

Personal development due to 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 Hypnotherapy you'll be able to recall everything that's ever happened to you.

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

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

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

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Summary

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

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Personal Development due to Hypnotherapy

Use gentle, powerful Hypnotherapy to train your unconscious mind to move towards your personal development goals.

Hypnotherapy is an ideal way for you to enhance your personal development. Whether you want to improve your personal performance in a specific field, or feel better able to handle challenging circumstances (or people), or want to foster particular desirable qualities in yourself, going into a deep trance state and using the power of hypnotic suggestion can make a huge difference.

For example, when you want to get into a specific confident and positive emotional state so that you can successfully deal with an upcoming situation that you perhaps dread, you can quickly learn how to hypnotically 'switch on' the state you want. And you can then reliably attach that feeling to the situation, so that in future you 'automatically' go into the frame of mind that you want for those situations.

These personal development Hypnotherapy audio sessions offer you a range of targeted sessions that will give you the tools, the skills and the confidence to make the most of yourself and your abilities and potential in life and be the person you want to be.

Achieve your full potential

Use Hypnotherapy to be the best you can be - and reach your goals!

Does it feel like there is something missing in your life? Do you sometimes think that you are capable of so much more, but just don't seem to have the motivation to get there? How often does it occur to you that your efforts could produce spectacular results if you just tried a little harder? Achieving our personal best and living up to our potential is something that we all deserve. So then, why are we hindered? **What holds us back from achieving our true potential?**

Insecurities, doubt, discouraging people, or traumatic events can all lead us down the path of just doing "enough" to get by in life. Sometimes we may even hold back because we dread being in the spotlight or looking like a show-off. Other times we may not even be aware of our potential because we've been told we're not good enough, or **we fear failure so greatly that we simply don't apply ourselves**. It's a sad reality. The fact is that so many of us never reach our true potential for one of these reasons or another. **But it doesn't have to be that way**. Simply by reading this it shows that you desire more. You want to see what you're really capable of, so why not give it a try?

Hypnotherapy is an excellent tool for learning more about your personal potential. It's not a magic trick that makes you suddenly stronger, faster, or smarter than you were before. Hypnotherapy a process of accessing your creative unconscious mind and allowing yourself to become more connected to the inner you. In Hypnotherapy you can learn what things might be holding you back and change behaviors that keep you from experiencing your personal best and reaching your goals.

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Imagine what it would be like to:

- Unlock hidden talents and improve your natural abilities
- Believe in yourself and feel proud of your accomplishments
- No longer wonder what would've happened if you just tried a little harder

Achieving your potential is what you were meant to do. **You natural abilities are yours to be explored and improved upon.** Hypnotherapy can be the guide in the process of unleashing your abilities, achieving your potential, and reaching your goals. With regular listening of this Hypnotherapy audio session, you can begin to understand all this, and achieve your full potential. You deserve it!

Realise your full potential with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Get back control over anger

A 'big picture' Hypnotherapy Buy to improve your anger management skills

Effective anger management is one of the most important emotional skills you can learn.

It is quite apparent how anger can damage relationships, and that is bad enough. But anger has also been shown to be terribly damaging to the heart, especially in men.

When you become angry, the pumping efficiency of the heart drops, often seriously, leading to arterial damage, making anger management one of the most important emotional skills.

Understanding trance is the key to anger management

Hypnotherapy for anger management Hypnotherapy audio session is so effective because it works on the 'same level' as anger.

When you are extremely angry, you are in an emotional trance state, where the validity of other peoples' opinions no longer applies. Just like in a dream, you are able to hold bizarre opinions which afterwards, can seem stupid even to you!

But during the anger trance, you believe fully in the anger's view of things.

To get control over anger, you have to break this trance before it gets a chance to get going.

Anger Management Hypnotherapy audio session will help you break out of the anger trance, stop it ruining your relationships, and damaging your health.

You will gain the flexibility to remain calm and objective in the sort of situations that would have made you angry, and enable yourself to create mutually beneficial outcomes.

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Buy the *Anger Management* Hypnotherapy session now and regain control of yourself Visit www.hypnotherapy.eorg.in now.

Awaken Intuition

Discover and awaken your intuition with Hypnotherapy!

In today's busy, modern world of constant, instant information many of us feel that we have lost the ability to listen to and respond to our own inner wisdom, to act on intuition. **Do you feel like you never stop and stand still long enough to be able to tune in to your intuition**, your natural, instinctive self and work out what your own inner wisdom is telling you to do? By rediscovering and awakening your intuition, you can begin to feel more confident, calm and clear about the decisions you make in your life.

We all recognise wise words when we hear them, at least in part because we have a deep sense of wisdom which exists quite naturally within us. **That natural wisdom is often referred to as intuition**. The sense of just knowing what to do or what's true. It feels almost like a sixth sense, a feeling of heightened perception and insight. Some people are more naturally attuned to it than others - but **Hypnotherapy can help us to recognise and listen to our intuition more**.

Many of us were more instinctual and intuitive when we were children or teenagers. The creative, right-brained element of our personality is often suppressed as we go through life, in favour of the rational, left-brained thought processes that are encouraged as we move through education and the world of work. Yet we admire those who have creative flair, **who seem to have a 'sixth sense' about things**, and the conviction to follow that intuition. **Anyone can choose to discover and re-ignite their own intuition**. Hypnotherapy allows us to access our creative unconscious mind, which is the door to our natural inner wisdom and intuition. Through deep relaxation and visualisation you can learn to awaken your intuition and access your own wisdom in a way that feels almost spiritual.

Imagine what it would be like to:

- Feel at one with life, the natural world and everything in it.
- Access your own source of heightened perception and insight.
- Trust yourself, based on a deep sense of inner knowing.

By regularly listening to this Hypnotherapy audio session **you can begin to unlock the gates** that your conscious mind has erected around your natural, intuitive way of being, and release your own, wise, creative intuition, learning to listen and respond to it once more.

Awaken your intuition with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Beat Bullying

You can overcome the oppression of a bully.

Are you living in constant fear of a despicable bully that just will not leave you alone? Do people tend to single you out, ridicule and abuse you? Do you ask yourself why some people are so cruel and often find yourself wondering if there may be something wrong with you? **My friend, there is nothing wrong with you.** You've just had the unfortunate experience of bullying - and it's time to put a stop to it!

The sad fact is that bullies are everywhere. They will pick on anyone, for any reason and sometimes they do it for no reason other than the twisted joy they get out of making others feel badly about themselves. **Don't give them the satisfaction of letting their bullying hurt you.** Grant yourself the power to deny these bullies the enjoyment your pain would give them.

You can defeat the bullies who have been torturing you. You can stop the bullying. You can put an end to the unnecessary taunting, stop the unending ridicule and banish the vicious personal attacks forever. By tapping into the power of the unconscious mind with the benefits of Hypnotherapy, **you can beat bullying once and for all.**

Sometimes a bully can sense a weakness within us and that is what they target in on when their attacks begin. **Hypnotherapy can help you overcome this weakness** and you will be an invulnerable force that bullies don't want to deal with, and they'll stop bullying you!

Imagine what it would be like to:

- Face your day without the fear of running into a bully.
- Stop a bully from ever embarrassing you or causing you emotional pain again.
- Not even be bothered about the tormentors around you.
- Have respect from the people around you, because they knew you demanded that respect.
- Be able to put an end to the bullying in your life forever.

The 'Beat Bullying' Hypnotherapy / hypnotherapy session can help you put an end to the bullying you've experienced. Don't let these insolent cretins have control over you and don't be made to feel bad about yourself. You can finally realize your true self worth and you can begin to put bullies in their place and stop their torment. Let the power of Hypnotherapy help rid of you of the torture bullies try to inflict and....

Experience a life without pain, ridicule or fear. Visit www.hypnotherapy.eorg.in now.

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Being alone doesn't have to mean being lonely

Fear of being alone can make you feel very insecure. If you fear being alone you may become over needy of other people and feel as if you must be around people at all times.

Of course to feel healthy and well we all need people in our life, but if you feel you must have people around all the time then this need is controlling you.

What causes fear of being alone?

Fear of being alone can be caused by all kinds of things. Maybe you felt abandoned at some time in life and came to associate being alone with being unloved or neglected. Or maybe you just never learnt to be comfortable while alone. Like anything in life you can learn to be better at being alone without being lonely, so you have the choice whether to be with others or not.

And when you overcome fear of being alone, you instantly become more independent and confident as a result.

In fact there are many advantages to overcoming fear of loneliness. When you are alone you have time to think calmly, and there is a special kind of peace you can experience only when alone. Time spent alone sometimes can also make time spent with others even more enjoyable. After all, chocolate cake just doesn't taste as good if you eat it every day!

Buy *Overcome Fear of Being Alone* Hypnotherapy audio session - enjoy more independence, and find more peace in solitude. Visit www.hypnotherapy.eorg.in now.

Be More Assertive

You can speak up and be more assertive - with Hypnotherapy!

Are you constantly trying to please people? So much so that you often find yourself keeping your thoughts and opinions to yourself? Do you do things you don't want to do or verbally agree with things you don't want to agree with just to "keep the peace"? If you answered yes to any of these questions, then **you desperately need to be more assertive.**

Many people mistakenly believe that being assertive means being aggressive, rude or abrasive. Because of this, they find themselves agreeing with everyone and everything and they often find it impossible to say no when someone asks them to do something. In other words, **people who are afraid of being assertive turn themselves human doormats.**

You don't have to be a human doormat. You have the right to your feelings and opinions and you have the right to say no when you don't want to do something or when something is inconvenient for you. **You can be direct without being aggressive** - it's just a matter of knowing how to be assertive.

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Do you want to learn how to be assertive? Do you want to learn to speak up and gently, but firmly put people back in their place when they try to take advantage of you? Do you want to make your thoughts, opinions and feelings known in a manner that will cause the people around you to respect you?

People aren't "born" being assertive. It's a behavior that is oftentimes learned in childhood. If you didn't learn assertiveness in childhood, it's not too late.

By combining the benefits of Hypnotherapy with the power of the unconscious (subconscious) mind, you can learn to be assertive.

Imagine what it would be like to:

- Tell someone no without having to make up excuses.
- Speak up for yourself when someone tries to take advantage of you.
- Stand up for what is right without being rude or aggressive.
- Politely disagree with someone, knowing they will still like you as a person.

The 'be more assertive' Hypnotherapy audio session can help put an end to the unpleasant overly-passive behavior you've been experiencing and **can help you to be assertive when the situation calls for it.**

This assertiveness Hypnotherapy audio session has been designed to allow you **to be able to say "no" and mean it**, and to understand that you don't need to make excuses when you can't do something someone asks you to do. You can learn how to voice your thoughts, opinions and ideas clearly, directly and without hesitation.

You can finally gain the respect you deserve! Visit www.hypnotherapy.eorg.in now.

Better Body Image

Learn to love your body with the help of Hypnotherapy!

Our relationship with our physical selves sometimes suffers from unrealistic expectations and poor self-image. When you view your body negatively, it's pretty hard to feel comfortable in your own skin. It can make life truly difficult, particularly when we think other people are as critical of our physical appearance as we are ourselves. We imagine that others are judging us harshly, measuring and weighing every inch of our body. **It's a horrible feeling, but you're not alone.** These terrifying thoughts haunt millions of men and women everyday.

But are slender thighs or flat abs really going to make you happy? Is a smaller nose or perfect teeth truly the answer to all of life's problems? Are your expectations even realistic? **All too often we yearn for perfection only to find it isn't even really possible.** There will always be some flaw to focus on, or some part of our body with which to be dissatisfied. This can be particularly hard if our self-image suffered abuse from someone we loved and trusted. They put you down enough that you now you carry on the abuse yourself.

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It's time to put an end to this self-hatred. **You're body is an amazing and beautiful thing!** You must be accepting of your unique traits and even relish in their individual charms. **I know it's easier said than done, but there is help.** You can stop that constant nagging in your head with the help of Hypnotherapy. Hypnotherapy allows us to tap into these unconscious ideas of perfection and replace them with appreciation and acceptance. I know it sounds like an impossible feat, but you can fall completely in love with your body just as it is now.

Imagine what it would be like to:

- Feel prettier inside and out!
- Stop worrying about what other people think!
- Be proud of your body and all its beauties!

Hypnotherapy is a wonderfully relaxing experience. You'll feel your stress melt away as you **learn to appreciate the real and natural you.** With repeated listening to this Hypnotherapy audio session, a more confident person with a better body image can begin to emerge. Loving your body is the best gift you can give yourself.

Develop a better body image with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Charisma Boost

Be as charismatic as you want to be with the help of Hypnotherapy!

Do you wish you had that certain "je ne sais quoi"? The certain "it" factor that makes everyone stand up and take notice when you walk into a room? Do you wish you were the type of person others always seem to look up to and desperately want to be around? If you answered yes to any of these questions, you need charisma.

The simple fact of the matter is that some people are born with charisma and some aren't. If you weren't one of the lucky few endowed with a charismatic personality at birth, you'll be happy to know you don't have to be without charisma forever. You simply have to teach yourself to become charismatic. If destiny didn't provide you with charisma at birth, do something about it and go get it yourself.

Luckily, becoming charismatic doesn't have to be hard or complicated.

You don't have to go to school for it and you don't have to spend years learning to alter your personality. You simply need to tap into the power of your unconscious (subconscious) mind and let it do the work for you. But how do you tap into the unconscious mind? By using Hypnotherapy - that's how! **Millions of people around the world have used Hypnotherapy to help enrich their lives.** In fact, some of the most successful people in the world have used Hypnotherapy to overcome obstacles that once stood in their way. If you want to join those who have benefited from the power of the unconscious mind, Hypnotherapy is the answer.

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Imagine what it would be like to:

- People would look up to you and respect you without question.
- You could influence a person's decision by simply making a suggestion.
- Everyone wanted to be around you because of the way you made them feel.
- Everyone would know that you are special and unique and would admire you because of it.

The 'boost your charisma' Hypnotherapy session can help turn you into the charismatic person you've always wanted to be.

You can begin to make friends easily, influence people naturally and gain the admiration and respect you've always deserved. Being charismatic has nothing to do with the luck of the draw - **it's simply a matter of knowing what to do and how to do it.** Let the 'boost your charisma' Hypnotherapy audio session provide you with the charisma you've always wanted and....

Live the charmed life you've always dreamed of! Visit www.hypnotherapy.eorg.in now.

Expand your comfort zone and put some adventure in your life

How spacious is your comfort zone? Are you fretting inside the straitjacket of conformity and habit? Are you thinking about starting something new, doing something different, but afraid to take the first steps because there's just too many unknowns and what if it all goes wrong? Do you look at the edges of your comfort zone and wonder... why is it so small?

Such feelings are more common than you might think. Of course, safety and security are fundamental needs for all of us, and much of our lives seem geared to arranging things so that we can reliably predict what's going to happen and prepare ourselves to deal with it. We do this by creating routines and habits. And sticking to them. Religiously.

What is a comfort zone?

We all love the zest for life that we see in young children. They are curious about everything, want to try new things, are always ready to explore. The whole world is new to them. Yet all too soon, it seems, the pattern of 'clinging to the familiar' begins to show.

We quickly learn what's 'safe', from our own experience and from society. We build up a 'comfort zone' which we can sum up as 'what we know and can rely on'. This can be geographic (my house, my neighborhood, my town), social (my family, my friends, my community), work-related (my job, my colleagues), ideological (my politics, my religion) and behavioral (what I do every day).

The purpose of a comfort zone

There's nothing wrong with having a comfort zone - everybody needs one! It makes life easier in many ways if you stick with what you know and have practised lots of times. It brings a sense of security and

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safety. It means you can operate without undue anxiety and stress, and can give your energy to 'getting on with it'.

When a comfort zone becomes limiting

The limits of your comfort zone only become a problem when they start to feel like prison walls. When your natural human desire (still in there after all these years) to reach out for the new and different is stifled by unwarranted fear and trepidation. When you begin to wonder if these safe routines are really delivering you the good life you used to dream of.

Don't destroy your comfort zone - expand it!

Some people address this challenge by knocking down their comfort zone, or jumping right out of it. This extreme approach can work, of course, but it doesn't have to be that drastic. By beginning to think of your world and your life in a different way, you can stretch your comfort zone to bring new things *inside* it.

Use the unconscious mind to begin expanding your comfort zone

It's clear that a 'comfort zone' is a mental construct, and that changing it requires a 'change of mind'. *Expand your comfort zone* Hypnotherapy audio session uses Hypnotherapy (an 'altered state of mind') to make it easier for you to consider and adopt an appropriate mindset for the changes you want to make in your life.

Expand your comfort zone Hypnotherapy audio session allows you to let your own unconscious mind find the right way forward for you - which it can do much more effectively than all your conscious fretting. You will discover how to let yourself relax really deeply and release your own inner creativity and spirit of adventure. It will begin to feel completely natural again to let life bring you new things - and enjoy them.

Buy *Expand your comfort zone* Hypnotherapy audio session and get ready for adventure. **Visit www.hypnotherapy.eorg.in now.**

Cultivate compassion and treat people with more kindness

A Hypnotherapy audio to build tolerance and understanding into your everyday life

Are you fed up of the 'me' generation?

Do want to do more for your fellow humans?

It takes a much bigger person to be compassionate and tolerant of others than to criticise and condemn people. It's easy to look down on others, to be cynical and distrustful or to see others only in terms of what they can possibly give to you.

A truly compassionate person can rise above fears of 'not wanting to be made a fool of' because when we are truly compassionate we don't treat others in ways that are worthy of them but in ways which are

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worthy of *ourselves*. You don't have to treat a mean person meanly - you can learn to be unaffected by their behavior and respond with compassion and understanding.

Selfish times

The twentieth century was dubbed the 'century' of the self and we talk of the 'me generation.' We all need to cultivate ourselves and to learn and develop as human beings and part of developing the self is looking after others. It has been said to 'truly help yourself you need to help others.' This means developing compassion.

Doing regular charity work, for example, is good for your health and can lower mortality rate. And being too self-centred is bad for physical and mental health. It seems we weren't meant to just think of ourselves but also to care for others.

Learn to see the humanity in others

Compassion means seeing the humanity in others, being sensitive towards them and actually doing things to help them. It means caring about others, prioritising relationships and being loving towards and generally interested in others.

Cultivating compassion means seeing people as individuals with needs and concerns and weaknesses of their own. It means being tolerant of others and making allowances but not letting them tread all over you. Compassion isn't about doing things for others or being generous in order to 'get something in return'. It's not even about getting the 'buzz' from doing something 'good.' It's looking out for others simply because you want to help *them*.

We are all the same

We live in times when *differences* in race and creed are emphasised but actually there are far more similarities between *all* peoples. We all have the same needs in life where ever we happen to live.

True civilization needs compassion

True civilization isn't about art or music or wonderful architecture. It is simply to do with how well one human being treats another human being. Cultivating compassion may be central for the survival of the whole human race.

Buy *Cultivate Compassion* Hypnotherapy audio session and start adding something to this world. **Visit www.hypnotherapy.eorg.in now.**

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Creative Dream work

Use Hypnotherapy to solve problems or bring more health and happiness into your life!

Have you ever been stuck on a crossword puzzle, then an hour or two later, or even a few days later, the answer suddenly pops into your head from nowhere? Or perhaps you can't remember where you put something, and then suddenly when you're no longer thinking about it, you get a clear image of where you left it. We've all had this kind of experience at some time. It happens because, while our conscious mind has moved on to think about other things, **our unconscious mind continues to think about and work on issues behind the scenes, until it can find a solution.** For this reason there's a lot of sense in the old adage to 'sleep on it'.

Many of the best inventions and most creative discoveries have been made unconsciously, the solutions often appearing in dreams which are one of the most powerful ways for the unconscious mind to communicate with us. Most often it has happened almost by accident, connections being made in the unconscious mind and being brought to conscious attention in powerful dreams.

We can all learn to be much more pro-active with dream work, feeding the unconscious mind specific problems to solve, or setting it the task of looking for ways to bring more health, happiness or whatever else we want into our daily lives.

In Hypnotherapy we can guide the unconscious to utilize its enormous power to come up with creative solutions and guidance, and encourage it to communicate these to us in images and sensations and feelings within our dream world.

Imagine what it would be like to:

- Access and enjoy your magical inner dream world!
- Effortlessly come up with creative solutions to problems!
- Experience more happiness and contentment into your life!

Hypnotherapy allows you to access the power of your creative unconscious mind, directing it specifically to work on the things you want. This Hypnotherapy audio session helps to create a state of deep, creative relaxation, which allows us to speak directly to the unconscious mind, and to **programme it to work on the issues you choose.** You can create a beautiful room in your inner world, specially designed for dream work, and by listening to this Hypnotherapy session regularly, you can visit your dream room whenever you want or need to.

Discover the power of creative dream work with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Develop Creativity

Develop your creativity with the help of Hypnotherapy!

Some of us are born with a natural ability to create, while others of us have to practice our skill relentlessly in order to build and define it. Maybe you've yet to discover your talent and yearn to finally uncover its beauty. Whatever the case may be, **developing your creativity is an ongoing process**. Be it a natural talent or a learned art, we must continually nurture our creative self and encourage it in order to **set it free**.

There can be roadblocks that prevent us from allowing our creativity to flow freely. **Self-doubt will hinder any creative process immediately**. Discouraging friends or families can certainly dampen your productivity. Worst of all, harsh judgments from outsiders or so-called experts can send our artistic selves recoiling into infancy.

What you must realize, however, is that none of these criticisms mean anything. **Creativity is a personal gift** that brings deep pleasure and personal satisfaction over which no person should attempt to prevent or control; and that includes you. If you want to dance, then dance! If you want to paint portraits, abstract concoctions, or sculpt figurines then do it! If you want to write poetry or a novel, doodle comical characters or sing, then just let it be! Sew clothing, design buildings, decorate houses, or invent an entirely unique creative expression of you. **Anything is possible when you choose to encourage and develop your creativity**.

But how does one develop their creativity if it feels locked up inside? How do you improve your existing process and let your art flow more freely? Hypnotherapy allows us to access our creative unconscious and **helps us develop our innate creativity**. Through deep relaxation, visualization, and other Hypnotherapy techniques you can learn to nurture your creative self.

Imagine what it would be like to:

- No longer struggle to express your creativity!
- Let go of self-doubt and enhance your unique talent!
- Find the source of your creativity and set it free!

When we are creating, we are not working only as our conscious self, but are also being moved instinctively by our unconscious creativity. By regularly listening to this Hypnotherapy audio session you can **open your mind and release your creative energy**. All you have to do is relax into Hypnotherapy and let it flow freely.

Free your creativity with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Discover Patience

Become more patient with the help of Hypnotherapy!

Patience is a virtue it is often said, but we all know it can sometimes be difficult to practice. Your standing in line and the people in front of you seem to be taking forever, or you're stuck in traffic for what feels like hours and your mind just starts racing. You wish things would just move faster, in fact if you could make it happen you would. **You feel frustrated and anxious and sometimes you even lose your cool.**

Life is pretty fast paced these days, so much so that when things are slowed and beyond our control we almost feel helpless. **The feeling is not a good one and can make us quite uncomfortable.** We have simply lost our patience. Sometimes even our home life can become difficult to handle patiently. The kids are always in need of attention, your partner keeps at you about one thing or another, the dog constantly barks at anything that moves, and you just found out your boss now expects you to work evenings at home, too. What happens as a result? Your patience with everyone, even your loved ones, begins to wear thin.

Fortunately, patience can be cultivated and returned to our lives. All we have to do is just take a few minutes out of the day to stop and quiet our minds. Hypnotherapy is an excellent tool for calming the body and mind. Hypnotherapy can help you to ease your anxiety at an unconscious level and find a new sense of inner peace. Hypnotherapy uses visualization, relaxation, and other techniques to bring balance and harmony to your life. In times of stress or frustration when you start to feel restless, you can draw on this calming Hypnotherapy session and **learn to become more patient.**

Imagine what it would be like to:

- Sit in traffic or wait in a long line and remain at ease!
- Enjoy better relationships with family, friends, and co-workers!
- Ease your anxiety and frustrations and find inner peace!

This Hypnotherapy audio session can help you **release some of the pressures of everyday life** and find the calm you seek. With repeated listening of this Hypnotherapy audio session, you'll find that patience is a virtue that you hold quite naturally.

You can develop patience with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Get Rid of Emotional Baggage

Let go of emotional baggage and move forward with the help of Hypnotherapy!

We all have experiences in our past that we would like to forget about. Maybe someone hurt you so badly you're having trouble letting it go. Do you feel as though the memories of this pain are preventing from getting close to others? Or is the burden that you carry the result something in your past that you regret? It's possible that made a mistake or a poor judgment and now you feel as though you can't forgive yourself. Are these thoughts weighing you down?

Feelings of hurt and anger can stay with us a very long time, just as guilt and remorse can seem as though they will never fade. **Lingering doubts and resurfacing fears can haunt our memories.** We sometimes feel trapped beneath them and as though we must struggle just to breathe. **These scars of our past seriously impact the way we interact with our world.** They keep us from experiencing love, prevent us from enjoying life, and lessen our self-esteem. But you desire freedom from these thoughts because deep down you know you deserve to be happy.

You are so much more than a mere product of your past. Your book of personal history does not define the person you are inside. We are beings of creation and change, of strength and perseverance. **We can identify these unwanted feelings and clear them from our house.** We can begin to rebuild and keep the lessons we learned close by. You do not need pain or guilt to hold you down anymore. The keys to freedom are closer than you think.

Imagine what it would be like to:

- Release the pain of the past and set your mind free!
- Feel at peace with yourself and your history!
- Be a more confident, self-assured, and stronger person!

Hypnotherapy can help give you relief from these feelings by accessing the power of your creative unconscious (subconscious) mind. In this state we can begin to **let go of our negative experiences and enhance our overall emotional well being.**

We don't generally intend to hold ourselves back from happiness, but it's hard to feel good when so many messy feelings are built up inside. This Hypnotherapy audio session can help you to release the weight of your emotional baggage and feel better about yourself.

Hypnotherapy can help you be free from emotional baggage! Visit www.hypnotherapy.eorg.in now.

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Boost your emotional intelligence and enhance your relationships

Update your brain with new patterns of behavior with this Hypnotherapy audio session

You've got a fantastic education and a long string of qualifications - what will set you above others with equally impressive resumes? High emotional intelligence or 'EQ' is what will differentiate you from your peers. No matter how academically smart you are, if you don't understand yourself and can't relate well to others, you will struggle until your EQ catches up with your IQ.

5 core elements of Emotional Intelligence

1. self awareness - understanding your own emotions, your strengths and improvement opportunities, your values and how you impact on others
2. self-regulation - being able to manage your own emotional states and adapt to changing environments
3. social skill - working well with others
4. empathy - considering other people's feelings and the impact of decisions on them
5. motivation - being able to push yourself towards achieving harder or new goals

To boost your own emotional intelligence, all you need to do is Buy this Hypnotherapy audio session and pop on your headphones at your computer, or plug into your CD or mp3 player. You will listen to a short introduction to expand your thinking about emotional intelligence, and then experience a relaxing Hypnotherapy session that will lay down new patterns of behavior that will lift your EQ over time.

The *Emotional Intelligence* Hypnotherapy audio session will prepare your mind and body to:

- get control over unhelpful emotional responses
- recognise others' emotional states to improve relationships
- understand your own emotional states in order to gain more influence over them

Buy this Hypnotherapy audio session now and begin to enjoy better relationships with yourself and others.

Visit www.hypnotherapy.eorg.in now.

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Find Happiness

Open the door to happiness and feel at peace with the world!

How much of your day is spent worrying? Do you feel your stress levels have spiraled out of control? How often do you share a smile with a stranger? Is laughter missing from your life? There is a way you can wake up and look forward to going out into the world each day. When you radiate love and joy to all those who cross your path life just seems a little easier. It's not a big secret how to accomplish this, but it will take a little effort and work.

Happiness is a state of mind. It is not something that you find outside yourself, but within your own heart and spirit. While life's larger struggles certainly impact our thoughts and feelings, **the little things don't have to get us down.** Unfortunately many of us struggle to maintain a cheerful demeanour on a daily basis, instead going from one day to the next feeling numb or at odds with the world. We project discontent without even knowing it, reflecting our unhappiness off everything we encounter.

When we walk through life numb or unhappy we tend attract more of the same. You've seen it happen before; you wake up in a bad mood and before you know your partner and you are arguing. You end up having a bad day at work and everyone seems indifferent to your sheer frustration. Either they ignore you or challenge with their own set of struggles and pains.

Now imagine you wake up feeling positive and a sense of peace and calm. You feel energized by this seemingly effortless bliss that emanates from deep within your core. Throughout the day all the people you encounter seem to welcome you and return your smile. Life's little impositions pop up, but you take them in stride finding comfort with your connection and purpose in the world. This is happiness.

Imagine what it would be like to:

- Replace the daily grind with renewed inspiration!
- Experience sheer delight at the smallest of pleasures!
- Have a more optimistic and positive view of the world!

The inner peace you seek already resides within you. Your creative unconscious (subconscious) mind holds all the positive energy you need to enhance your mood. **Hypnotherapy can help you to access this place in your mind and bring it into your daily life.** After listening to this Hypnotherapy MP3 Hypnotherapy Buy you'll soon be feeling more at ease and full of light.

Hypnotherapy can help find you happiness! Visit www.hypnotherapy.eorg.in now.

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Find lost things and be a finder keeper!

A Hypnotherapy audio to teach calm when hunting for lost items

We've all been there.

You've put those keys down somewhere. But where?

You carefully placed that wallet in what you told yourself at the time was a 'safe place'. But just where *is* that safe place that you so carefully chose?

We all know that awful feeling of mounting disbelief and rising panic that can swamp us when we've lost things and just can't find them. And we begin to think them *really* lost. Perhaps forever.

Losing things is inevitable - but not fun!

No matter how tightly or loosely organized your life is, you will certainly lose things from time to time. Sometimes it won't matter much. The lost item may not be particularly important to you - or anyone else. Of course, the loss of even trivial items can be pretty annoying, but it's much more worrying to lose something significant, like your car keys, or your wallet, or some important keepsake.

Common pitfalls of searching for lost things

So it makes sense to think about the strategies you use when you need to find something that has been misplaced. Most of us have a quite haphazard approach, but one thing we pretty well all have in common is a tendency to go and look in the same place that we just looked in five minutes ago. No matter how carefully you looked the first time, it just feels like it's got to be there, if you just look *hard* enough!

Looking in the same place over and over is not only irrational and pointless; it means that you concentrate your search efforts in what is clearly the wrong direction. And I've been as guilty of it as anyone. But how do you get yourself to focus on the potential right places? How can you create a strategy for finding lost things that you can reliably put into action when necessary?

Developing an effective strategy for finding lost items

Well, firstly it's about calming those emotional responses I mentioned above - the disbelief and panic. Although they are natural responses in a situation of loss (particularly if the lost object is very important to you), they are utterly unhelpful when it comes to finding what you seek. In fact, they positively *hinder* you from finding it, as they cloud your brain and make it hard to think clearly.

The importance of using your mind as well as your eyes

Having calmed down the emotional arousal caused by the loss, the next step is to have a well-rehearsed *mental* and *physical* strategy. Many people don't appreciate that the *mental* part is just as important as the *physical* one - maybe even *more* important. But really you need both.

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A good mental strategy will help you accurately recall your past actions in relation to the last object, and highlight the places where it is most likely to appear. It will also help you stay calm and focused while you search. A good physical strategy will include methodical and thorough examination of suitable locations, without making confusion worse.

You can use Hypnotherapy to help you find lost things

It's much easier to develop an effective combined mental/physical strategy if you apply hypnotic skills to the process. Hypnotherapy helps you establish an optimum learning state in yourself, so that mastering new skills like effective seeking and finding is easy and effortless. This is true even if you have been a lifelong 'haphazard hunter'.

Find Lost Things Hypnotherapy audio session is a Hypnotherapy session which brings together everything you need to build and rehearse your new strategy for finding lost things.

Find Lost Things Hypnotherapy audio session will teach you the art of relaxing deeply - essential for calming down excessive emotional arousal. It will also teach you vital creative searching skills which you can deploy in your own way to help you track down what you have lost.

Buy *Find Lost Things* Hypnotherapy audio session and discover what hidden treasures now reveal themselves to you. **Visit www.hypnotherapy.eorg.in now.**

Get motivated to get going with your home improvements

Mr Biswas is the 'everyman', ordinary Joe hero of Caribbean author V S Naipaul's famous tragicomic novel *A House for Mr Biswas*. Mr Biswas battles with the slings and arrows of everyday life - you know, bureaucracy, taxes, jobs, in laws, neighbors. And home improvements. It may be the only piece of serious literature (hilarious though it is) to feature home improvements.

We all feel much the same about home improvement

Mr Biswas' attitude to home improvements is pretty much how we all feel when we think about making our homes a better/more efficient/more comfortable/more valuable place to live. He finds the house he wants, and his head fills with brilliant ideas for improving it. He will decorate. He will extend. He will put in a new kitchen. Add a loft. But then he moves in. And somehow he just never 'gets around to it'.

Sound familiar?

How can you overcome inertia and start improving your home?

What does it take to turn our grand (or even small) DIY and decoration dreams into reality? What will get us to pick up that paint brush and start? What will make us sit down and work out a plan, and a schedule, and a budget, and START improving this home? Where can we find some 'irresistible compulsion' to get going on what we know will make our home so much better than it is?

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Irresistible compulsions develop in the unconscious mind - out of our awareness. Most people don't realize that you can actively generate such a compulsion. But you can!

Use Hypnotherapy to really boost your home improvement motivation

Home improvement motivation Hypnotherapy audio session is an audio Hypnotherapy session which you can use to fire up your own motivation and commitment to improving your home.

While you sit back and relax (which you must admit is a good way to start), *Home improvement motivation* Hypnotherapy audio session will embed powerful hypnotic suggestions in your unconscious which will perceptibly alter both the way you *feel* and what you *do* about improving your home.

Buy *Home improvement motivation* Hypnotherapy audio session and make your home what you want it to be. Visit www.hypnotherapy.eorg.in now.

Enjoy housework - yes, it's possible!

House work can be a real chore, a bore in fact. All that cleaning, dusting, vacuuming and polishing! It's not that you *like* it to be messy, in fact you probably hate it when it's too messy. It's just the getting it neat and tidy that's the problem.

If housework feels like a huge drag to you or you even feel like you have a strong aversion to it then it's time for a change.

How to make time fly

Cast your mind back to the last long journey you made. If you are on a train and you are aware of every single second then time will really drag. The same is true of a car journey. Have you noticed that even if you are driving you can 'trance out' and still arrive safely?

This natural skill is how we are going to make your experience of doing housework so much more enjoyable.

This Hypnotherapy audio session is going to program your unconscious mind to use housework time as a 'mind-break' so that you'll get the chores done and have a mini break in your mind at the same time.

Buy *Enjoy Housework* now and escape the drudgery. Visit www.hypnotherapy.eorg.in now.

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Release your inner artist and make your mark

A relaxing Hypnotherapy audio to boost your creativity

Does a blank canvas equal a blank mind?

Is your inner artist frustrated, bursting to get out and make a mark?

You'd think a blank canvas was the perfect opportunity to create something new and exciting, pushing your imagination and artistic skills. Why is it that something as innocent as a sheet of paper can become so mind-numbing and intimidating?

Fear stifles creativity

Sometimes the fear preventing your true inner artistic vision from being manifested is due to a type of perfectionism. It can be scary trying to compete with the perfection of nature and that feeling that 'if it's not perfect then it's useless' can stop you fulfilling your potential as an artist.

Of course some self criticism can be a good thing because it can drive you to continually improve, but too much is self destructive.

Artistic inspiration comes from a relaxed, open mind

Artistically, you need inspiration and clear focus to produce great fruits from your art. To be inspired and to have clear vision and focus when you paint or draw, your mind needs to be just right. In fact artistically you need to be in a kind of hypnotic trance to really be the artist you can be.

The everyday 'you' needs to stand aside

To produce great art, *you* need to stand aside and let the art move through you. You need to be a medium or conduit for the artistic impulse and creativity, and to do that you need to be in the right kind of trance state. Too much of your concerns, doubts and self consciousness will pollute the pure state of uninhibited consciousness you need to reliably access to paint great pictures or to sculpt great sculptures.

'Painting is stronger than me; it makes me do its bidding'. Picasso

When you find problems being as artistic as you know you can be it's almost always because the conscious mind has started getting in the way. Trusting your subconscious intuitions more, knowing when enough is enough and a work is complete is so often a feeling rather than a conscious logical and rational thought.

This Hypnotherapy audio session will get you feeling more relaxed, confident and sure of your intuitive judgment when releasing your inner artist.

Buy *Release Your Inner Artist* now and enjoy your creativity. Visit www.hypnotherapy.eorg.in now.

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You can change from introvert to extrovert - when you want to!

Train your brain to be more comfortable with 'extrovert' behavior

Extroverts get all the attention - why should introverts miss out on the action?

Chances are you've done a Myers-Briggs Type Indicator at work and been labeled an 'introvert'. This doesn't mean you're socially inept or shy, it just means you prefer to get your energy from yourself. Extroverts by comparison, get their energy from being immersed in company.

Is it really possible to go from introvert to extrovert? Society loves a label, and we readily assign people to a category and consider this a settled part of their identity. But in fact we are much freer to choose our place on the introversion/extroversion spectrum than you might believe.

All about introversion and extroversion

The terms 'introversion' and 'extroversion' refer to people's *main* source of energy and interest in life. Introverts typically get the most satisfaction and enjoyment from their own *inner* life - what's going on in their own heads or emotions. Extroverts typically get their satisfaction from relating to what is *outside* themselves - especially other people. Introverts imagine that going from introvert to extrovert is beyond them.

Why extroverts get more attention

Of course, as nobody can see what goes on inside an introvert, but everybody can see what an extrovert is doing, extroverts tend to get more attention from others - including from introverts. This has numerous social and professional implications, as you are no doubt aware. Sometimes introverts have to bust through their comfort zone and learn how to get energy when they're in a team or with groups.

Can you do anything about your 'personality'?

Popular psychology loves the easy classification, and the simple 'either/or'. You are *either* a Type A person *or* a Type B person. You are *either* an Introvert *or* an Extrovert. But this black and white approach doesn't really match up to how we actually experience life. It's true that some 50% of our 'personality' comes from our genetic inheritance, which we're stuck with. But clearly, that's only *half* the story.

You do indeed start with a genetic inheritance, which may give you a natural 'base point' on the spectrum that you tend to 'come home to' and feel most comfortable at. But the other half is the product of your upbringing, your society, your circumstances, your beliefs, your opportunities - and *your choices*. And you can choose, when it suits, to go from introvert to extrovert, to a degree that is comfortable for you.

So just how do you go about tripping the introvert to extrovert switch?

To be more extrovert, it helps to be an introvert...

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The trick is to get yourself more comfortable with extroverted ways without feeling that this means you are *obliged* to be extroverted all the time. It's about developing a flexibility of response that you can deploy in different contexts, and giving yourself more options.

The easiest way to start developing these skills is to do something you are already good at - going into your inner world, and then using it as a springboard to take you out.

Using Hypnotherapy to expand your range of extroversion

Be more extrovert Hypnotherapy audio session is an audio Hypnotherapy session which makes specific use of the strengths of the introvert to develop new skills. As you find yourself relaxing deeply to the *Be more extrovert* session, you'll find that your self-understanding increases at the same time as your extroversion range expands.

You'll learn how to use the 'theatre of the mind' to influence not only inner reality, but outer reality. With the help of *Be more extrovert* you'll find yourself spontaneously using extrovert approaches when these are best suited to your requirements, without even thinking about it.

Buy *Be more extrovert* Hypnotherapy audio session and discover how far *you* can go. Visit www.hypnotherapy.eorg.in now.

Stop being judgmental

Hypnotherapy can help you modify unconscious patterns so that you really can stop being judgmental

Do you find yourself too readily forming negative conclusions about people and events?

Have you been criticized by friends or family or colleagues for being 'too judgmental'?

It's not easy for any of us to hear such comments. After all, *everyone* thinks their own opinions are right, and justified - otherwise they wouldn't have those opinions, would they? So when someone tells us that *our* opinions are overly negative, or that we don't really have a good basis for disliking so-and-so, it's natural to bristle and get a bit defensive.

But it's a sign of personal maturity to be able to reflect more deeply on that kind of feedback, and to review what underpins our behavior. *Have* we taken a dislike to someone for no good reason? *Are* we too ready to criticize how other people do things just because it isn't how *we* would do it? *Do* we tend to just dismiss innocent suggestions as not worth considering? Is this the kind of person we really want to be?

Why emotion makes it hard to stop being judgmental

Decisions like these are, by their nature, made on the basis of very little information. We reach our conclusions not after a careful gathering and weighing of all the facts, but after a quick check of how we

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feel about the person or situation before us. There are, of course, times when this is the best way to reach a conclusion - for example, in a situation of danger where safety is more important than being fair. The trouble is, that feeling of 'rightness' about our hasty conclusion can convince us that this conclusion holds good at all times and in all circumstances. Our emotional response to a single occasion becomes the 'judgment' that we apply to all (even only remotely) similar occasions. And this can lead us very far astray, and make interpersonal relationships very difficult.

How do you stop doing it? If you're in the habit of making up your mind really quickly, and sticking by your conclusion, how can you learn to withhold judgment for a while until you have more evidence, so that you can be fairer to yourself and others? The answer lies in dealing with the *emotional* aspect of the process.

Hypnotherapy can help you become less judgmental

Stop being judgmental Hypnotherapy audio session is an audio Hypnotherapy session created by experienced psychologists that uses powerful hypnotic processes to help you calm down the emotional patterns of black and white, over-judgmental thinking.

In the deeply relaxed state of mind that hypnotic trance allows you to access, it becomes easy to separate out the emotional and rational/logical aspects of decision making. Repeated listening to this Hypnotherapy audio session will have profound effects on how you see the world.

You'll find that you

- naturally give yourself a 'breathing space' before reacting to things
- want to get detailed information about people before you make up your mind about them
- notice more different details about everything happening around you
- feel more relaxed about life in general
- enjoy interactions with other people more
- are perfectly capable of reacting quickly when this is necessary

Buy *Stop being judgmental* Hypnotherapy audio session and be fairer to yourself all round. Visit www.hypnotherapy.eorg.in now.

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Overcome the habit of learned helplessness

Learned helplessness can be unlearned - giving you greater autonomy and freedom

Do you often feel it's a waste of time to think about doing certain things, because you just 'know' you can't do them?

Do you always instantly dismiss suggestions that there might be ways through your difficulties that you just haven't tried yet, because you are sure they 'won't work' for you?

It's common for people who are experiencing depression to feel that everything is hopeless, and that they can't do anything about it. But even people who *aren't* depressed can find themselves really held back in life because of their fixed notions of what they can and can't do. Just where do these notions come from? What gives you the idea that specific things are beyond your capabilities and so not worth bothering to try?

Can you escape from your 'trap'?

This question intrigued psychologist Martin Seligman, who was studying the curious behavior of some dogs. When they were put in a 'trap' situation where there was an escape route that was not difficult to find, they made no effort to escape. Instead, they became lethargic and did nothing at all. But another group of similar dogs readily escaped the trap. There was one significant difference between the two groups of dogs.

No, if you've 'learned' there is no way out.

The first group had previously experienced a similar 'trap' situation in which there was, in fact, no escape. The second group had not had such an experience. Seligman and his co-researchers hypothesized that the first group had 'learned' that there was 'nothing they could do' in such a situation. So, even though there was a readily discoverable escape route in their experiment, these dogs made no effort to find it.

Yes, if you escape from the limits of 'learned helplessness'

Of course, humans are not dogs, but this response pattern is often seen among people too. If you have had experiences which have taught you, or somebody important to you repeatedly told you, that you can't do X or Y, you may come to regard your inability to do X or Y as a 'given' that you just have to accept - even if, in different circumstances, there is nothing to prevent you from doing X or Y.

The real challenge of overcoming learned helplessness, however, is realizing that you need to overcome it in the first place. When you 'take it for granted' that you can't do something, you don't go looking for ways to do it, and so you can get pointlessly stuck for a long time.

As you are reading this page, something or someone has got you past that point, and you are wondering whether, in fact, you could take a different view of what's possible for you. And, if so, how?

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Hypnotherapy can help you break out of imaginary limitations

Overcome learned helplessness Hypnotherapy audio session is an audio Hypnotherapy session created by psychologists which will help you break through the limitations you imagine (or others have told you) make a fence around your life. You will experience the transforming effect of allowing yourself to go into deep trance and activate all the hidden and as yet unrealized powers of your unconscious mind.

You won't suddenly acquire super-powers. You will still be a normal human being. But you will enjoy the liberating feeling of manacles falling from your wrists, of doors opening before you which you believed were shut and barred forever. As you listen the Hypnotherapy audio session repeatedly you will find yourself much quicker to notice and take advantage of opportunities, and becoming so much more able to do more of what you want in life.

Buy *Overcome learned helplessness* Hypnotherapy audio session and set yourself free from imagined constraints. Visit www.hypnotherapy.eorg.in now.

Lighten up and see the funny side in situations

Learn to laugh and protect yourself from depression, anger and anxiety

Being able to lighten up and see the funny side might not seem important. But being able to laugh at yourself and at life in general is lifelong protection against depression, anxiety, and anger - all toxic emotions.

Also, if you want to appear super-confident then show people you can laugh at yourself sometimes. Not always taking yourself or situations too seriously shows you are unafraid.

Lightening up and seeing the funny side boosts creativity

Being able to see the funny side bursts the arrogant balloon of pomposity and self-importance. You *are* important but self-importance is not the way to appreciate this.

'This is no laughing matter!' Well who's to say? Some of the best ideas come from what were initially jokes.

Over-seriousness is a microscope that narrows focus and enlarges detail at the expense of the bigger picture. Serious things can be appreciated in non-serious ways. Humor and laughter can be a serious business when it enlarges are way of seeing things, lowers stress and makes us braver.

For humor, think flexible thinking.

Dictators and bullies hate humor

It's a mistake to dismiss the funny side. Humor has always been banned under dictatorships; comedians are seen as a threat. Why? Because humor can illuminate truths, break through the constraints of narrow

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thinking and puncture self-importance. Humor shows we are not afraid. Tyrants hate to be laughed at and they certainly don't laugh at themselves

We build our own little narrow dictatorships

Human beings construct their own personal psychological dictatorships. These personal restrictive 'prisons' are built on a solid foundation of rigid rules and assumptions of right and wrong, with walls of 'should's' and 'ought's' and 'mustn't's', strong bars of perfectionism, unbreakable locks of defeatism, and guards of arrogance on constant duty to 'be right'. Depression, jealousy, obsessive perfectionism are all dictatorships. Arrogance can extend to 'being right' that one is totally inferior to other people. Or that life is bad.

Seeing the funny side keeps you young and healthy

There are mental and physical health benefits of regular laughter. Many studies highlight that belly laughter is a great fun work out, laughter reduces stress hormones, relieves pain, relaxes us and produces endorphins - the natural feel good hormones.

Laughing regularly can ward off depression and help you sleep better and generally enjoy life more. We even call people who make us laugh 'a real tonic'.

Seeing the funny side is a massive stress management tool.

Lightening up and seeing the funny side casts off restricted and limiting thinking. But best of all it makes life more fun.

Buy *Lighten Up and See the Funny Side* Hypnotherapy audio session **Visit www.hypnotherapy.eorg.in now.**

Get more out of living alone by capitalizing on the benefits of solitude

Living by yourself has become very common. In the past, it would have been exceptional, mainly for economic and social reasons. In modern times, in western societies, more and more people are realizing that there's more than one way to find companionship, and that *living* with other people is not necessarily the best way. But there is still little understanding of how to make the best of living alone.

Not everybody who lives alone does so by choice

Of course, some people find themselves living singly through no particular choice of their own. The circumstances of life just work out that way. If you are used to living with other people, or one other person, a change to a solitary life can be very challenging. You may very much want to go back to a shared life. There is no reason why you should not pursue that goal if that is what you want.

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The benefits of living alone are available to all who want them

However, even if living alone has been 'forced' on you, there is also no reason why you should not get as much enjoyment and satisfaction out of single life as those who have actively chosen not to share their home with other people. And if you have 'chosen' to live alone, but are unsure how to make the most of it just yet, it's good to know that living alone is a skill which can be learned by anyone.

The two keys to making the most of living alone

Two things are key to getting the most out of living alone. The first is to understand that a good life, whether you live alone or not, is based on getting your needs met in a way you find personally satisfying. However you live, you have basic needs for attention, involvement, development, intimacy, privacy, recognition, etc. Understanding and actively addressing these needs will provide a solid foundation for your life.

The second key is learning to adopt a positive and helpful mindset towards your life situation. The cultural baggage around the idea of solitude can be the biggest barrier to really enjoying yourself on your own. Fortunately, a new mindset is yours for the asking.

Hypnotherapy helps you quickly master the art of successfully living alone

Living alone Hypnotherapy audio session is an audio Hypnotherapy session specifically developed for people who are not sharing their living space with others. Whatever the circumstances of your life, you can benefit from the powerful therapeutic hypnotic suggestions which will help you see your opportunities in an entirely new light.

Listening to *Living alone* Hypnotherapy audio session will teach you effortlessly to master the art of relaxing into a profound trance state. Such a practice, by itself, helps to clear the mind of worries and stresses and makes it much easier to think clearly and objectively about your choices. But *Living alone* Hypnotherapy audio session goes further than this. It actively helps you to adopt the kind of attitude and motivation that will ensure that living alone can be truly rewarding.

Buy *Living alone* Hypnotherapy audio session and begin to make the most of *your* life. **Visit www.hypnotherapy.eorg.in now.**

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It's an uncertain world - so relax and learn to live with uncertainty

A Hypnotherapy audio session to help you know when to let go of 'control' and allow things to fall into place

Can you walk? Can you ride a bicycle? Can you roller-skate or ice-skate? Can you swim? If you can do any of these things, you probably no longer think very much about how, exactly, you do them. They are automatic behaviors you mastered a long time ago. It doesn't occur to you on a daily basis that when you walk along the street you are 'living with uncertainty'. And you are probably quite relaxed about it.

Walking - from stability to instability - and back

But stop and think about it for a moment. 'Walking' involves leaning forwards from a position of stability while you raise one foot forwards until you lose stability, then quickly catching yourself by putting that foot down again and moving into a new position of stability on it, and repeating the process immediately with the other foot. While all that is going on, you are also adjusting the balance of torso, head and arms.

So walking is just constantly falling (and risking getting hurt) but then catching yourself before you hit the ground.

You can remind yourself what is really going on by standing up and then starting to walk *really* slowly, paying attention to what each muscle and joint is doing and feeling. It feels odd, and don't be surprised if you actually fall over trying to do it! It's like going back to being a baby learning to walk - that is, learning how to remain stable and still move safely through an uncertain world.

The illusion of control

Although we have all been through this experience, and similar ones like learning to ride a bike or skate, once we have mastered the skill we take it for granted. We have the illusion that we are 'in control'. But what we are really doing is making constant subtle adjustments to the constantly changing world. You don't actually keep your bicycle upright. You sway from side to side, using the forward motion to help you return to stability.

The effect of anxiety on our ability to respond to uncertainty

As we master more and more of life's skills, the illusion of control can become quite powerful, so much so that we begin to 'expect' to be in control. We start to feel uncomfortable and anxious if we have to make decisions in circumstances where we feel we 'don't know what's going on'. And when we feel anxious, it actually becomes harder to respond appropriately to circumstances, and then we feel even *less* in control.

The Catch-22 of 'being in control'

It's as if we're caught in a Catch-22 of our own making. *Catch 22** is a brilliant satirical novel by Joseph Heller whose comedy (and tragedy) turn upon the 'double binds' that people find themselves in. A 'double

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bind' is a situation where there are two options, but no matter which you choose, you lose. And there is only one way out of a Catch-22 - you have to see through it.

But the trouble with illusions is that they appear opaque to us - that is, we are quite convinced that they are real and solid and unquestionable. So telling us to just 'see through it' doesn't help much. Will power isn't much help either. You can *want* to see through it all you like, but if it looks real to you, it looks real, and you will respond as if it *is* real.

Does this mean that, once you are caught in the illusion of control, you can never escape from it and learn to live at ease with uncertainty?

Fortunately, no!

Using the unconscious mind to learn to live with uncertainty

To see through an illusion, you look not at the illusion itself, but at the *source* of the illusion. That is, you look to what we call the 'unconscious' mind. The power of the unconscious to create and destroy illusions has been known for centuries, but in recent times research into the functions of brain and mind has led to the development of powerful techniques for accessing and utilizing this power in beneficial ways - Hypnotherapy.

Living with uncertainty Hypnotherapy audio session is an audio Hypnotherapy session which uses the power and range of Hypnotherapy to help you rediscover how to be more at home with the uncertainty of the world - while still keeping your skills of adjustment.

Living with uncertainty Hypnotherapy audio session will take you into a state of profound relaxation. This process in itself reduces anxiety and tension in the body and mind, thus making it much easier to see 'the bigger picture' around the life challenges you may be facing.

At the heart of the *Living with uncertainty* Hypnotherapy audio session is a powerful transformational metaphor - a story with many levels of meaning. As you listen repeatedly to *Living with uncertainty* Hypnotherapy audio session, you will understand more and more how the messages in this story apply to your life and circumstances. You will find yourself feeling much more relaxed about all the things that are outside your control, and confident about taking action on the things that you *can* influence.

Buy *Living with uncertainty* Hypnotherapy audio session and discover a new way to be in control. **Visit www.hypnotherapy.eorg.in now.**

Note: * From Chapter 5 of *Catch-22*, by Joseph Heller (New York, 1961, Simon & Schuster) *There was only one catch and that was Catch-22, which specified that a concern for one's safety in the face of dangers that were real and immediate was the process of a rational mind. Orr was crazy and could be grounded. All he had to do was ask; and as soon as he did, he would no longer be crazy and would have to fly more missions. Orr would be crazy to fly more missions and sane if he didn't, but if he was sane he had to fly them. If he flew them he was crazy and didn't have to; but if he didn't want to he was sane and had to. Yossarian was moved very deeply by the absolute simplicity of this clause of Catch-22 and let out a respectful whistle.*

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"That's some catch, that Catch-22," Yossarian observed.
"It's the best there is," Doc Daneeka agreed.

Be more centered and stop being thrown off balance

A Hypnotherapy audio to help you tune into your calm and still core

Are you often thrown off balance by events and circumstances?

Would you benefit from knowing how to be more centered in yourself?

You wouldn't be human if you never got disturbed by *anything*. You'd be an unfeeling robot. All the same, it's possible to have too *much* disturbance going on, too much emotional upheaval, too often. And it's important to be able to tell whether the excessive turmoil is really due to circumstances over which you have no control, or to your own ways of responding to events.

Getting overwhelmed

Of course, it is possible to be overwhelmed by circumstances. You can be caught up in war, for instance. Or natural disaster. Or you might suffer a series of unexpected bereavements, or other unanticipated losses or serious misfortunes. When such things happen, we can all struggle to find the emotional resources to deal with them, and find ourselves feeling wobbly and off-center for extended periods of time. But what about less 'earth-shattering' occurrences? What about things like getting cut up at the traffic lights, rudeness from checkout staff, backtalk from your kids, manipulative behavior from a 'friend', being patronized by some petty bureaucrat, mean words from someone you love, or just not getting what you want?

Why it matters to be more centered

If you find that you're constantly being thrown off course even by such smaller (though admittedly unpleasant) occurrences, and end up mulling over them all the time, and feeling upset, and unable to think straight or get on with your life, it might be time to take a closer look at what's going on inside you. Time to connect more deeply with the true core of your being.

Hypnotherapy can help you find your true balancing point

Be more centered Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that will quickly help you tune in to the still core within and discover how to stay connected with that core in every circumstance.

As you relax deeply and often to your Hypnotherapy audio session, you'll notice that

- you quickly become able to enter a highly focused state of awareness
- discover a very personal sense of the 'center of your being'
- develop a powerful and enduring connection to your core

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- are much more easily able to handle what life throws at you
- feel a growing sense of unshakeable inner peace and joy

Buy *Be more centered* Hypnotherapy audio session and remember who you are. Always. Visit www.hypnotherapy.eorg.in now.

Personal change – make it happen!

Let Hypnotherapy help you make the change

Do you want to make an important personal change in yourself or your circumstances?

Are you wondering why it seems so dreadfully difficult to make a start on it?

Life is complicated, and people are the most complicated things in life. We live in the midst of powerful natural and social forces over which we have extremely little control. Even when we look at ourselves (and you'd think we'd know *ourselves* at least!) we find (if we're honest) that we're not the rational, sensible, straightforward folks that we like to imagine we are. Our actions and our words are all too often completely mismatched.

Talking about personal change is not the same as doing it

It's easy to see this in other people, of course. You can probably think of a whole bunch of folks you know who say they are going to do X, Y or Z, but your experience of them tells you not to expect X, Y or Z any time soon. It's all talk. Even if it's genuine, heartfelt, talk, and they *really mean it*. Everybody 'wants things to be different', but when it comes to *doing* something to *make* them different...

It's harder to recognize this pattern in ourselves, but when we're honest (you're reading this page, after all!), we have to acknowledge that we're not all that different from *other people*. Life can be scary and complicated for all of us, and much as we might talk and dream of a 'better way', it can feel like a very big leap to make a significant change. You've survived life's chaos up till now - why risk rocking the boat?

Facing the big questions

But there are times in everybody's life when you come face to face with two big questions. It can happen in any area of life. It could be to do with your career, your lifestyle, your relationships, your beliefs, or anything at all. You realize that there is something you are deeply, fundamentally unhappy with. And then you have to ask yourself:

Am I really prepared for things to go on like this?

What am I going to do about it?

Making the change, whatever it is, may mean the upsetting of one or more habitual ways of going on that have served you perfectly well until now. There are bound to be people around you who won't like it. And

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although you may have hope - and expectation - of benefitting from the change, you have no cast iron guarantee that everything will work out as planned. You have to take a big risk and leap into the unknown. How can you help yourself get past these obstacles?

Hypnotherapy can help you adopt the mindset for change

Personal change Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that will help you get comfortable with the idea of making changes and fire up your determination to take action.

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

- you feel calmer about the challenges you face
- your mind sharpens and you start to think more clearly
- your 'comfort zone' begins to expand
- it becomes easier to work out a suitable 'step by step' approach
- you feel much more strongly motivated to get things going
- you start to take action

Buy *Personal change* and make that difference for yourself. Visit www.hypnotherapy.eorg.in now.

Personal Growth and Development

A Hypnotherapy audio to help you grow in the way you want

Do you ever have the feeling that you are not all you could be?

All of nature from the acorn that becomes the Great Oak to the microscopic cell that becomes a Sperm Whale experiences personal growth. What makes we humans different is that we are in the unique position of being able to do it consciously!

Personal growth means different things to different people. It may be that humans are potentially infinitely perfectible! However you will be aware that there are areas of life you would like to perform better in. Whether it's being more driven in your professional life or more relaxed and sociable, our *Personal Growth* Hypnotherapy audio session can help!

When you look around you, you'll notice there are people who have particular skills, traits or even whole approaches to life that you would like to absorb into your own character.

Consciously pick up positive traits from others

In fact many of your limiting traits may not have been yours originally but merely 'accidentally' picked up from negative people around you - so why not start to consciously choose traits from others?

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In this hypnotic session you'll have the chance to assimilate into your unconscious mind great talents, skills and positive attitudes of people who already have them.

Buy *Personal Growth* Hypnotherapy audio session now and start growing with vigor and vitality. Visit www.hypnotherapy.eorg.in now.

Plan your future - and make it come true

Use Hypnotherapy to be more creative and effective in life planning

Did you know that you can plan your future so that it turns out the way you want?

Would you like to know how to bridge the gap between where you are now and where you'd like to be?

If you've ever read *Alice in Wonderland*, you'll probably recall the conversation Alice has with the Cheshire Cat (the cat who disappears, leaving only his smile). It goes like this:

Alice: Would you tell me, please, which way I ought to go from here?

The Cat: That depends a good deal on where you want to get to.

Alice: I don't much care where...

The Cat: Then it doesn't much matter which way you go.

Alice: ... so long as I get somewhere.

The Cat: Oh, you're sure to do that, if only you walk long enough.

It has to be said, many people have an attitude to where they're going which is much like Alice's. They just want to get somewhere, they don't really care where. And there's no doubt that, if you just keep on going, you certainly will get somewhere.

But will it be somewhere you want to be?

Goals and visualization are important tools in life planning

Nowadays we're all inundated with advice on how to be successful. You'll find it in every self-help book and on every personal development website. Have goals! Picture yourself a success! It's easy to get the impression that just taking time every day to picture yourself being handed the trophy is all it takes to turn you into a champion golfer/author/musician/whatever...

And of course, having goals and envisioning your success *is* very important if you want to persuade your life in a particular direction. Unlike Alice, you will know where you want to be, and what it looks like, and therefore you'll be able to recognize when you have arrived.

But what about the *gap* - or more likely the *gulf* - between *here* and *there*?

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How you plan your future can change that future

If you really want more than just a dream of success, you need an effective way to get yourself across the gap, without getting lost, or falling into a ravine, or getting eaten by bears, or running out of supplies - or courage.

And that's where *how* you do your life planning will really make a difference.

Hypnotherapy is a powerful planning tool - use it!

Plan your future hypnotherapy audio session is an audio Hypnotherapy session created by psychologists that lets you use the power of Hypnotherapy to unleash your creativity and determination in the service of getting the life you want.

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

- you become adept at accessing an extremely powerful and focused 'learning state'
- you develop a clear vision of the future you want, adapted to your character and capacities
- you begin to build a highly detailed yet flexible plan that will carry you towards that future
- the steps of your plan gradually crystallize in your mind until you know exactly what you have to do next
- you find yourself eagerly and actively taking practical steps to realize your dream

Buy *Plan your future* Hypnotherapy audio session and make sure you get the one you want. **Visit www.hypnotherapy.eorg.in now.**

Develop Positive Thinking

Hypnotherapy can help you develop a positive attitude!

It's hard to keep a positive outlook in everyday life. There are plenty of frustrations and letdowns that prevent us from seeing that good does exist. How can we think positive thoughts when we're facing illness, money problems, family issues, or trauma? When it feels like the weight of the world is on your shoulders how is it even possible to see the silver lining?

Negative thinking is usually brought on by some unfortunate event or outside force and then slowly starts leaking into other areas of our life. Before you know it, everything seems to be in the dark; every situation doomed to fail or suffer in some negative end result. It can leave you feeling angry, cheated, and even downright depressed.

But here's the thing: **getting out of the habit of thinking negatively can instantly impact your life.** By merely changing your train of thought, you will begin to see the positive that already surrounds you more clearly. Even more than that, you will attract and create more positive experiences for yourself every day. You can develop positive thinking and a positive attitude!

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Sounds easier said than done, right? After all, it's not as though you walk around trying to see the bad in everything. It's just there. The great news is, so is the good! **Hypnotherapy can help you to see the positive and develop a clearer view of the natural balance present in all things.**

Hypnotherapy is not some secret magic that will wipe away all negativity from your view, but it can help improve your relationship with your daily reality. In deeply relaxed states our minds are capable of unbelievable clarity and become more open to the positive suggestions contained in Hypnotherapy.

Imagine what it would be like to:

- Face negativity head on and still keep a positive outlook
- Bring more joy and happiness into your life with positive thinking
- Learn to appreciate your life and see the beauty in the world around you

Life certainly isn't easy and developing positive thinking can be a challenge. **Why not use Hypnotherapy to give you a little help?** The relaxation benefits alone are worth the effort.

Get out of the darkness and let Hypnotherapy bring the positive back into view! Visit www.hypnotherapy.eorg.in now.

Reinvent yourself and discover a new you!

Hypnotherapy can help you escape your pigeon-hole, climb out of your rut and reinvent yourself in surprising ways

Have you been feeling that's time for a real change in your life, but not sure how to go about it?

Do you feel constrained and limited by the expectations of other people?

Whether you do what you do because it's what you've always done, or because it's what people „expect' of you, you can end up dissatisfied. Is this all there is to life? Is this the end of your potential?

Is it really possible to recreate and reinvent yourself?

Of course, as soon as you start to think about this, your common sense tells you that there is no end to life's possibilities. You can consciously think up any number of things that you *could* be doing, or ways that you *could* be as a person, all quite different from what you do now. But when it comes to making any of these alternatives *real*, you might understandably hesitate.

What would it be like to do X? How would my family or friends or colleagues react if I started being Y? Would I *really* enjoy it? Would they all disown me? Would I know who I am anymore? These are unsettling questions, and sometimes we get so unsettled by them that we just put them aside and continue as before. At least we know what we'll get from that.

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But the fact that you're reading this page indicates, at the very least, that some dissatisfaction with your status quo is eating at you. Maybe the way people have „always' labeled you is chafing. Maybe you harbor a secret dream that you long to fulfill. Maybe you just want to see what you can do when you put your mind to it. But how *do* you go about making a potentially major change like that?

Hypnotherapy can make it so much easier to change your life

Reinvent yourself Hypnotherapy audio session is an audio Hypnotherapy session created by experienced psychologists with an in-depth understanding of the way humans really grow and develop. As you let yourself get carried away into deep trance, you'll discover that;

- you can safely and fully explore alternative realities
- you can experience different ways of being and „try them on for size'
- you can „test' what you want to do and „walk through' the results
- when you've decided what you want to do, you can rehearse how that will be until you feel really ready to make a start
- you really can change your life

Buy *Reinvent yourself* Hypnotherapy audio session and look forward to enjoying life in a whole new way. Visit www.hypnotherapy.eorg.in now.

Retirees - boost your confidence for retirement today

Work is not just work. It meets many needs, for self-esteem, self-confidence, social ties and so on. And so when you retire it can knock your confidence. It is easy to feel 'past it' or 'over the hill' when you retire.

Many people, once retired, feel redundant and that they are of no use to anyone. They often feel guilty stopping working having worked all their life. If you're retired, perhaps you just don't know what to do with yourself. Or maybe you haven't retired yet but the thought of it fills you with dread.

Retirement's hidden potential

Despite the obvious pitfalls, retirement has the potential to be the best part of your life. You know more than you've ever known about life and other people, you have more time to pursue your interests, you have built up a network of friends. But of course it isn't just financial security or physical comfort that makes us happy, we need to be stimulated and stretched by challenges and retirement a wonderful opportunity to learn all kinds of new skills and to develop in every way.

Your human needs

To be happy in life you need to have your human needs met. You need to feel connected to people around you, feel safe and secure in your environment, you need to give and receive quality attention and have at least one person or even household pet that you can feel intimately connected to. You need to be stretched and challenged to keep you interested and excited by your life, you need to have a sense of

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control over your life and feel you have purposes and achievable goals. The extent to which these needs are met will correspond to how happy you feel.

Confidence for Retirees Hypnotherapy audio session will motivate you to meet your needs for happiness now that you are retired.

Your potential retirement

Forget about 'losing brain cells' as you age. Research shows us that the connections between your brain cells will increase indefinitely *if you continue to use your brain* to meet new and exciting challenges. We become better at seeing the bigger picture as we age and therefore have a better perspective and in some ways we can make better decisions.

You can develop yourself both mentally and physically in retirement. But maybe 'retirement' is the wrong word - think of yourself as having changed focus in life. You'll now have the time to do what you really want to do.

Confidence for Retirees Hypnotherapy audio session will get you relaxed and excited about your retirement and looking forward to the years ahead.

Buy *Confidence for Retirees* Hypnotherapy audio session now. Visit www.hypnotherapy.eorg.in now.

Overcome self-obsession and find your real place in the world

Hypnotherapy can help you put an end to self-obsession by expanding your perspective on life

Have you been pulled up by someone for being 'only interested in yourself'?

Are you worried you may have become too inwardly focused and lost your connection to other people?

It's a jungle out there - or a shark-infested sea, if you prefer - and nobody is interested in your survival but you. So it's kind of natural to pay more attention to what will help *you* survive, what will help *you* get on, what will bring *you* satisfaction, what will present *you* with a problem, what's of interest to *you*, than to what's happening with anybody else.

Self-obsession is a natural behavior - at first

If you look at very small children, you can see that this is what we all do at the start of our lives. We live in our own little worlds, and we are the center of those worlds. What's happening 'out there' is only of consequence in as much as it has a specific impact on *us*. As we grow older, our closed little world typically begins to expand, and become more porous. We begin to realize - there is more to this than just ME.

Over time, we build connections with other people and become involved in their lives too. We participate in different kinds of groups and find satisfaction in making our contribution. We enjoy the company of

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others and recognize that we owe them the honor of the same level of attention as we would like for ourselves. It's not perfect, but over time, if all goes well, it balances out reasonably satisfactorily.

Self-obsession can become a prison

But this natural progression doesn't happen for everybody, for a variety of reasons. It's not always the fault of the person concerned. And if you were one of those who remains enclosed in their own little world, you wouldn't necessarily realize it, because this would be 'natural' for you. In fact, you might never realize it, unless someone else broke through from outside and forcibly made you take notice.

Now if you become aware as an adult that you've been a bit shut off in your own space, perhaps unwittingly, this is both a shock and a challenge. Some people respond to the wakeup call by shutting themselves away even more tightly, afraid of what will happen if they lose their sense of their own importance. But others look round and see a whole world of opportunity that they have been missing. And they want to join in.

But stepping out of the bubble of self-importance where you may have spent your whole life is scary!

Hypnotherapy can help you overcome self-obsession and reconnect

Stop self-obsession Hypnotherapy audio session is an audio Hypnotherapy session created by therapists specifically for people who really want to stop focusing only on themselves and reconnect with the rest of the world.

Listening to the powerful hypnotic suggestions woven into transformative metaphors in this Hypnotherapy audio session will;

- smooth your transition into a new, wider perspective on life
- help you make profound changes in your internal world
- enable you to genuinely engage at deeper levels with others
- enhance the connections you already have with others
- bring a greater sense of balance and joy into your life

Buy *Stop self-obsession* Hypnotherapy audio session and open up to the world. Visit www.hypnotherapy.eorg.in now.

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Build strength of character from the inside - where the force is

Just how strong are you?

Most people take that question in a physical sense, and rate themselves in terms of height, or weight, or muscle power. And if they want to be stronger, they feed themselves with nourishing food and take up an exercise regime which will strengthen and tone their bodies. But someone who can physically overpower everyone around them may be missing a vital element - strength of *character*.

By the same token, a person who to all outward appearances is a physical weakling, whether through choice or chance, may yet have an indomitable inner strength which carries them through challenges which would knock back those whose strength is purely physical.

Real character strength is practically indestructible

And although ideally you would combine physical strength with character strength, the one you really need in life is strength of character. Illness and misfortune can rob people of their physical power, but there is practically nothing that can take away strength of character once you have built it in to the foundations of your life.

Character is not to be confused with personality

Strength of character is not to be confused with colorful or forceful personality. It's is not about being pig-headed or certain that you are always right. It's is about having a deep, fundamental honesty with yourself and with others, combined with a readiness to change course in the light of new information, without being a pushover, and an ability to stick things out when the going gets tough.

Where does real inner strength come from?

Well, it's a sort of 'mental muscle', and just like your physical muscles, it develops in strength and flexibility through being *used*. If instead of running away from awkward or difficult situations, you face them and deal with them, your character builds and strengthens. And the more often you do this, the stronger it gets.

It's never too late to develop strength of character

This is easily said, but if you have been in the habit of 'going with the flow' of other people's plans or opinions, and are not used to standing up for yourself or doing what you think is right in the teeth of opposition, or even if you have found that you just tend to take 'the easy way', it can feel very difficult to now change tack and become a strong character.

So how can you set about developing strength of character? The clue is in the word 'inner'. This strength comes from within, from inside the core of a person. So it makes sense to start there - inside yourself. And the quickest and most effective route to working with your own inner reality is through Hypnotherapy.

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Hypnotherapy can effectively help you develop inner strength

Develop strength of character Hypnotherapy audio session is an audio Hypnotherapy session designed to enable you to be continuously strong in how you behave, think, and communicate. This Hypnotherapy audio session works on your mind at an unconscious level - the most powerful level there is.

Listening to *Develop strength of character* Hypnotherapy audio session is both deeply relaxing and highly energizing. While you let go temporarily of your daily concerns, you free yourself to experience a powerful transformative process which will awaken your core strength and set it to work in ways you can hardly imagine in your life. You will begin to feel the results from the very first time that you listen - and they keep on multiplying.

Buy *Develop strength of character* Hypnotherapy audio session and surprise yourself. Visit www.hypnotherapy.eorg.in now.

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- Onam Festival
- Pakistani recipes
- Paneer Dishes
- Pasta recipes
- Pasta salads
- Pickles & Chutney recipes
- Pies recipes
- Pilafs recipes
- Pizza recipes
- Polenta recipes
- Potato dishes
- Potato salads
- Potato recipes
- Puddings
- Pulses & Lentil recipes
- Punjabi recipes
- Quick breads
- Raksha bandhan special Indian sweets
- Rice recipes
- Risottos recipes
- Salad Dressings
- Salads
- Salsas
- Sandwiches
- Sauces
- Seafood
- Shakes and Sips
- Snacks
- Snacks recipes
- Soups
- South Indian nonveg recipies
- Stews recipes
- Stocks recipes
- Stuffed vegetables
- Stuffings recipes
- Tofu recipes
- Tomato recipies
- Variety breads
- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
- Yeast breads (made by hand)