

Pregnancy, childbirth and Hypnotherapy



by Dr. Manish Patil

Pregnancy, childbirth and Hypnotherapy
by Dr. Manish Patil

Copyright © Manish Patil. All Rights Reserved forever.

This ebook is for your personal non commercial use only. You cannot distribute this ebook by yourself. If you want to distribute this ebook, you should give the url www.manish.eorg.in to your friends etc. from where they can download the ebook.

If you want resale rights (Resale the book as it is. Without any changes) of this eBook, please contact Manish Patil at manish@eorg.in priorly. You cannot change the contents of this ebook in any condition.

If you want to print its hard/paper bound copy, please contact Manish Patil at manish@eorg.in before printing.

If you are doubtful regarding anything, please confirm with Manish Patil at manish@eorg.in in advance.

Hypnotherapy is considered as an Alternative Medicine system or complimentary method of treatment in many countries. So Treatments by Hypnotherapy also should be considered as Alternative treatment. Use as per the rules of your country, state, Location etc.

Limits of Liability / Disclaimer of Warranty

The authors and publisher of this book and the accompanying materials have used their best efforts in preparing this program/e-book. The authors and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this program. They disclaim any warranties (expressed or implied), merchantability, or fitness for any particular purpose. The authors and/or publisher and/or distributors shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages. As always, the advice of a competent legal, tax, accounting or other professional should be sought. If medical advice or other professional assistance is required, the services of a competent professional should be sought. This e-book is only for educational purpose. The authors and publisher do not warrant the performance, effectiveness or applicability of any matter links or sites listed in this book. All matter and links are for information and education purposes only and are not warranted for content, accuracy results or any other implied or explicit purpose.

This manual is copyright protected and contains material protected under Indian, International and Federal Copyright Laws and Treaties. Any unauthorized copying, distribution, recompiling, selling, adding or eliminating the matter of this eBook, reprint or use of this material in part or full is prohibited and will be punishable at maximum. Strictly subject to Dhule, Maharashtra state, India jurisdiction.

Earnings Disclaimer

The earnings that you actually experience will depend on the amount of labor that you put into your efforts as well as your ability, experience, education, market trends, search engine algorithms, and many more personal and external factors. We do not guarantee or otherwise promise that you will earn any particular amount of money. That said, it is possible to make money online. Thousands of people are doing it every day, and we hope that this report can help you join those ranks!

**To see other e-books written or given by Manish Patil, visit
www.manish.eorg.in**

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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 can be directed at first to do astral travel, and then later on after some experience has been achieved,

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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.**

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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.

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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 and Shushamna and in English as the sympatic, parasympatic and central nervous systems, these three nadis are situated along the spinal cord and they run in a curved manner which is why they are called Serpent or Kundalini, these three nadis in this curved movement overlap each other and at the various fields of crossing an energy field is created which flows in an circular manner which can be

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

compared to a wheel or a chakra hence the word chakra is used to describe these centers of energy, the frequency of these energy fields increases from the lower to the higher chakra ie. the force which is generated increases from the lower to the higher.

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

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

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

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

Frequently Asked Questions

Why is Hypnotherapy so effective?

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

Does Hypnotherapy work for everyone?

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

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

With our Hypnotherapy audio sessions you don't have to go that deep to get the benefits of hypnosis. If you are willing to listen and relax as deeply as you can, you will experience benefits. Hypnosis does not come easily for everyone. Normally the results are noticed within a month. Some people will have to try harder at it than others, but if you dedicate yourself to getting the most out of each session, you

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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.

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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

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

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

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

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

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

Can I use more than one Hypnotherapy session at once?

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

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

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

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

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

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

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

Are these recordings suitable for falling asleep to?

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

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

part). Because you will feel so relaxed after listening to any of our Hypnotherapy sessions, it'll be easy to just drift off into a natural sleep.

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

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

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

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

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

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

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

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

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

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

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

While ordering you must fill in your correct and complete details, along with the name of the person to be benefited as it is used in the sessions. Otherwise your order will not get processed. Please remember that we respect our customer's privacy, and your details will not be shared with any third party.

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.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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.**

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.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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".

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.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

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.

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.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

Pregnancy childbirth and Hypnotherapy

Pregnancy and childbirth are two of the most exciting - and most challenging - experiences that a woman can encounter. Bringing a new being into life - right there in your own body - can be both wonderful and terrifying. The rollercoaster of emotions that expectant mothers feel are not just due to the flood of hormones!

Staying calm and keeping yourself well both physically and mentally give you and your baby the best chance, but is there anything you can do beyond eating healthily and getting enough exercise to optimize the pre-natal and peri-natal process?

We have a range of Hypnotherapy audio sessions for expectant and new mothers, dealing with many different aspects of pregnancy and childbirth. We'll help you deal with the challenges of all the emotional and physical changes, and help you connect deeply with your unborn child. You can use our sessions to prepare for the birth so that you (and your baby) have the most comfortable experience possible.

Sometimes things don't go to plan, and we'll help you respond in the best possible way to those situations too, so that you can feel confident and relaxed as a woman and a mother, whatever happens.

How dads can kick-start baby bonding before baby arrives

Baby bonding can seem like an arcane art to dads. Dads really get a bit of a raw deal in the whole run up to the birth of a new baby. It may be natural for all the attention to be focused on the mom, and how *she's* getting on, and how *she* feels, but it can leave the dad feeling like a spare part. Like this new child is nothing to do with him. And even if he *wants* to be part of it, and build a bond with his baby, where does he start?

Dads can get left behind when it comes to baby bonding

There's a vast amount of information and help available to mothers-to-be, and any number of professionals on hand to help them through the pregnancy. But future dads are seemingly somehow expected to be able to take it all in their stride, without any particular help from anyone, and just naturally morph into 'champion dad' when the baby arrives.

But dads are people too and, like all of us, need time to build relationships. And when it comes to the complex emotions around the arrival of a new baby, a few pointers can be really welcome. Some lucky guys may get support from friends who are also dads, but many men are wary of talking about the emotions they feel about their baby to other men, perhaps fearing they may get laughed at.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in
Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

Hypnotherapy can help you form a powerful bond with your baby

Connect with your unborn baby Hypnotherapy audio session is an audio Hypnotherapy session which offers the dad-to-be an opportunity to step out of all the pressures around the practical aspects of preparing for a new arrival. Listening to this powerfully hypnotic session will engender a deep (and very restful) sense of calm in your soul and allow you to begin bonding with your coming baby in a way that goes beyond words.

Taking the time to listen repeatedly to *Connect with your unborn baby* Hypnotherapy audio session during your partner's pregnancy will ensure that, when the birth day comes, you will be more than ready to welcome and celebrate the wonderful new arrival.

Buy *Connect with your unborn baby* Hypnotherapy audio session and experience fatherhood in a totally new way. Visit www.hypnotherapy.eorg.in now.

Relax about breastfeeding and help your baby feed well

Breastfeeding your baby is so healthy and is such an excellent start to ensuring he or she builds a good immune system. There are so many plus points for breastfeeding. But, of course, when you are the one doing it; breastfeeding can be difficult and tiring which is why having a powerful sense of the massive health benefits for your baby is going to be so valuable as a motivator. Hypnotherapy is an excellent tool for building positive intention and motivation.

Mind, body and milk

Your milk production and release is reliant on both physiological and psychological factors. Stress and the daily grind of looking after other children or continuing to work can affect your milk production. So how your mind is will affect how well your body works. Fortunately Hypnotherapy is a great way of encouraging just the right breastfeeding mindset.

There are many research studies indicating that breast fed baby's are protected from a large array of childhood diseases and have better brain development. (1)

It also seems that women who breast feed are at lower risk of breast cancer, ovarian cancer and even hip fractures in later life.

So breastfeeding is a health win/win for you and your baby.

Breastfeeding and relaxation

Deep and regular relaxation means your system is going to be functioning closer to its best to ensure you are best placed to breast feed.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in
Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

Keeping a positive attitude is important as is feeling calm and relaxed during feeding. It's totally understandable to sometimes have gloomy thoughts about being a mother because it *is* a lot of work. This is why it's important to consider that you can be an excellent loving mother *and* sometimes feel resentful or 'tied' to your baby.

It's important to understand just the extent that relaxation and having the right unconsciously held mind set can help in your breast feeding. Hypnotherapy is the perfect way for you to instill a relaxed and comfortable association with feeding your baby.

Buy *Breastfeeding Success* Hypnotherapy audio session now and help yourself help your baby. Visit www.hypnotherapy.eorg.in now.

(1) Boyd C.A., Quigley M.A., Brocklehurst P (2007) Donor breast milk versus infant formula for preterm infants: systematic review and meta-analysis. Archives of Disease in Childhood; 92:F169-F175

Hypnotherapy can reduce pain in childbirth naturally

Stay calm and in control no matter how your birth progresses

Do you have mixed feelings about childbirth? Are you concerned about how you will cope?

For most of us, our image of child-birth is a team of medics huddled round a sweating, screaming woman. Add to the mix some scare stories of emergency c-sections, ineffective inductions and overworked medics, and it's no wonder women today have anxiety about giving birth.

Fortunately, we've been giving birth for a long, long time and our bodies are made to do this. This sounds glib but it's worth hanging onto, especially if you want your birth to be less eventful, calmer and more natural. (Sadly, that type of birth doesn't make it onto our screens).

Teach your body to know it's safe to give birth

Even if you are induced or have complications or need a C-section, knowing you can tap into your body's natural ability to manage pain is both comforting and empowering for a mother. This Hypnotherapy Buy is to be used to rehearse the birth experience from 33 weeks onwards.

When your mind and body knows it's safe to give birth, then you will give birth but any anxiety, fear or worry is a strong signal for the baby to stay right where it is and the body reacts accordingly, clamping the cervix and delaying the process. This is where pain and exhaustion can take over and the birth becomes more complicated with all sorts of medical interventions. So, anything you can do to minimise anxiety, fear or worry assists your body to do what it wants to do. And fortunately this is where Hypnotherapy helps, by regularly practicing being calm and relaxed before the birth, and also during the birth itself.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

Buy *Childbirth Rehearsal* Hypnotherapy audio session now and look forward to a joyous birthing experience... Visit www.hypnotherapy.eorg.in now.

Fertility Hypnotherapy: Hypnotherapy can double the chance of fertilization

It's heart wrenching when you are trying for a baby but just can't seem to get pregnant.

Perhaps you're reminded of it wherever you go. Every other person you see seems to have a baby. You are reminded all the time on TV and maybe some people are careful not to mention babies in front of you because it's become a 'sensitive issue.'

Your lover becomes a 'sperm donor'

Trying for a baby can make your sex life suffer because making love is replaced by trying to make babies. Infertility issues and trying for a baby can adversely affect relationships when getting pregnant takes a long time.

The whole act of love making can become a stressed attempt at reproduction rather than reproduction being a by-product of relaxed love making.

Perhaps you've had IVF and it hasn't worked yet. Fertility treatments don't work for everyone but the good news is that Hypnotherapy can make you more fertile.

Hypnotherapy can help you get pregnant

Research has shown that Hypnotherapy for fertility doubles the success of IVF treatment. Researchers at Soroka University in Israel found that 28% of woman in the group that were hypnotized became pregnant compared to 14% of those were not hypnotized.

This research study of 185 women was presented to the European Society of Human Reproduction and Embryology conference in Berlin. The Israeli researchers aimed to discover whether Hypnotherapy could make the embryo transfer stage of IVF more successful.

During this stage, the embryo is transferred into the womb. However, if the womb is contracting, it can affect the chances of the transplant being a success. The research found that, indeed Hypnotherapy did seem to greatly increase chances of becoming pregnant.

Stress and fertility

IVF fertility treatment tends to be a stressful time but stress can have a blocking effect on fertility success. This is why woman will often become pregnant at the very point they stop trying. The trying causes stress and prevents the very thing you are aiming to achieve. Getting pregnant needs to be *allowed* as much as forced. Sleep is a natural process of the body but it's

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

when you *stop trying* to sleep that you are more likely to actually fall asleep. So it is with pregnancy.

Hypnotic suggestion and the workings of the body

This Hypnotherapy for fertility session will do more than just diminish stress and get you relaxed. Your unconscious mind can directly affect the workings of your body through hypnotic suggestion. This happens when people are able to heal more quickly or be relieved of warts after being hypnotized. It's their unconscious mind that responds to the suggestions - this goes beyond the results of merely relaxing (as beneficial as these results are).

Buy *Hypnotherapy for Infertility* Hypnotherapy audio session now and set the scene for pregnancy to happen naturally. Visit www.hypnotherapy.eorg.in now.

Get relief from your pregnancy morning sickness symptoms

Learn to recognise and stop the psychological triggers for nausea

The early stages of pregnancy are blighted for many women by the symptoms of morning sickness. When severe, morning sickness can ruin what is supposed to be a joyous time - and doubly upsetting when 'morning' sickness can happen in the afternoon, the evening or at night.

The nausea and vomiting associated with morning sickness are caused in part by the major physical changes in pregnancy, the higher levels of certain hormones and a greater sensitivity to odour and taste. Because these changes are an essential part of a healthy pregnancy, to talk about a 'cure for morning sickness' is just not realistic. And most women want to avoid medication while their unborn child is at such a vital stage.

Hypnotherapy is a natural, drug-free remedy for morning sickness

However, morning sickness is not just physical - there is also a psychological element. Certain triggers can become associated with nauseous feelings. *No more morning sickness* Hypnotherapy audio session will help stop these associations from producing nausea.

Your brain controls nausea and vomiting through the autonomic nervous system, which regulates involuntary functions such as heartbeat and breathing. Different irritants such as smells, tastes, anxiety, pain, motion or chemicals can trigger the vomiting centre in the brain to initiate the vomit reflex.

But once you learn how to calm down the part of the brain that produces this effect you will feel so much better from day to day. Hypnotherapy acts as a natural remedy for morning sickness - listening to a Hypnotherapy audio session when you feel unwell will immediately improve your symptoms.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

No more morning sickness Hypnotherapy audio session will help recondition your mind and body to feel so much more comfortable until morning sickness passes leaving you free to enjoy the rest of your pregnancy. Visit www.hypnotherapy.eorg.in now.

Enjoy a positive pregnancy in tune with your body

Learn to relax during pregnancy and give yourself and your growing baby a healthy rest

Mothers are always told that pregnancy should be a joyous time; that when you are pregnant you 'glow' with health. But many mothers just don't feel that way. For them, pregnancy can feel like an assault upon their body, accompanied by feelings of anxiety, fear and feeling 'yuk'.

Some stress during pregnancy is normal, but too much can be harmful

Research shows us that stress experienced by a woman during pregnancy may affect her unborn baby as early as 17 weeks after conception (1), with potentially harmful effects on brain and development, according to new research. (2) Undue and prolonged mother stress can, it seems, affect the unborn fetus to that extent that its IQ is lowered. Good diet, regular rest and a good positive attitude all help the unborn baby thrive.

It is important to remember that all pregnant mothers are liable to have mood swings. All mums to be will feel worried and stressed *sometimes*; this is perfectly natural. But prolonged and severe stressful negative feelings can affect mother and baby alike.

How does mothers' stress affect the unborn baby?

Stress during pregnancy and the mother's anxiety may reduce blood flow to the womb and thereby reduce the amount of oxygen and nutrients the baby receives through the placenta. Scans have shown that there is reduced blood flow to the baby in anxious mothers.

Another way that maternal stress during pregnancy can affect the unborn child is via the stress hormone cortisol. Stress hormone in the blood can cross the placenta and affect the brain development in the foetus. Studies have shown that when the level of cortisol is higher in the mother, it will also be higher in blood samples taken from the unborn baby.

Looking after yourself and looking after your unborn baby

Everybody needs to relax regularly, to feel supported and secure. But when you are pregnant these needs take extra priority because when you are happier your baby is happier and may also be healthier. Take time to talk with people you feel safe with and make relaxation and rest an important part of your day. Every time you relax deeply your immune system works more powerfully (3) and your heart and lungs have a healthy rest. Regular deep hypnotic relaxation can have a wonderful impact on your baby in the womb.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in
Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

Regular and wonderfully deep relaxation whilst you are pregnant will free your body and mind to use available energy for restorative functions. When you relax your baby will relax. Relaxation can actually enhance the functioning of your body and mind.

This session Positive pregnancy Hypnotherapy audio session will give you the opportunity to relax wonderfully deeply, a major boon in itself but will also provide you with unconscious suggestions to feel very positive about your pregnancy.

Buy *Positive Pregnancy* Hypnotherapy audio session using the button below and enjoy the rest of your pregnancy. Visit www.hypnotherapy.eorg.in now.

(1) Anxiety during pregnancy can double a mother's risk of having a hyperactive child, according to research released to on 3rd Sept 2007 for National Pregnancy Week. Professor Vivette Glover of Imperial College, London, presented new findings from a study of more than 7,000 mums-to-be alongside an overview of how stress and anxiety during pregnancy can affect the unborn baby's development and birth. Professor Glover and Dr Tom O'Connor studied women living in Avon and expecting their babies between April 1991 and December 1992 (the ALSPAC Study, also know as Children of the 90s).

Each woman completed questionnaires designed to measure their level of anxiety at 18 and 32 weeks of pregnancy. Women were identified as anxious if they scored in the top 15 per cent of respondents. Children were assessed for behavioral and emotional problems just before their fourth birthday.

Researchers looked particularly at women who were anxious during their pregnancy, but whose levels of anxiety fell after delivery. This was to see how the baby's behavior was affected by antenatal anxiety rather than their mother's mood during their early years. Results showed that women who were anxious in the last trimester of pregnancy had children with more behavioral problems. Those who had boys were twice as likely to have a child who showed problems with hyperactivity and inattention problems at age four.

(2) The findings, published in the journal *Clinical Endocrinology*, come after separate research on animals showed that high levels of stress in a mother during pregnancy could affect brain function and behavior in her offspring, and other evidence suggesting that maternal stress in humans can affect the developing child, including lowering its IQ.

(3) Rossi, E.L. (1993). *The Psychobiology of Mind-Body Healing*. New York: Norton and Co

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

Overcome Postnatal Depression

It's an awful thing to experience depression at any time but postnatal depression can be particularly difficult because of your new arrival.

Extreme exhaustion, apathy, tearfulness and self-reproach and guilt go hand in hand with the experience of postnatal depression.

Postnatal depression is not the baby blues

It's important to distinguish between the 'baby blues' which usually lasts only a few days after the birth and is experienced by many new mothers largely because of hormonal changes and 'proper' postnatal depression. Baby blues lifts quickly once hormonal balance is restored and sufficient rest is gained.

Postnatal depression is different from the baby blues and affects about 10 % of new mothers. The depression often starts after the mother has been discharged from the hospital.

Causes and contributing factors of postnatal depression

Some women who suffer postnatal depression don't have the support network around them that would help ease their situation. However they can still come out of the depression quickly and start to feel much more able to cope again.

Many women who experience postnatal depression doubted their own ability to be a good mother *before* they gave birth. Others found their baby difficult to 'connect' with and felt depressed because of that. The more depressed they become the less they feel connected with the baby and so a 'vicious circle' formed.

Escape the illusions depression creates

Depression makes us think in narrow and blinkered ways. When you relax deeply you have the chance to gain access to the part of your mind which can think clearly and produce much healthier and more positive feelings. As you start to feel better all your relationships will improve not just your relationship with your baby.

Remember all mothers recover from postnatal depression. As your recovery proceeds, the bad days get fewer and less upsetting and the good days increase. Gradually the bad days will disappear completely.

Imagine how it's going to feel when you can start to get proper rest and feel lively and optimistic again. Depression can start quickly and it can also start to lift quickly and once you learn more about it you can start to keep it away for good.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

Buy *Overcome Postnatal Depression* Hypnotherapy audio session now and start to get some much needed rest and encouragement. Visit www.hypnotherapy.eorg.in now.

Pregnancy after miscarriage - stay calm and positive

Pregnancy following a miscarriage can be a testing time in many ways for a mother - and for a father too. There are so many complicated feelings involved! On the one hand, there is the loss to grieve over. On the other, there is the joy of expectation. On top of that, there may be many anxieties about the new pregnancy. It can be a real challenge to stay calm and positive throughout the pregnancy.

Grief may complicate the picture for pregnancies after miscarriage

If the miscarriage was recent, you may still be grieving. Even though you may be delighted that a new pregnancy has started, the pain of that loss does not diminish straight away. It can be hard to deal with the congratulations of friends and family. Yes, you are happy, but you are still sad too. And it hardly helps when people say crass things like 'the new baby will make up for the one you lost'.

If you have become pregnant again after a miscarriage which occurred a long time previously, you may be surprised at the feelings of grief that swell up alongside your joy. You might even feel guilty about being so happy, feeling as if you are somehow betraying the child who went before. But this swirl of emotion is completely normal. Pregnancy is an emotional time anyway, but especially if preceded by miscarriage.

Worries about pregnancy after miscarriage lead to a Catch 22

Dealing with all these emotions is complicated by the question which is foremost in your mind: "Will *this* baby be all right?" Whatever caused you to miscarry the last time, it is natural to be concerned about the well-being of your unborn child. You will do everything you can to see it all goes well. You will eat right, exercise properly, take all the ante-natal advice you can get and follow it scrupulously.

But even if you do all that, you are still quite likely to worry a lot. Which puts you in a Catch 22 situation, because worry is bad for you and your baby. Worried parents may be flummoxed by this. "How can we *not* worry about our baby, after having a miscarriage?" If you've had more than one miscarriage, this could be even more likely to make you anxious about subsequent pregnancies.

The positive role of Hypnotherapy in pregnancy after miscarriage

This is where Hypnotherapy can really come to your aid. You already know that just telling yourself to stop worrying about the pregnancy doesn't help you much. It's as if your thoughts just turn of their own accord to what might go wrong. And you can really frighten yourself with the

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in
Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

scenarios you can dream up. To break through this vicious circle you need something more than just willpower and conscious intention.

Pregnancy after miscarriage Hypnotherapy audio session is an audio Hypnotherapy session which uses powerful hypnotic suggestions to take you into a deeply relaxed, integrated state. You don't have to *try* to make yourself calm. It will all happen by itself. Entering this state and remaining there for the duration of the session is healing to both mind and body.

The feeling of well-being that you will experience as you listen to *Pregnancy after miscarriage* Hypnotherapy audio session is more than just a mood. You will actually be circulating 'feel-good' chemicals in your body as it relaxes - and these will also be circulating in the womb and transmitted directly to your baby.

Pregnancy after miscarriage Hypnotherapy audio session will guide you through a gentle yet transformative process of visualisation which will enable you to focus on the positive outcome of your pregnancy and the health of yourself and your baby. You will find yourself naturally becoming and remaining so much calmer as you continue to take all the necessary steps to care for yourself in the best possible way in your pregnancy.

Buy *Pregnancy after miscarriage* Hypnotherapy audio session and really do the best for you and your baby. Visit www.hypnotherapy.eorg.in now.

Love your pregnant body - it really is truly beautiful!

So you're pregnant, and a new life is growing inside you. Wonderful as that thought may be, you know it means *your* body is growing too - and that may not feel quite so wonderful. In a society which promotes stick-like thinness as the ultimate ideal of feminine beauty, a pregnant woman may be forgiven for feeling as if she is being forced to undergo some form of torture. Love that pregnant body? You must be kidding.

The conflict of feelings around being pregnant

Whatever your starting state, as pregnancy progresses, you will inevitably grow larger, heavier, and rounder. It would be very worrying if you did not! But these changes in your body shape may arouse conflicting feelings. On the one hand, it is good to see your body developing as it should in preparation for birth. On the other hand, as you depart further and further from the 'ideal' shape, it can feel hard to be appreciative.

How other people can make you feel when you're pregnant

Comments from others can make it worse. Most people don't mean to be unkind, of course, but references to your weight, or size, can feel particularly insensitive at this time. And then there's maternity wear. It's hard enough to find truly flattering maternity clothes, and even when you do,

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in

Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Pregnancy childbirth and Hypnotherapy by Manish Patil

Visit www.manish.eorg.in to get more e-books, manuals, reports and much more

the contrast between your capacious garments and the close fitting attire so carelessly sported by your friends can feel a little stark.

Overcoming negative attitudes to a pregnant body

What can you do to overcome such negative feelings and really begin to enjoy the natural beauty of your pregnant body? How can you withstand those pernicious influences which are making you feel down about how you look as a pregnant woman? How can you love your pregnant body?

The answer is two-fold.

Two steps to feeling great about your pregnant body

Firstly, actively keep in mind the meaning and purpose of your pregnancy. It may be obvious, but it bears repeating. Pregnancy is not about where you stand in the relentless but artificial 'beauty contest' imposed on us by current social patterns. Pregnancy is about the wonder of bringing forth new life, a new generation, a new person - a new person with the potential to be and do all that is open to a human being.

Using Hypnotherapy to help you love your pregnant body

Secondly, cultivate in yourself an understanding and appreciation of the physical unfolding of pregnancy. There is no better way to do this than by letting go of all the self-criticism and throwing yourself into the wonder of what is happening. And there is no better way to do that than by using Hypnotherapy to enter a state of deep relaxation and to focus all your attention and energy on the miracle that is happening within you.

Love your pregnant body Hypnotherapy audio session is an audio Hypnotherapy session which will carry you away from those negative thoughts and voices into a state of deep peace and calm, where you can feel totally at one with yourself - and with the one within.

Listening to *Love your pregnant body* Hypnotherapy audio session will make it easy and delightful to engage your mind with the natural and wonderful reality of pregnancy, teaching you to appreciate it in ways you would never have thought of. You'll find it easy to establish and maintain a state of deep and confident enjoyment of your pregnant condition.

Buy *Love your pregnant body* Hypnotherapy audio session and begin to appreciate just how wonderful you are. Visit www.hypnotherapy.eorg.in now.

To buy / purchase / order Hypnotherapy or Subconscious mind programming audio sessions in Marathi, Hindi and Indian English languages, Visit www.hypnotherapy.eorg.in or www.vighnaharta.eorg.in or Contact: +91 8087898598 (9 am to 7 pm) or contact manish@eorg.in
Copyright © Manish Patil www.manish.eorg.in All rights reserved worldwide forever.

Hypnotherapy series e-books of Manish Patil

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

Recipe series e-books of Manish Patil

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