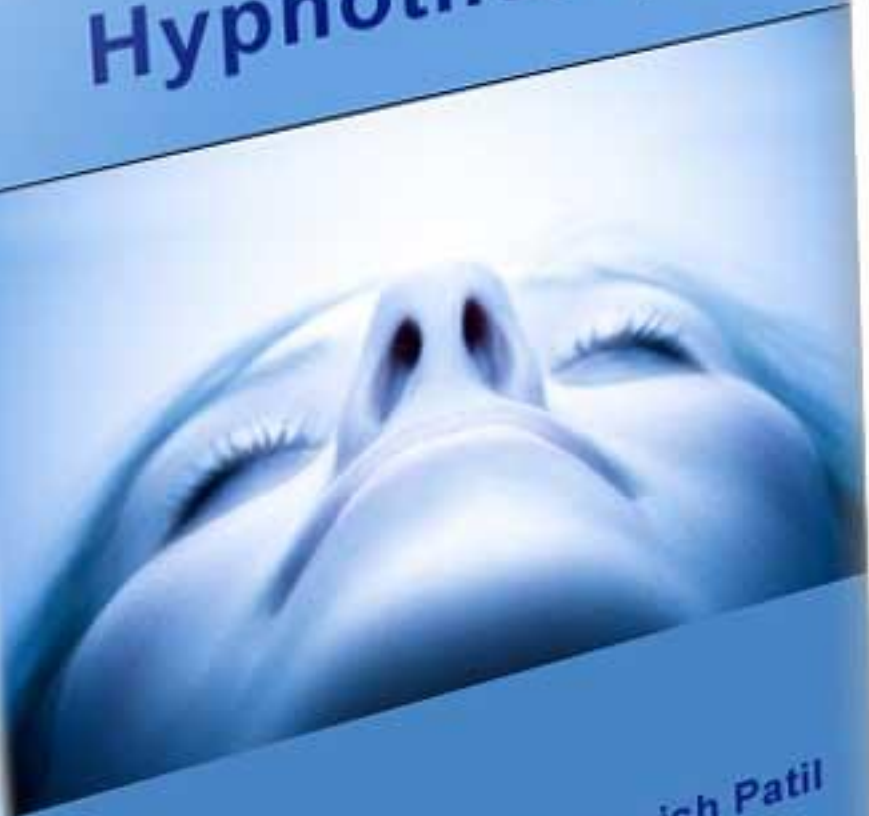


# Relaxation by Hypnotherapy



Dr. Manish Patil

*Relaxation by Hypnotherapy* Dr. Manish Patil

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## Relaxation by Hypnotherapy by Dr. Manish Patil

### Hypnosis

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

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

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

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

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

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

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

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

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### Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

### The Power of Suggestion

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

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

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

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

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

### Samadhi through Self Hypnosis

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

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

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

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

### The Three Forces of God

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

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

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

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

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

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

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

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

### The truth behind meditation

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

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

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

### Meditation a state of mind

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

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

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

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

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

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

#### THE SWADHISTHANA CHAKRA

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



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### THE MANIPURA CHAKRA

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

### THE ANAHATA CHAKRA

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

### THE VISHUDDHA CHAKRA

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

### THE AJNA CHAKRA

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

### THE SAHASARA CHAKRA

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

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

### Meditation of Silence

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

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

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

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

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

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

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

### Frequently Asked Questions

#### Why is Hypnotherapy so effective?

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

#### Does Hypnotherapy work for everyone?

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

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

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

### How safe is Hypnotherapy? Should I be worried?

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

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

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

### Will Hypnotherapy make me act strangely?

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

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

### What Types of Changes Can I Make Using Hypnotherapy?

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

### Will Hypnotherapy totally change me as a person?

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

### How do your Hypnotherapy audio sessions work?

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

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

### How long are your Hypnotherapy sessions?

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

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

### When will I notice the results of Hypnotherapy?

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

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

### Are your Hypnotherapy sessions suitable for children?

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

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

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

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

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

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

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

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

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

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

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

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

**Can I use more than one Hypnotherapy session at once?**

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

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

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

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

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

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

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

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### Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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

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

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

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

### Is there any way to purchase Hypnotherapy audio sessions anonymously?

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

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### Will I receive unwanted emails or promotional mail?

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

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

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

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

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

### Are the Hypnotherapy audio sessions registered to my computer?

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

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

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

### In which languages can I get my Hypnotherapy audio sessions

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

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

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

## Relaxation by Hypnotherapy by Dr. Manish Patil

### The Myths of Hypnotherapy

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

#### **Hypnotherapy Myth #1 –Hypnotherapist have special powers.**

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

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

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

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

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

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

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

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

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

## **Relaxation by Hypnotherapy by Dr. Manish Patil**

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

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

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

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

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

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

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

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

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

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

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

## Relaxation by Hypnotherapy by Dr. Manish Patil

### 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.



# Relaxation by Hypnotherapy by Manish Patil

## Relaxation by Hypnotherapy

Of all the relaxation techniques and methods you could use, Hypnotherapy and guided imagery are far and away the most effective - and fast. And when you combine Hypnotherapy with other ways of relaxing that you already use, you have a mightily potent elixir of invigoration!

The real benefit of using Hypnotherapy audio sessions for relaxation techniques is that it allows you - easily and effortlessly - to teach your own mind how to achieve really deep relaxation very quickly. Even if you only have five minutes to spare, you can give yourself the equivalent of an hour's deep rest. Think what a difference that could make to your day.

Whether you want to know how to improve your stress management at work, learn progressive muscle relaxation to fall asleep quickly, or just enjoy at-home relaxation therapy to boost your energy, motivation and concentration, one of our relaxation Buys is just right for you. And they're all fun!

## Creative Relaxation Dolphin Visions

**You can experience peace and tranquility.**

Let's face it; the world we live in isn't always perfect. In fact, it rarely ever is. **Sometimes you just need to get away** - away to a place where you can feel safe, a place where you have absolutely no worries, nothing to fear and where the stress and pressure of your everyday world melt away behind you.

Stress is a killer - literally. If you don't find a way to relax your body and your mind, the stress inside you will continue to build until it is out of control and unmanageable. When this happens, the stress will eat away at you until you are nothing but a shell of your former self.

**The only way to avoid the mental and physical damage caused by stress is to achieve a state of deep relaxation on a regular basis.**

For thousands of years, mankind has been turning to the power of deep relaxation to cure mental, emotional and physical ailments. By achieving such a state, you can release any stress that's been building up and **melt away any pressure and tension that may be bothering you.**

**Imagine what it would be like to:**

- Enter a state of deep relaxation and come out feeling completely peaceful and relaxed.
- Endure an agonizing day filled with unending stress knowing you can go home at the end of it and erase every bad thing that happened.
- Escape to another world whenever you want - a world where no one can follow you and no one can disturb your peace.

**With the help of Hypnotherapy you can manage any stress quickly, safely and effectively.**

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The Dolphin Visions Hypnotherapy audio session can rejuvenate your senses, sooth your spirit and relax your mind. Once you've experienced everything deep relaxation has to offer, **you'll wonder how you ever lived without it. Buy it now, Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Creative relaxation The Magical Forest

**Let the world melt away and relax deeply in your own magical forest!**

The world in which we live can be quite noisy and chaotic. We work too long and sleep too little. Our phones ring repeatedly and our thoughts race with long lists of things to do almost constantly. We don't really get to much time to relax and when we do someone or something that needs our attention always ends up interrupting. **Modern life just doesn't leave much time for recharging your batteries.**

But there is a place you can go to drown out all the noise and finally get peace. **Picture a forest where the only sound you hear is a bird signing softly and a light wind blowing through the trees.** Wildflowers line paths that meander through the landscape, no purpose or direction needed. You can walk leisurely along while the sun peeks through the trees warming your skin gently. **This is a magical place; this is a place where you can be free.**

The best part is you don't even have to fight traffic to get there. You don't have to skip work or say goodbye to the family. All you have to do is give yourself a few minutes of peace and you can gain the benefit of relaxation an entire vacation couldn't even bring. **This kind of deep relaxation is important for your mind and your body.** Stress has a near toxic effect that can be damaging to your health and wellbeing. Fortunately for us, Hypnotherapy is a quick and natural way of cleansing ourselves of this negative energy.

**Imagine what it would be like to:**

- Finally be free of built up stress!
- Feel healthier and happier every day!
- Sleep better and have more energy!

We all need a break from time to time and **Hypnotherapy is an excellent way of releasing ourselves from the daily grind.** All too often when we go on holiday we bring our worries with us and schedule ourselves to the point we forget to unwind. **A trip to your own private magical forest is always available, anytime.** You are free to roam and spend as much time there as you like.

This Hypnotherapy audio session will guide you through the steps to relaxing deeply and visualising your woodland escape.

**Use the power of your creative unconscious to visit a magical forest today! Buy it now. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Creative relaxation Tropical Paradise

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**Visit your own private tropical island today!**

There is no arguing that modern daily life has become quite hectic. We run from one appointment to the next, fighting traffic and fielding phone calls, with little time in between. There's just so much to be done. Your to do list grows every day and even your sleep is wrought with the knowledge the next day brings no lighter load. There's no question that you need a break, but a holiday is out of the question.

**If I told you there was a private and quiet tropical island so close by that you could go there on your lunch break every day, would you go?** If I said that you could have it all to yourself or bring whomever you wished, would you take me up on the offer? If I said visiting this island would bring you a sense of peace and calm sure to last much longer than while you're there, would you set aside the time to do it?

Of course you would, if you believed it to be true. I'm sure you're convinced no such place exists, but it does. Inside each of us is an exotic destination filled with all the battery recharging energy our bodies and minds need to thrive. **You can go there *anytime you want*, no appointment needed, no traffic to fight, and phone calls required.**

- **Imagine what it would be like to:**
- Take a break from daily stress and energise your body and mind!
- Visit paradise as often as you would like and for as long as you desire!
- Truly feel relaxed and calm, and carry it with you throughout the day!

You may not think that visiting a tropical paradise in your mind is as good as the real thing, but you will be pleasantly surprised. When we go on a physical vacation our schedules can be just as hectic and our minds often drift back home where we imagine lists of tasks are piling up in our absence. When we take a mental vacation, there is no schedule. **We are free to roam and enjoy our spectacular visual environment as we choose.**

Not that great at picturing vivid images or feeling things only imagined? **This Hypnotherapy audio session will guide you through the steps to get there.** With each listen to the Hypnotherapy session, your tropical paradise will become even more real and closer to home than you ever thought possible.

**So, what are you waiting for? Buy it now. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

**How would you like to relax on your own private beach?**

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People often say they could do with a vacation and fantasise about a beautiful desert island with white beaches and blue seas. Actual seaside holidays rarely match up to this vision, of course. How can you really relax when you are surrounded by screeching kids and thousands of sunburned tourists? And real desert island holidays are quite out of reach for most of us.

So you put the dream aside and get on with real life. There's a crust to earn, a family to feed, a mortgage to pay... relaxing on beaches is not for me. That's what you tell yourself, gritting your teeth.

You could be short-changing yourself.

### Why relaxation is so important for health and happiness

Philosopher William James famously said "*Every man who possibly can should force himself to a holiday of a full month in a year, whether he feels like taking it or not.*" A month of holiday may seem a hopelessly unrealistic notion, but in principle James is right. If we don't take time out for rest and relaxation, we become ill. Mentally and physically. Sometimes to the point of total incapacitation.

### What if you can't take a holiday right now?

However, in real life it is not always possible to take a vacation, even a short one, when you wish to do so. And if you cannot take a vacation, or your vacation is of the singularly unrelaxing kind mentioned above, does it follow that you are therefore completely barred from enjoying *any* of the benefits a holiday could bring you?

No.

There is a way for you to give yourself some of the major benefits of a 'live' holiday. In particular, it is perfectly possible to enjoy the wonderful sensation of freedom from worry that a great holiday gives you. It's perfectly possible to experience the deep rest and recuperation that a couple of weeks in a private resort can also offer you (after you've paid suitably highly for the privilege, of course).

And you can start to enjoy this holiday without moving an inch. Well, maybe a couple of inches - enough to reach a comfy armchair, let's say.

### Hypnotherapy - another way to holiday

*Beach Scene Relaxation* Hypnotherapy audio session is a powerful audio Hypnotherapy session which is designed to give you a delightful experience of deep, restful relaxation. It is simple to follow, but incorporates profound lessons which will have far-reaching effects in your life.

As you listen to *Beach Scene Relaxation* Hypnotherapy audio session, you will effortlessly master the skills of taking yourself ever deeper into a state of calm, relaxed, inner focus. You will learn how to develop and expand your visualisation skills and create 'parallel worlds' for yourself. You will experience at first hand the power of the imagination to influence physiological processes.

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Buy *Beach Scene Relaxation* Hypnotherapy audio session and take the holiday of a lifetime. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### The body scan is the perfect relaxation technique

#### Learn to relax anywhere, anytime, with the hypnotic body scan

Do you have tension in your head, jaw, neck, shoulders or abdomen and find it hard to unwind?

Have you been told to relax but nobody's really explained exactly how you're supposed to do that?

Tension and stress can build up unawares. You are getting on with your life and dealing with stuff, and all of a sudden you notice a fixed frown on your face. Or the permanent tightness across your shoulders. You might notice that you are not sleeping so well, but it may not be obvious to connect this with a lack of relaxation in your life.

Many people don't realize that relaxing - taking it easy and doing nothing - is actually as essential to health as activity. Some find it hard to relax, or feel that doing nothing is a sign of moral weakness. They are always pushing themselves to be doing things and feel guilty if they are not 'busy' with something useful. They are likely to be quite shocked if a doctor diagnoses their health problems as 'stress-related'.

#### Stress, tension and the need for deep relaxation

You see, if chronic tension builds up in your body, causing you to be constantly tightening your muscles, this drains your energy. You need energy to hold those muscles so tight. That means energy is not available for other things. In time, this can affect your posture and leads to serious fatigue and pain. This in turn makes you prone to unpleasant states such as anxiety and irritability, and more likely to get ill.

Everybody knows you need good quality sleep in order to be healthy but you *also* need regular times of relaxation in your waking hours. Numerous studies have established that a twenty to thirty minute period of profound rest every day brings tremendous benefits to body and mind.

Regular deep relaxation will

- measurably boost your immune system
- regulate your blood pressure
- enhance your creativity, flexibility and memory
- increase your productivity

In other words, it's what every busy person really needs.

#### Hypnotherapy can help you learn to relax

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So learning to relax with the *Body Scan Relaxation Technique* Hypnotherapy audio session could be the most useful thing you ever do. Crafted by professionals, this powerful audio Hypnotherapy session will enable you to effortlessly master the art of unwinding every part of your body quickly and reliably - anywhere. Not only will this bring you much needed rest but you will also be amazed at how invigorated and energized you feel afterwards. Ready for anything!

Buy the *Body Scan Relaxation Technique* Hypnotherapy audio session and calibrate the optimal balance between activity and repose for you. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Relax deeply with the 7-11 Breathing Exercise

**Learn how to beat anxiety and reduce stress, quickly and naturally**

When anxiety or stress begin to rise, wouldn't it be amazing to be able to relax yourself deliberately every time? Just imagine how confidently you could approach difficult situations if you knew you could use a failsafe breathing exercise to calm down quickly.

#### Reliable relaxation

The 7-11 breathing exercise Hypnotherapy audio session works along a simply yet powerful principle. When your anxiety levels rise, your body experiences a cascade of changes. The very first in this cascade is your breathing pattern. Basically, your body begins to take in more oxygen in case it has to fight or run away.

With the 7-11 breathing exercise Hypnotherapy audio session you will reverse this process, returning your body and mind to a calm and relaxed state astonishingly quickly. And the more you practice it by listening to this Hypnotherapy audio session, the quicker you will be able to relax.

Whether you currently experience more anxiety, stress or panic than you want or you simply want a tool to relax at will, you will find the 7-11 breathing exercise highly effective. You can use it to fall asleep at night, to get more focus when you are working, or as 'first aid' in a stressful situation for example, to stop a panic attack in its tracks.

Once you have been using 7-11 breathing for a while you will react to stress by instinctively doing your 'relaxation breathing'. And you will find you just don't get as stressed any more.

Buy the *7-11 Breathing Exercise* Hypnotherapy audio session now and enjoy being a more relaxed person.

### Relax deeply now with the crystal ball induction

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## Relaxation by Hypnotherapy by Manish Patil

Stress ages the face, body and brain rapidly if un-tempered by regular deep relaxation. And in this hectic world taking time out to relax deeply means you actually achieve *more*. Pure relaxation off sets the damage caused by prolonged anxiety, worry and stress.

Resting deeply to pure relaxation is the equivalent to tuning up your car, checking tyre pressure, filling it with fuel and making sure there's enough air and water all in one. You can prolong the life of your car in this way and pure relaxation will keep you energetic and healthy for longer.

### The many benefits of deep relaxation

The benefits of deep relaxation are extensive. When you relax deeply your digestion and blood flow work better, your mind becomes clearer, your mood improves and stays improved for hours afterwards. When you experience pure relaxation often and regularly you stay younger for longer and can live longer as a result.

Pure relaxation also builds your immune system meaning you can fight illness and disease much better than when you are stressed.

*The Crystal Ball Induction* Hypnotherapy audio session makes you look and feel younger. It will take you on an amazing hypnotic journey to actually 'step inside' a crystal ball of deep hypnotic rest and relaxation.

Buy *The Crystal Ball Induction* Hypnotherapy audio session now and start feeling better instantly. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Get deep relaxation fast with the House of Deep Rest

There can be few things more enjoyable in life than 15 minutes of deep, deep relaxation when you're feeling tired and worn down. 15 minutes of deep relaxation can leave you feeling like it's a whole new day.

As well as making you feel good, deep relaxation gets your mind working better. Even your memory works more efficiently when you have relaxed deeply. When we are over-stressed we become much less efficient and productive in all areas: physically, mentally and socially!

### Stress versus relaxation - you choose!

You can see it all around you. People have never been so stressed! Stress can cause disease in the long term because it lowers immune response, damages the brain making clear thought difficult, spoils sex lives, and makes people miserable. Constant stress is also aging making the young look middle aged and the middle aged look elderly. Deep relaxation is the antidote

*The House of Deep Rest* Hypnotherapy audio session will guide you on a beautiful journey around a house of deep relaxation leading you eventually to the room of 'ultimate relaxation'.

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Treat yourself today - take time now to relax deeply and become a happier, more productive and fulfilled human being!

Buy *The House of Deep Rest* Hypnotherapy audio session now and start feeling and start investing in your own life and happiness! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Learn what Hypnotherapy is all about for yourself - safely and easily

#### Listen and learn how to relax deeply with this audio Hypnotherapy audio session

Many people feel nervous about trying Hypnotherapy for themselves. At least as many think it's all 'bunkum' and wouldn't try it if you paid them. Neither group can be blamed for their attitude. But such misplaced fears and skepticism mean that they exclude themselves from the benefits that Hypnotherapy can bring them. And the potential benefits available to those who learn how to utilize Hypnotherapy are many.

#### Why there is so much misunderstanding about Hypnotherapy

You can hardly have escaped Hypnotherapy hype if you've ever watched TV or been to the movies. Hypnotherapy is a popular theme in many thrillers, horror movies and science fiction. In such scenarios, one or more characters is portrayed being 'hypnotized' into doing bad or dangerous things - seemingly unwittingly. Things they would never dream of doing or dare to do of their own accord. So the story would have you believe.

Fictional though such representations are, their frequent recurrence spreads the notion that Hypnotherapy is something that can be 'done' to you without you being aware of it. And that Hypnotherapy can make you do things which are against your nature or your moral beliefs. Such notions are fine in fantasy fiction - but they are nothing to do with real life.

#### Hypnotherapy stage shows also mislead people about Hypnotherapy

Another source of misconceptions about Hypnotherapy is the Hypnotherapy stage show. Typically, the hypnotist invites volunteers from the audience and then demonstrates a number of hypnotic techniques. In a stage show, 'entertainment value' is all important. So the hypnotist is at pains to make it *look* as if they have 'control' over the subjects, and to get them to do bizarre things which will make the audience laugh.

So, all in all, it's not surprising that many people feel nervous - or totally skeptical - about the idea of Hypnotherapy.

#### No smoke without a fire? The kernel of truth about Hypnotherapy

As is often the case in life, these muddled notions and misconceptions contain within them a grain of truth. Actually, it's more than a grain. It's a gold nugget of truth. It is *true* that Hypnotherapy can help you do things

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that you believe (or fear) you cannot do. Things that you will be totally amazed to find that you can do, easily and effortlessly. Like feeling totally comfortable standing up and talking to a crowd of people.

### Hypnotherapy allows you to reprogram instinctive behavior

Hypnotherapy allows you to directly access your imagination and change your own instinctive behaviours. So that those spiders (or dogs, or moths, or whatever) that used to cause your heart to race and your palms to sweat no longer have any effect at all on you. Through Hypnotherapy, you can bring about real measurable physical changes - such as lowering your blood pressure, and healing faster after illness or surgery.

### Learning how to use Hypnotherapy can dramatically change your life

Modern life is full of challenges, with stressful situations and difficulties at every step. Learning Hypnotherapy will enable you to relax deeply and handle stress effectively. In addition to the health benefits from this, you can use Hypnotherapy to create profoundly strong good feelings of confidence, motivation, and exhilaration which you can take with you into your life. People who know how to self-hypnotise simply have more options. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Find deep relaxation at the heart of an enchanted forest

Would you believe that taking a walk in the woods or in a forest could have a measurable effect on your health and well-being? Sometimes, serious academic research is needed to conclusively prove what we've suspected all along. For example, scientists have shown that nature is good for you - and even *imagining* walking in a forest is good for you!

### Nature is good for your health - fact!

Researchers in Pennsylvania established that patients made faster recoveries after surgery, with less need for pain-killers, when they could see grass and trees from their hospital bed. In contrast, patients who could only see a brick wall from their windows made slower recoveries, and needed more help with pain. (1) And remember, we're just talking about *seeing* the green trees in the distance - not even being among them!

### Relaxation is good for your health - fact!

So spending time in a natural environment is good for you, and it's a good idea to get out there as much as you can. Fair enough. But did you know that scientists have also established something that isn't quite so obvious as the benefits of nature - the benefits of deliberate, daily, deep relaxation? That is, not just going for a walk, but *actively* engaging your mind in the practice of relaxation?

Dean Ornish, director of the Preventive Medicine Research Institute in San Francisco, showed that relaxation training improves blood flow to the heart. He also found that relaxation lowers cholesterol and reduces the severity of angina attacks. (2) Other researchers have found similar benefits for other conditions.

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### You don't have to wait till you're sick to benefit from relaxation

Of course, the subjects of all this research already had serious chronic health conditions or acute illnesses. Imagine what extra benefits a healthy person can draw from learning how to relax really well. Imagine what it would be like to combine the benefits of profound relaxation with the benefits of the natural surroundings of a beautiful forest.

### Hypnotherapy can bring the forest - and the relaxation - to you

*Forest Walk Relaxation* Hypnotherapy audio session is an audio Hypnotherapy session which offers you the opportunity to enjoy and learn really deep relaxation techniques using the imagery of a wonderful magical forest. *Forest Walk Relaxation* will carry you effortlessly away into a peaceful internal space where you can really recharge your batteries and get all the benefits those scientists were talking about while you have fun.

Buy *Forest Walk Relaxation* Hypnotherapy audio session and let the enchantment begin. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

(1) Ulrich RS. 'View through a window may influence recovery from surgery', *Science*, Vol 224, Issue 4647, 420-421

(2) Ornish DM, Scherwitz LW, Doody RS, et al. 'Effects of stress management training and dietary changes in treating ischemic heart disease'. *Journal of the American Medical Association*. 1983; 249: 54-59.

### Experience guided meditation that takes you deeper, quicker than ever

### Listen and learn how to meditate deeply with this audio Hypnotherapy audio session

Guided meditation is a way of enhancing detachment. When you can see your own emotions and thoughts 'from the outside', you can begin to influence the ebbs and flow of your mind. This leaves you less susceptible to unpleasant emotion and more able to reach your potential.

Research has shown that people who meditate regularly are happier and less prone to depression. This seems to be connected with the fact that when you meditate you actively use a part of the brain that is *underused* during depression.

### Enjoy the restorative and calming benefits of meditation

Meditation differs from Hypnotherapy in that the attention tends to be more focused with less activity in the mind. Guided meditation can help those who have never meditated before, or those who are learning, by helping them reach the desired state quickly and more easily.

This *Guided Meditation* Hypnotherapy audio session will enable you to get a sense of a greater reality and inspire you in unexpected ways.

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Buy the *Guided Meditation Hypnotherapy* audio session today and begin to enjoy the benefits of a calm and focused mind. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Get in harmony with nature for a richer life

Being connected to natural surroundings is vital to good mental and even physical health. Research has shown that patients in wards with good views out to trees and greenery heal quicker than patients with restricted views of brick walls or buildings. (1)

And in the Netherlands, Italy, Germany, Belgium and Slovenia patients with depression are prescribed agricultural work. (2)

### Country walks reduce depression

Researchers at the University of Essex compared a walk in a country park with a walk in a shopping Centre in a study of 20 people.

They found 71% reported decreased levels of depression after a country walk compared with 45% after a shopping Centre walk.

Participants also felt much less tense and reported greatly increased self-esteem after a green walk in nature.

To feel in harmony with nature is intensely pleasurable. To feel at one with the trees, valleys, stars and grass not only maintains good mood but inspires creativity and clear perception.

### Harmony with nature gives us perspective on our own lives

Modern stresses make us lose sight of what is truly important to us. When you feel harmonious with nature you regain vision and perspective on your own life. You see where you truly 'fit' in the great scheme of things and can gain insight into what really needs to be done in your life - as part of the greater whole.

### We can't remove ourselves from nature

To be in harmony with nature is to be in harmony with ourselves. We come from the hydrogen and helium of the stars which formed planets one of which formed us - we *are* nature an intrinsic part of everything we see. The playful song of birds singing on a Spring morning, the warmth of a clear Summer's day, the bubbling of clear mountain water over pebbles, the rock and ice, the sea and oceans we are part of this and these things are part of us.

This session *Harmony with Nature* Hypnotherapy audio session will use Hypnotherapy to gently guide you into a rapturous sense of connection to the whole of natural creation. You'll not only appreciate the natural world around you more you'll feel revitalized, refreshed and relaxed - ready to face anything.

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The beauty of this session is that you can connect to nature even when you are not 'in nature'. You can relax to this session even when you're miles away from the nearest bit of natural greenery and *still* feel connected to nature.

Buy *Harmony with Nature* Hypnotherapy audio session now and feel your life expand. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

- (1) Ornstein and Sobel 'The healing brain'
- (2) BBC News-<http://news.bbc.co.uk/1/hi/health/6653013.stm>

### Enjoy deep, tranquil relaxation with 'A Healthy Rest'

Focused around the benefits of relaxation to the body and mind, *A Healthy Rest* will help you experience wonderful deep relaxation quickly and easily.

You will be absolutely amazed at how good you feel after 15 minutes of proper relaxation - it can be like starting your day again.

Any time you need a break, simply pop on the headphones and make the most of your time by rejuvenating your mind and body to improve energy levels, concentration and recall.

### Get the Hypnotherapy habit and keep your self-improvement moving

Once you discover how to make Hypnotherapy an everyday activity it will be your friend for life. Hypnotherapy is the optimum learning state for 'instinctive updating'. All kinds of habits, unwanted behaviors, fears and negative beliefs become stored in the unconscious mind. They become activated by specific triggers from the environment (in fact just like natural but unwanted post hypnotic inductions).

#### Self-mastery

By using Hypnotherapy effectively you can begin to master the ebbs and flows of your own emotional life. This means that addictions, fears, confidence issues and inappropriate angers and jealousies can be dealt with using your own innate power to change the way you respond to triggers. Hypnotherapy gives you choice. Choosing how to be when you give a presentation or play a sport or come into contact with a previously feared trigger.

#### Physical changes

What's more Hypnotherapy can directly affect the workings of your body. Physical processes like digestion, blood flow, healing and pain symptoms can all be radically altered using Hypnotherapy. (1)

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### Hypnotherapy for performance

All highly successful people - whether they be sports stars, high performing public speakers, great sales people, musicians, innovative scientists, entertainers or artists have discovered naturally (whether they know it or not) the power of Hypnotherapy. Hypnotherapy is the best medium for perfect rehearsal.

What's more top performers regularly go 'into the zone' or 'into flow' which is akin to a focused hypnotic trance state. The regular use of Hypnotherapy can encourage this natural flow state so that you become better at the natural psychological state required for successful action.

### Practice makes perfect

Many people go into Hypnotherapy very easily. In fact everybody experiences deep Hypnotherapy many times. Every time you dream at night you enter what's known as the REM (Rapid Eye Movement) state-which is the deepest natural hypnotic state you experience. So all of us have the natural brain 'machinery' to experience deep trance. Hypnotherapy is just a way of tapping into a waking REM state.

Like anything in life the more you do it the easier it becomes. The more you practice deep Hypnotherapy the better able you become *at* using it. This session will help you develop the capacity for deep Hypnotherapy. It will also provide you with suggestions to listen regularly and often to your Hypnotherapy audio session to get the best from them and yourself. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Become a better hypnotic subject

### Learn how to go into Hypnotherapy and reap all the benefits

Thanks to TV shows and stage Hypnotherapy, people expect arm levitations, hallucination, amnesia or onion eating from Hypnotherapy and are disappointed if that's not what they experience during Hypnotherapy. They conclude Hypnotherapy isn't for them as they aren't hypnotic.

Or maybe you find yourself consciously analyzing everything and finding it hard to really get into deep trance? It's like you're far too aware of everything to be in trance and get discouraged, or maybe you worry about 'giving up control' and so find it hard to relax.

### What it takes to be a hypnotic subject

All humans are capable of going naturally into trance, and do it all the time. Who hasn't got lost in a TV movie and failed to hear the phone ringing? Or arrived at the end of a journey and wondered how on earth they got there? So it's not the case that you can't go into Hypnotherapy. The difference is that, when you sit down to listen to a Hypnotherapy Buy, or to a hypnotist, you are doing it *deliberately*.

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And going into Hypnotherapy *deliberately*, like any other activity that you consciously undertake, is a *skill* that you can develop and improve. It's literally a case of learning how to do it, and then practicing until you get really good at it. And funnily enough, the best way to learn it is through Hypnotherapy.

### Hypnotherapy is the best tool for teaching you how to go into Hypnotherapy

*Be a better hypnotic subject* Hypnotherapy audio session is an audio Hypnotherapy session created by highly experienced hypnotherapists which has precisely the aim of *teaching* you how to improve your skills at entering a hypnotic state and making good use of it.

As you relax and listen repeatedly to your Buy, you'll notice that you

- naturally find yourself relaxing more readily
- engage more deeply with the experience without analyzing so much
- still retain complete control and freedom of choice about what you will or won't accept
- start to experience and enjoy different kinds of phenomena
- become more adept at shaping your hypnotic experience
- get more from Hypnotherapy sessions

Buy *Be a better hypnotic subject* Hypnotherapy audio session and make sure you get all the benefits of this truly wonderful method of self-transformation. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Improve Visualization

### Listen and learn how to improve your ability to visualize with this Hypnotherapy audio session

Hypnotherapy is such a powerful tool for positive change but do you ever wish you could visualize better? Maybe you've listened to hypnotic sessions before and been relaxed but found it hard to actually visualize the suggested scenes and experiences.

It seems that some people naturally find it harder to visualize, and it maybe that you're more comfortable using other senses.

### What's your predominant sense?

We all tend to have a favorite sense; you may find it easier to imaginatively evoke a taste, smell, kinesthetic feeling or sound easier than you can a sight. But you can greatly improve your capacity to visualize.

You might go so far to say you 'don't visualize!'. Of course if you couldn't visualize at all, you wouldn't know how to recognize things. If you ever visualized in a dream (and most people have in incredible detail) then you *can* visualize - it just seems as if you can't because it hasn't, until now, been consciously directed.

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### Taking the pressure off

In this session we are going to take any pressure to visualize right off so you start to relax with the process and have it happen naturally and easily. The part of your brain that visualizes when you dream is the same part that visualizes when you relax in Hypnotherapy.

### The benefits of visualization

Being able to hypnotically visualize is great but to benefit from a hypnotic session you don't necessarily need to see in great detail just a flash here and there may be enough to change an unwanted behavioral and emotional program into a more desirable one.

But just like working a muscle you can greatly improve your powers of visualization which will benefit your creativity, powers of observation, recall and memory and enjoyment of life.

This session will be wonderfully relaxing but also engage the part of your mind that naturally visualizes making it stronger so you'll find your visual sense wonderfully enriched.

The more you relax to this session the easier you'll find it to relax and visualize at the same time.

Buy *Improve Visualization* Hypnotherapy audio session now. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Take a vacation inside your mind with 'The Island'

#### A Hypnotherapy audio to distress and relax the mind and body

How would you like a break from the place you're in?

What about a quick trip to somewhere entirely different?

Enjoy drifting around the deeply relaxing atmosphere of a tropical island with this entrancing guided imagery Hypnotherapy Buy. Remind your mind and body of the unparalleled relaxation that comes after a long time away. That wonderful feeling of nothing being too much trouble - of being able to rise above any stresses or worries.

When you feel like a break, take a 15 minute vacation with *The Island Relaxation* Hypnotherapy audio session, Your colleagues will never even know you were away! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.



# Relaxation by Hypnotherapy by Manish Patil

## Lunchtime relaxation - the recharge zone for the day

### Taking time out for a hypnotic lunchtime relaxation will totally recharge your batteries for the afternoon

Do you tend to hit a real low after your midday break and find it hard to motivate yourself as well as you can in the morning?

Does your energy and productivity fall off a cliff, so that you sometimes wonder whether the afternoon hours you put in are mostly wasted?

There's no doubt that the social and economic changes of the past few decades have had a major impact on how we lead our daily lives. The natural rhythms of the day have, for many people, been squeezed or twisted out of shape under the pressure to achieve more, do more, be more productive and generally forget that you are a living being and not some kind of machine.

### The attack on lunchtime relaxation

Although some people at least manage to hang on to the idea that you need to eat in order to be the producer/consumer that society demands, even the lunchtime break has been invaded. Instead of leaving their place of work and relaxing over a meal, millions of people are reduced to grabbing a sandwich while remaining effectively chained to their desks or work stations.

### The consequences of not getting a midday relaxation

The human body doesn't listen to 'economic demands'. It has evolved over millions of years to function best on a three-way mix of effort, relaxation, and sustenance. Economics sees 'relaxation' as non-essential non-productive time, and this is why it has been so squeezed, while the time that used to be given to meals has been re-allocated to work, with eating only allowed to happen alongside.

This is a short-sighted approach. It means that, even if you start the day with a decent level of energy and enthusiasm, this steadily runs down. By the time afternoon comes, it can feel like walking through treacle to get anything done, never mind feel any enthusiasm for it. It's deadly.

### How you can win back the relaxation you need with Hypnotherapy

But if you remember your three-way mix, and the need to have some real, genuine let-up in your daily activities so that you can actually perform *better* at them, you can do something to redress the balance. Enlightened employers actually *encourage* lunchtime leisure. But even if you are not so lucky as to have an enlightened employer, you can give yourself a great boost of relaxation in twenty minutes or less.

*Lunchtime Relaxation* Hypnotherapy audio session is an audio Hypnotherapy session devised by psychologists that will help you relax quickly, deeply and extensively. You don't have to figure out how to do this - just listen along and follow the hypnotic suggestions that will quickly carry you into a profoundly restful brief trance.

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## Relaxation by Hypnotherapy by Manish Patil

Regular use of the *Lunchtime Relaxation* Hypnotherapy audio session will transform your life. You will quickly find that:

- your energy levels increase overall
- you feel more cheerful and enthusiastic
- you are more creative and productive
- you are able to get more done in the afternoon hours
- you feel less pressured and stressed

Buy *Lunchtime Relaxation* Hypnotherapy audio session and kick start your afternoons. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Try hypnotic massage therapy today

**Use the natural mind-body connection for deep physical and mental relaxation.**

Do you enjoy a full body massage but can't have one as often as you'd like?

Would you like to experience deep physical and mental relaxation without having to strip off?

Many would agree that there's nothing better than massage therapy for deep, cleansing, healing, relaxation. A good massage makes your muscles tingle and your mind calm. With Hypnotherapy, you can experience the relaxation of massage therapy in your own time and space, and let's be blunt, at a much lower cost.

Being 'uptight' literally means you are holding rigidity and tension in your muscles, usually causing discomfort, poor posture and tiredness. Massage therapy has all kinds of benefits: it feels good, it 'loosens' you up, reduces stress and tension in the body, calms the nervous system and diminishes anxiety. Massage clears your mind, increases blood flow to muscles and organs and generally makes you feel and look great too.

### Hypnotherapy and massage

The mind and body are intricately connected and interwoven and so your hypnotic imagination can have powerful physical benefits.

For example, in Hypnotherapy when people imagine holding their hands up to an open fire, the hands can actually heat up due to increased blood flow to the hands. Hypnotically experiencing exercise can change blood flow and even, according to research <sup>[1]</sup>, build muscle density. This powerful mind-body connection is why you can get the physical benefits of a massage without anyone lifting a finger-tip.

Simply add Hypnotherapy audio session to your PC or mp3 player and start listening and you can experience this wonderful hypnotic massage session as often as you like. You will be guided gently into relaxing Hypnotherapy and you will feel;

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- 'uptight-ness' melting away
- an all over warmth from improved blood flow
- a calmer, clearer mind
- Excited that you experience this as often as you like, even daily, without bursting the bank.

[<sup>1</sup>] Erin M. Shackell and Lionel G. Standing at Bishop's University divided folk into three groups: Those who exercised, those who *imagined* they exercised and those who did no exercise or imagining. The control group, who didn't do anything, saw no gains in strength. The exercise group, who trained three times a week, saw a 28% gain in strength. The group who did not exercise, but rather thought about exercising experienced nearly the same gains in strength and muscle fiber density as the exercise group (24%) **'Mind Over Matter: Mental Training Increases Physical Strength'** *Erin M. Shackell and Lionel G. Standing Bishop's University. Spring 2008*

You can't always get to a masseur but this session can help you feel as if you've had a wonderfully relaxing, soothing and invigorating massage.

Buy *Relaxing Hypnotic Massage* Hypnotherapy audio session now and experience the amazing power of your own mind to make you feel beautifully relaxed. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Banish unwanted thoughts during meditation

#### Use Hypnotherapy to prepare your mind for quiet meditation

Do you find annoying, unwanted thoughts prevent you from stilling your mind during your meditation?

Do concerns, worries and irrelevant ideas buzz around your head like mosquitoes?

During meditation your conscious awareness is called into play. You extend your consciousness onto something specific such as the flame of a candle, a mantra, the rhythm of the breath, or an overall awareness of the environment. As you learn to meditate, many find their thoughts wandering around and refusing to be still. Hypnotherapy can help prepare your mind for quiet, fulfilling meditation.

#### Differences between Hypnotherapy and meditation

The goals of Hypnotherapy and meditation are different although there are similarities. Meditation may be used as a general way of 'stilling' the mind or as part of a wider spiritual system whereas Hypnotherapy may be used more specifically to cure a phobia, stop nightmares and help lift the debilitating effects of depression.

Both states involve stilling parts of the mind so that other parts can become activated but meditation involves a little more conscious direction. In fact the lotus position (which, in my opinion is not the most relaxing way of sitting) may have originated to stop students going from a state of meditation into Hypnotherapy.

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## Relaxation by Hypnotherapy by Manish Patil

### The value of meditation

Meditation can help you become better at focusing your mind, become more objective and less swayed by the distortions of emotion and can also help your body to work better enabling immune function to increase and healing to speed up.

Disturbing thoughts are a familiar part of most people's meditation practice, especially when you are new to it. Hypnotherapy can help you prepare effectively for meditation - you can learn how to 'bat away' unwanted thoughts, rise above them and have absolute focus during your meditation practice.

Simply add Hypnotherapy audio session to your PC or mp3 player and start listening to this carefully written Hypnotherapy session. You will learn at a deep unconscious level how to;

- choose what you have in your mind
- bat away unwanted, intrusive thoughts
- achieve a meditative state more easily
- extend this ability to calm your mind into other parts of your life,

Buy *Banish Unwanted Thoughts During Meditation* Hypnotherapy audio session now and clear your mind. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Take the chance to reinvigorate on a hypnotic mountain hike

#### Relax deeply and naturally with this Hypnotherapy audio session

Nobody living in the modern world can have failed to notice how stressful our lives tend to be these days. Pressure and strain come at us from every direction - politics, the economy, family life, society, the environment, jobs, health - you name it. But how often do you take time out to *really* relax?

Of course, most of us who can afford to do so take a vacation every now and then (and you definitely *should* take a vacation when you can), but what I am speaking of here is the importance of *relaxing every day*.

#### Regular relaxation is good for you in so many ways

Did you know that people who put regular time aside - just 15 to 20 minutes every day - to relax properly and deeply gain incalculable benefits? Their immune systems function better, so they stay generally healthier. They feel happier and cope with stress better. They are more creative and inventive and so better at problem solving. They live longer. They have more fun.

#### The three keys to the benefits of relaxation

The three keys to this cornucopia of benefits are *sufficiency*, *regularity*, and *depth* of relaxation.

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## Relaxation by Hypnotherapy by Manish Patil

Are you getting enough?

### Using Hypnotherapy to enhance and deepen your relaxation

*Mountain Hike Relaxation* Hypnotherapy audio session is an audio Hypnotherapy session which, when used regularly, will bring you all the benefits of true relaxation and refreshment.

You don't have to do anything special to enjoy these benefits except sit or lie somewhere comfortable and listen. *Mountain Hike Relaxation* Hypnotherapy audio session will help you develop your skills at relaxing really deeply really quickly.

And when you are deeply relaxed, *Mountain Hike Relaxation* Hypnotherapy audio session will take you on an incredible journey which will cleanse your mind and reinvigorate your spirit. Every time.

Buy *Mountain Hike Relaxation* Hypnotherapy audio session and take yourself to the peak. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Re-energise with a Power Nap Hypnotherapy

#### Take a 10 minute hypnotic power nap and feel powerfully refreshed!

Does your energy and concentration hit rock bottom during the afternoon?

Do you prop yourself up with caffeine or other stimulants and struggle to sleep at night?

We all have this image of a top businessman fast asleep with his head down having a "power nap" at a desk while chaos swirls about him... But clichés become so because they actually are true. This "time out" allows your body to tap into it's natural rhythms and do all the rest and recuperation required to take you through the rest of the day. We have developed this Buy to speedily and effortlessly enable you to have a 10 minute time out from everyday life.

#### Why it's worth taking 10 minutes out

Taking a short rest during the day has long been known to have beneficial effects. People who nap for between ten and twenty minutes are more alert, more creative, more productive and generally healthier than those who always push on through the day - perhaps fortified only by caffeine or other stimulants.

Some cultures acknowledge that the rhythm of human life includes a daily 'dip' in energy round about lunchtime, and practices like the 'siesta' are a normal part of daily life for all sections of society. But in most western countries nowadays the 24-hour life-style has driven such healthy patterns to the margins.

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## Relaxation by Hypnotherapy by Manish Patil

### Why power naps are becoming more popular - even if you're not a NASA pilot

It has taken a combination of serious scientific research and the efforts of some very high powered business people to bring the 'power nap' back up the agenda. A study by NASA found, for example, that a 26-minute nap increased pilots' performance 34%. 34%! That is a *huge* increase. Now there are even companies renting out 'pods' to businesses where you can go to take your power nap.

Of course, most of us are not pilots, or even top business people, but that doesn't mean to say that we can't all enjoy the same payback that they do from a power nap, because we are certainly all human. If we can find the time, the space and the knack, we can expect to see some of the same benefits.

### Making time to take a nap

Finding the time may be a question of taking a new perspective on your daily routines. Ten minutes is not a huge chunk of time, so it may be a matter of thinking of your lunch 'hour' as being divided up, so you can take twenty or thirty minutes for your lunch, twenty minutes for socialising or exercise, and fifteen minutes for a power nap. Or reassign your afternoon 'tea break' to be an afternoon 'power nap break'.

### Where is the best place to nap?

Space too may be a matter of thinking creatively. Putting your head down on the desk (if you work in an office) is one way to do it. Maybe there is a quiet corner somewhere where you can curl up (lucky you if your company offers 'pods!'). Some people head back to their cars and sit there for a nap. If you are at home, you may have the luxury of actually retiring to bed, or resting on a couch.

### Mastering the knack of power napping

But what about the knack? Many people find going off to sleep a rather slow business. If you've only got ten minutes, how can you reliably send yourself off within a minute or so? And - possibly more importantly - how can you be sure you will wake up in time?

The *Ten Minute Power Nap* Hypnotherapy audio session is an audio Hypnotherapy session which takes all the effort out of putting yourself to sleep. You don't have to worry about whether you are relaxed enough yet - you just listen and respond to the suggestions have been designed to help you relax quickly and easily.

The *Ten Minute Power Nap* Hypnotherapy audio session also takes care of the matter of waking up, and teaches you how to reliably ensure that you will be back at work in time. Listening to the *Ten Minute Power Nap* Hypnotherapy audio session regularly as you begin to establish your own napping routine will help you institute a healthy pattern of relaxation in your day which will repay your input a thousand fold.

Buy *Ten Minute Power Nap* Hypnotherapy audio session and discover just how refreshing ten minutes can be. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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## Relaxation by Hypnotherapy by Manish Patil

Access a quiet mind any time, any place

**Listen and learn how to relax deeply with this Hypnotherapy audio session**

Life is crowded and busy. Constant media messages, commercials, texts, emails, worries, problems, phone calls, TV and internet, things to learn, skills to update, news, things to do-work, relationships. It can all lead to overload and a lack of perspective.

This 'loud mind' can cause insomnia, stress and an inability to work out what you *really* want to focus on in life.

**Switch off from noisy mind chatter**

In time, we all get used to being busy and our mind-chatter becomes a constant companion, whether it is constructive or not.

However, the busier your mind, the more difficult it is to think clearly in a relaxed manner. Mind chatter prevents you living in the here and now, as well as stopping you from planning clearly for the future.

**We may be too busy to meditate - but we need to take a break**

Most of us can't just sit down and meditate in a middle of a busy work day, but there is such a thing as 'meditation in action.' This *Quiet Mind* Hypnotherapy audio session will get you feeling more relaxed and clearer in your mind even during your most hectic times. And at only 16 minutes, you could switch your coffee break for an audio break.

It will clear your mental desk so to speak and encourage mental space for easier and better thinking in day to day life. Having a quiet mind helps whether making decisions, being engaged in a meeting, playing sport, doing the shopping, or simply relaxing and enjoying yourself.

Having a quieter mind allows your subconscious to communicate more clearly the more important messages. Less mental 'noise' leads to greater wellbeing and productivity.

It is when your mind is quiet that it can produce solutions and see wider patterns so that you can learn and act more effectively in life.

Buy *Quiet Mind* Hypnotherapy audio session now and enjoy some inner peace, no matter what is going on around you. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Relaxation by Hypnotherapy by Manish Patil

### How to switch off easily after work and really relax

Why is it sometimes so hard to switch off and relax after work? You'd think that after a hard day 'at the coalface', the mere fact of stopping would be enough to automatically switch you from 'work mode' to 'home mode'. But so often it seems like the work demons follow you home and torment you all evening, making it impossible to enjoy time with your family, or even in front of the ball game.

#### Why work 'sticks' to you like mud when you go home

The 'sticky' nature of work-related concerns comes from how our minds respond to the nature of working environments. At bottom, of course, most of us work to survive. We have to keep a roof over our heads and food in our mouths. And often provide those for a family too. We might not consciously think about this aspect all the time, but the pressure of it is there all the time. It makes us pay a lot of attention to work stuff.

When we pay a lot of attention to X, our brains learn that X is important. This means that our brains become 'set' to focus on matters related to X, and even to seek out connections with X in seemingly unrelated areas. While this is going on in the background, our conscious attention may be on deadlines, projects, staff issues or rivalries, management problems, and how we are doing. These get added to that 'X' factor.

#### Workers have feelings too. Strong feelings.

And you don't work in an emotional vacuum. You have (often quite strong) *feelings* about what is going on in your working life. You may be under stress of all kinds, and your work may be challenging and demanding. This can be rewarding, of course, but it can also keep you in a state of emotional arousal which can be quite exhausting. If you come home in such a state, it can be really hard to unwind properly.

So what's the best way to flip yourself from full on work mode to laid back 'me time' mode if your brain is engaged in ruminating about 'X'?

#### Mental decompression helps you unwind after work

What's required is a kind of mental 'decompression unit'. It's like scuba diving. Divers who surface too quickly get 'the bends' - a painful condition caused by excess nitrogen in the blood. To surface comfortably and safely, they need to come up slowly, and pause at different levels to allow the nitrogen levels in their body to adjust. If you have been submerged in work all day, you need to 'decompress' your mind.

At the same time, you don't want to spend all evening 'decompressing'. You want to be able to get on and enjoy your free time. And the quickest and easiest way to effectively decompress your head is to use Hypnotherapy.

## Relaxation by Hypnotherapy by Manish Patil

**Hypnotherapy is the most powerful way to relax quickly after work**

*Relax after work* Hypnotherapy audio session is an audio Hypnotherapy session which takes all the work out of relaxing (see what I did there?). Inside *half an hour*, *Relax after work* Hypnotherapy audio session will take you through a super-charged relaxation session.

Powerful hypnotic suggestions that you can simply sit back and absorb will get your mind switched from its work state to your preferred 'ready to enjoy myself' state. And the more often you use it, the faster you'll find yourself relaxing after work.

Buy *Relax after work* Hypnotherapy audio session and discover how much more time you have to enjoy yourself. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

**Step off the treadmill for a while and enjoy a rejuvenating trip around the year with 'Four Seasons'**

Relaxation comes in many flavors, colors and now seasons.

Whether it's summer, winter, spring or fall, you can enjoy the different colors of the year by escaping into *The Four Seasons Relaxation* Hypnotherapy audio session.

Your deeply relaxing narrator's voice will guide you gently through the seasons of the year, helping you enjoy the best aspects of each.

Wherever you are, simply put on your headphones and drift away for a refreshing 15 minute trip around the seasons of the year. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Learn instant Hypnotherapy today

There are times when you may need to access instant states of Hypnotherapy, relaxation and resource. For example, maybe you'll need to instantly hypnotically prepare before an unexpected speech or some other unforeseen situation where you need to perform at your best. Maybe there will be a time when you have to control pain or anxiety levels very quickly at short notice.

Those who master instant Hypnotherapy master many of their own physical processes. When you begin to experience hypnotic phenomena such as the ability to self-hypnotize instantly suddenly all kinds of other things in your life start to feel possible.

The more you experience anything the quicker and easier it becomes. Learning instant Hypnotherapy is like clearing a path through a forest. The more you go down that path the easier and quicker it is to travel it.

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## Relaxation by Hypnotherapy by Manish Patil

### A shortcut to trance and deep relaxation

This session is going to train your mind to be able to access deep Hypnotherapy extremely quickly.

*Learn Instant Hypnotherapy* Hypnotherapy audio session will take you into a deep trance state, then teach you a simple short cut to that deep trance state. You will gain the confidence that deep focus and relaxation is available to you at a moment's notice.

Buy *Learn Instant Hypnotherapy* Hypnotherapy audio session now and start unlocking your own hypnotic potential. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Put a new spring in your step with a spring meadow relaxation

Have you ever stopped to notice the effect the coming of spring has on you? And on everyone? There's something about the lengthening days and the soft bright light, the burgeoning flowers and trees, the busy nest-making of the birds, the arrival of lambs and calves in the fields and daffodils in the city parks that lifts the spirits out of the winter blues. We all feel a surge of new life, new hope, new potential, new energy.

### Why spring affects us the way it does

Which is just as well, because life can sure drag you down. Even the most enthusiastic and positive person can become jaded in the daily struggle to juggle the different demands of life. If you're weary from all the effort you are putting in to make your life what you want it to be, or finding getting out of bed in the morning an uphill struggle, the arrival of spring can put a new 'spring' in your step. Suddenly, life seem easier.

What a shame spring only comes once a year!

### How to make spring more 'regularly available'

Wouldn't it be great to be able to fill yourself with spring energy whenever you needed it? Imagine what it would be like to feel that burst of new life again while the baking hot days of summer are taking it out of you? Or what about when it's dark and cold and the sky is gray and the actual spring is still a long long way away? Or just when you are feeling low and need an injection of hope and inspiration?

*Spring meadow relaxation* Hypnotherapy audio session is an audio Hypnotherapy session which will allow you to do just this. Relaxing comfortably at home, this session will teach you how to relax really deeply and use the powers of your imagination to create a spring experience that you can draw on any time.

And that's not all.



## Relaxation by Hypnotherapy by Manish Patil

### More benefits you can get from relaxing in a spring meadow

Listening to *Spring Meadow Relaxation* Hypnotherapy audio session regularly will allow you to effortlessly practise the art of visualization. Visualization and relaxation are two key tools for enhancing health and well-being and improving your creativity. It's rare that something which feels so good to do is actually so good for you.

Buy *Spring Meadow Relaxation* Hypnotherapy audio session and let it be spring all year round. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Get in vacation mode in double quick time

Back in the early 60s Cliff Richard's hit song *Summer Holiday* wonderfully encapsulated just what we all dream about when going on vacation, and what it's like to be in vacation mode:

*We're all going on a summer holiday,  
No more working for a week or two!  
Fun and laughter on a summer holiday,  
No more worries for me and you -  
For a week or two.*

But how often have you found that the whole of that first week of your vacation (and sometimes a good part of the second) was anything *but* free of worries?

### What's in the way of a good holiday

It's as if when you go on vacation you are somehow wrapped in dense layers of worries and pressures and deadlines and unfinished business and reports and your to do lists and email backing up and disputes and overflowing voicemails and responsibilities and meeting agendas and rivalries and who knows what all. And by the time you've peeled them all off and begun to really relax... it's time to go back to work.

### The serious consequences of a failure to relax

This kind of experiences negates the benefits that you are entitled to expect from your holiday time. If you can't relax while you're away, if you constantly have the nagging feeling that you 'should be doing something', your brain is prevented from going into the 'downtime' state which is actually essential for your health and your well-being - not to mention your continued effective functioning at work!

### Why has it become so hard to enjoy your vacation?

There are many reasons why we can find it difficult to get into vacation mode. The frantic pace of modern life, and in particular the 24-hour, 'always on' communications we use, raises our stress levels and *keeps* them high.

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## Relaxation by Hypnotherapy by Manish Patil

This is contrary to nature. Our stress response evolved to deal with *occasional* stresses. The stress might be severe, but it will normally be relatively short-lived, and followed by periods of stability.

But the way we live now means we often have a much higher than normal level of stress hormones circulating in our bodies more or less *continuously*. And when things go on continuously, we become habituated. We literally *get used* to that level of cortisol. When the level drops (on vacation, say), we experience *withdrawal*. It's no wonder we feel 'weird' and can't relax!

### What you can do to help yourself get in vacation mode - NOW

Fortunately, it is quite easy to get into vacation mode right from the start of your holiday when you know how!

*Get Into Vacation Mode* Hypnotherapy audio session is an audio Hypnotherapy session which packs a real punch. Using powerful hypnotic techniques, this deeply relaxing and invigorating session keys in to your unconscious mind - the part of you that runs what you might call all your 'background operations' - to help you get unwinding before your holiday has even started.

*Get Into Vacation Mode* Hypnotherapy audio session not only gets you relaxing really deeply in a shorter time than you would have believed possible, but also gives you practical suggestions for ways you can reduce the outside pressures that might impinge on your vacation. And once you have mastered the simple and powerful techniques for yourself, you can use them at any time to get you in vacation mode whenever it suits you.

Buy *Get Into Vacation Mode* Hypnotherapy audio session and make sure there's no more worries for a week or two. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Escape the place you're in and experience pure tranquility in 'A Warm Place'

Created and read by Jill Wootton, this hypnotic relaxation session will transport you into a wonderfully safe, secure and warm environment where you can relax completely, away from everyday stresses and strains.

Think of how a baby looks when sleeping, or a cat curled up by the fire, and you'll start to get a flavor of what *A Warm Place* Hypnotherapy audio session will do for you.

There's nothing quite like the feeling of being away from everything, with no worries or cares to distract you from pure, delicious relaxation.

Escape the place you're in and Buy *A Warm Place* Hypnotherapy audio session now... **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Relaxation by Hypnotherapy by Manish Patil

### Enjoy a Yoga Nidra

#### A Hypnotherapy audio for deep meditation and calm

Yoga Nidra is the time to still the body and mind after your yoga practice. Nidra asana is an opportunity to lie in shavasana - 'the corpse posture' and focus and still the mind to leave you cleansed and clear after your yoga practice. This deep yoga nidra meditation will give you such peace of mind and calm of body.

#### Good Yoga Nidra language

So many yoga teachers are excellent in their field but fall down when it comes to proper use of relaxing language.

For example a teacher might say something like: 'Let go of tension and stresses'. Now, the brain is an organ that needs clear *positively* framed instructions. So, for example, telling a child *not to drop the tray of food* is actually aligning the child's mind to dropping the tray.

By using this language, the yoga teacher sets a negative template - asking the child to *be careful with the tray of food* is setting the right template. The brain needs clear, *positively orientated* instructions and this most certainly applies to language used during your yoga nidra practice.

There will be many hypnotic language patterns used in this session you'll not be aware of but you'll find it's all positively phrased to make your experience much more powerful and positive.

This session will guide you through a wonderful yoga nidra session and, if you are a yoga teacher, you can Buy the Yoga Nidra Hypnotherapy audio session, and study the hypnotic language used for yoga nidra to improve your own yoga teaching.

Buy *Yoga Nidra* Hypnotherapy audio session now and use it after your yoga practice and when you just need to relax deeply. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

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