' of your response
- have begun to forget what used to bother you about going on a journey
- actually look forward to the new experiences you can now have

Buy *Overcome fear of travel* Hypnotherapy audio session and make the world your oyster. **Visit www.hypnotherapy.eorg.in now.**

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Overcome fear of new situations and unfamiliar surroundings - feel at home anywhere

Developing a fear of going somewhere new, or even a place too far from home, can make life difficult.

When the sufferer responds naturally by staying closer to home, the scene is set for things to get worse because with anxiety, avoidance tends to make the problem worse.

Developing internal comfort

Although the obvious 'solution' to a fear of new situations is to avoid them, it is of course the wrong one.

The way to be comfortable away from home is to generate feelings of comfort and security within yourself.

With this skill, you can be almost anywhere and remain calm and in control.

Overcoming fear of unfamiliar surroundings Hypnotherapy audio session will help you develop this skill so you can relax and deal with new situations, wherever you happen to be.

Buy the Hypnotherapy audio session now... **Visit www.hypnotherapy.eorg.in now.**

Overcome Wedding Day Nerves

Don't let wedding day jitters ruin your big day!

Whether you're a man or a woman, getting married is one of the biggest events you'll ever experience. You're so happy to be marrying the one you love, but as the guest list grows and the exchange of vows gets closer, you begin to feel anxious. How will you handle it when the day actually arrives?

When you think about your impending nuptials, what sorts of fears come up? **Are you afraid your nerves will overshadow your joy or embarrass you?** Does the idea of standing in front of so many people leave your stomach in knots? Are you afraid you'll stumble over your words, or worse yet, your shoes?

Maybe you've had all of the above thoughts, or maybe there's another entirely private and personal reason for your anxiety. **Whatever the cause, your nervousness is natural.** That doesn't mean that you can't keep it in check though. You deserve to experience your big day in all its glory, not to be overwhelmed with jitters.

While our emotions often feel independent of our minds, in reality they are not. So why do we have trouble getting a hold of them at times? This is because many of the causes of our emotions and underlying fears rest in our unconscious (subconscious) minds. When we try to control our feelings with conscious thought, our efforts can be fruitless. Using the power of your unconscious mind, however, goes straight to the source.

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Imagine what it would be like to:

- Be strong, confident and fearless on your wedding day!
- Enjoy the flood of emotions without overshadowing anxiety!
- Feel calm and relaxed throughout the entire event!

Hypnotherapy is a form of creative relaxation. In this calm state you are able to see things more clearly and bring about change in your unconscious mind. With the help of this Hypnotherapy audio session **you can develop a sense of calm control over your body and mind.** You will be guided through a visualization of your big day, experience it in all its splendour. Thoughts of your wedding can be filled with joy and elation, not clouded by shaky nerves and trepidation.

Let Hypnotherapy guide you to a worry-free wedding day! Visit www.hypnotherapy.eorg.in now.

Overcome wedding nerves and enjoy your big day...

Having wedding nerves is a pretty predictable thing. There's all that build up, the expectations of so many people, you want the wedding to go perfectly, and you've never had the chance to practice!

In psychological terms, it's the perfect recipe for anxiety!

So what can you do about your wedding nerves, or cold feet? How can you prepare so you enjoy your wedding as much as everyone else?

How Hypnotherapy can help cure your wedding nerves

Hypnotherapy has a great track record of helping with performance anxiety - which is what wedding nerves are. Hypnotherapy is routinely used to help people with public speaking fear, sports performance, test anxiety and all sorts of other similar situations.

Hypnotherapy will help you relax about your wedding day and put any fears or worries into perspective, while helping your unconscious mind associate your wedding with excitement and enjoyment instead of anxiety.

Buy *Overcoming Wedding Nerves* Hypnotherapy audio session now and get the most out of the most important day of your life... **Visit www.hypnotherapy.eorg.in now.**

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- Idli recipes
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- Japanese dishes
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- Leftover recipes
- Malaysian recipes
- Meat-analogues recipes
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- Microwave work lunches
- Muffins recipes
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- 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)