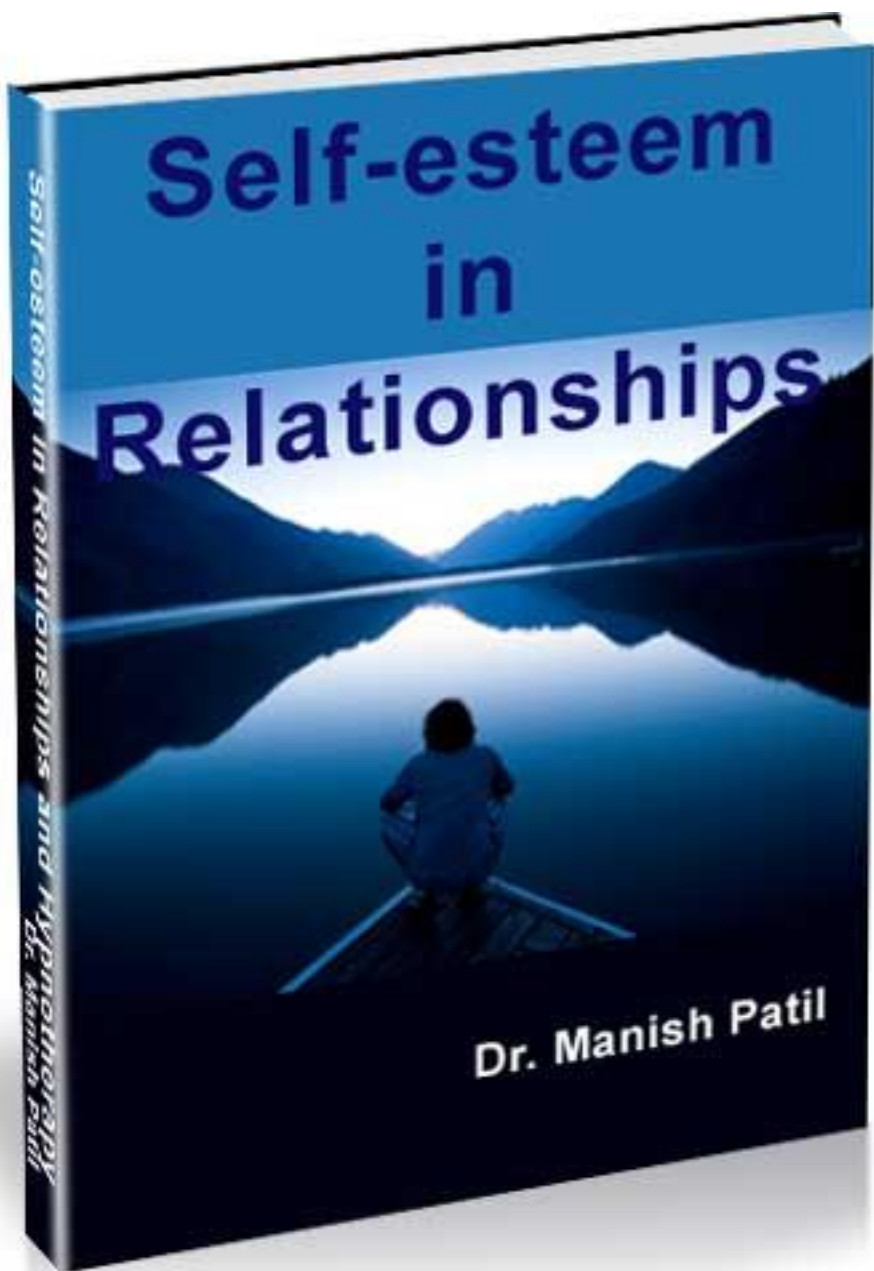


# Self-esteem in Relationships

*Self-esteem in Relationships and Hypnotic Self*  
Dr. Manish Patil

Dr. Manish Patil



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### Hypnosis

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

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

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

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

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

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

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

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

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### Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

### The Power of Suggestion

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

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

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

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

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

### Samadhi through Self Hypnosis

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

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

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

### The Three Forces of God

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

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

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

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

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

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

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

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

### The truth behind meditation

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

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

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

### Meditation a state of mind

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

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

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

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

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

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

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

### The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

#### THE MULDHARA CHAKRA

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

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### THE SWADHISTHANA CHAKRA

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

### THE MANIPURA CHAKRA

This chakra is situated in the navel area and is associated with will power relating to the basic desires and has ten spokes representing use of fair means or cunningness or other such means to fulfill the 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 muldhara chakra, this chakra is situated near the pineal gland and is popularly called the third eye because this is the chakra of the mind and has the ability to give one foresight and the higher qualities and the ability to use the full force of the mind' the corresponding words are OM the colour green.

### THE SAHASARA CHAKRA

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

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

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### Meditation of Silence

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

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

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

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

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

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

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## Self-esteem in Relationships and Hypnotherapy by Dr. Manish Patil

### Frequently Asked Questions

#### Why is Hypnotherapy so effective?

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

#### Does Hypnotherapy work for everyone?

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

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

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

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

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

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

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

#### Will Hypnotherapy make me act strangely?

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

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## Self-esteem in Relationships and Hypnotherapy by Dr. Manish Patil

true of the Alpha state of mind. Responses to important stimuli are still possible. It is also the perfect time to impose suggestions that can mean real differences in your life.

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

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

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

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

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

### How do your Hypnotherapy audio sessions work?

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

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

### How long are your Hypnotherapy sessions?

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

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

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

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

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

### Are your Hypnotherapy sessions suitable for children?

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

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

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

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

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

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

**Repeated listening and acceptance of instructions 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

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issues are more complex and we would recommend caution in trying to tackle separate issues at once. For example weight loss and stopping smoking are very difficult to achieve at the same time, and it could be better to concentrate on each issue at different times. We also don't recommend you listen to too many different sessions over the same period which is why we limit purchases to 10 sessions.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### The Myths of Hypnotherapy

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

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

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

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

Wrong! It's quite the opposite. Without doubt it's the people who can concentrate well and have a creative imagination that are, if you want to use the term, the best 'hypnotic subjects'. These types of people go into hypnosis/ Hypnotherapy easier and deeper than anyone else. We're all susceptible to

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suggestion, but it's just a matter to what degree. If someone is offering me something which is useful, then I will work towards achieving it. It would be really silly to work against something that will give you benefit. So it's really not true that people who are hypnotized are gullible or weak minded.

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

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

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

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

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

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

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

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

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

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

Wrong! Remember, you have a conscious awareness during hypnosis, and are in full control. If the hypnotist/hypnotherapist was to ask you to do anything inappropriate then you'd pull yourself out of it, spontaneously for most people. The best, most professional and ethical hypnotherapists work in a

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way that the makes the client feel empowered rather than working in an authoritarian way where problems may result.

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

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

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

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

### **Summary**

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

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## Self-esteem in Relationships and Hypnotherapy by Dr. Manish Patil

### Self-esteem in Relationships and Hypnotherapy

A healthy and happy relationship should be good for your self-esteem.

But it may be that your self-esteem wasn't great to begin with and although your partner makes efforts to compliment you and build you up somehow you just don't believe them!

Maybe you really love your partner but feel they are just too good for you and that you are 'lucky to have them'

Perhaps you feel it's just a matter of time before they reject you in favour of someone 'better!'

Perhaps your low self-esteem in your relationship is even spoiling the relationship itself. Low self-esteem can manifest as you looking for signs that your partner has lost interest in you or prefers someone else or is only seeing you because they pity you.

#### Low self-esteem and defensiveness

Sometimes low self-esteem in relationships makes you defensive and feeling like you are being criticised when you are not! Low self-esteem can present as over-sensitivity.

Some people with very low self-esteem describe themselves as 'unlovable' and even say things like: 'He/She is only with me for sex/money/out of pity/duty/until they meet someone better!'

It could be the case that you were badly treated and psychologically abused by a previous partner who put you down, never said anything nice about you and made you feel worthless.

It's easy to suffer lowered self-esteem when we've been in a relationship like this.

But if we take these 'old feelings' into a new relationship then they can really get in the way of a satisfying relationship.

This is like a bird that has been caged for many years finally having the cage door released but, out of habit, not yet realising that it can now actually fly free!

Maybe a part of you kind of envies your partner's confidence or ease with themselves.

Imagine what it will be like to truly value yourself and be able to feel the reality of your partners love and respect for you because you feel that it is right and reasonable for them to feel positively towards you.

Buy *Self Esteem in Relationships* hypnotherapy audio session now and start to feel good about yourself in your relationship. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

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## Self-esteem in Relationships and Hypnotherapy by Dr. Manish Patil

### Finding your identity

Who do you think you are? Do you have a strong self of identity?

Life has changed incredibly over the last fifty years. We may have a so called global community in the internet but local communities have largely broken down.

We no longer have rituals to mark the passing of children into adulthood and millions of people just don't know who they are supposed to be.

In the old days people knew each other and knew what each other did. Today jobs may only last as long as the next contract and clear concepts of how to be a man or a woman have largely disintegrated. A male client of mine recently said: 'But I just don't know *how* to be a man!'

Sure it's limiting to label people this or that but the truth is we *do* need some labeling if we want to 'be somebody.' As long as we are not constricted by limiting or inaccurate labels others stick on us.

### What is your identity?

An identity is made up who and what you feel you are and also how you feel you are perceived by other people around you. Your identity relates to what you do in life and how much you personally value what you do.

Your sense of identity is also made up of what you feel you are capable of in the future. Do you have a strong work identity? Do you feel respected in the workplace? Are you proud of what you do? Maybe you have a strong home life identity as a mother or grandmother or father. Or maybe you feel that one identity has served it's purpose and now, because of changing circumstances, you need a new strong sense of identity - this might happen, for example, when children leave home or after some other life changing event.

### Becoming you

Then again perhaps you have never really felt a strong sense of who you are and what you are? What would you like to feel about yourself? Who do you want to be? Because, once you have your strong identity, you become a stronger person. It's the people who have a strong sense of themselves who thrive under difficult circumstances, who can keep their cool when people all around them are losing theirs and who can battle for their own ideas even when all around them are dismissing them as useless.

This hypnotherapy audio session will encourage you to experience deep and profound hypnotic relaxation at the same time as offering suggestions to your unconscious mind to develop a strong sense of identity for a stronger life.

Buy *Find Your Identity* hypnotherapy audio session now and feel a stronger sense of purpose and meaning.

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## Self-esteem in Relationships and Hypnotherapy by Dr. Manish Patil

### Overcome Inferiority Complex

**Learn to see your strengths and weaknesses calmly and objectively.**

Someone once said that they had an inferiority complex but it wasn't a very good one. This may be a joke but it has a serious point.

If you have got into the *habit* of feeling inferior to others then you can literally feel inferior about anything. Feeling inferior is linked to a sense of shame about the self. A feeling that you are not 'up to the mark' or that somehow you just don't cut the mustard.

As human beings we are all aware of status although it's popular to pretend we don't care about status at all. We use terms like 'dis' for 'disrespect', being 'one up' or 'put down'. Where we are on the pecking order is important to us.

An inferiority complex makes you constantly worry about what others think of you. Of course why shouldn't it be just important what *you* think of *them*?

#### Where does an inferiority complex come from?

Inferiority complexes develop from the experience of being 'brain washed' by other people. Maybe you have been unrelentingly criticized and put down by others. Some people like to squash any hint of positive self-regard in others and it's easy to be influenced by such people. This session will help you move beyond such former brain washing.

If you have an inferiority complex chances are you feel more comfortable spending your time with people you feel aren't too accomplished or successful or good looking or confident themselves. You probably prefer being with people who you feel aren't going to judge you too harshly.

#### Gaining self-respect

Wouldn't it just be great to feel you are basically as good as anyone else? Sure you *know* they may be better at something specific but *basically* you are as good as they are - them being smarter (in specific ways) or taller or whatever doesn't make them better than you in any general sense. Inferiority complexes makes people who suffer them think that that *specific* attributes make people *generally* better. This is absurd.

When you have gotten over that inferiority complex you'll just feel better about yourself regardless of 'the facts'.

This hypnotherapy audio session will stop you assuming you're not as good as others and help you accept your own areas of strength as well as weakness with objectivity and calm.

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## Self-esteem in Relationships and Hypnotherapy by Dr. Manish Patil

Buy *Overcome an Inferiority Complex* hypnotherapy audio session now and start enjoying your life the way it's meant to be enjoyed. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop thinking you're stupid

Thinking you're stupid all the time is a nightmare. Early ideas about yourself can sometimes stick. If you were brainwashed into thinking you never had anything to say and were stupid when you were a child maybe that conditioning is spoiling life for you now.

### Wanting to feel we are right about ourselves even when being right is wrong

We humans like to think we are right even when being 'right' means holding onto limiting and damaging beliefs about yourself.

In order to really begin to recognize your own intelligence and positive mental qualities you will have to let go of 'having to be right' about your being stupider than you really are.

### Ignoring 'non-stupid' evidence

Have you noticed that whenever evidence appears that shows you're not as stupid as you think, you discard it without thought?

People who automatically feel they are stupid will be selective with the evidence that life presents to them about themselves. For example if they do well at something they might say: 'Well anybody could have done that!' (Remember when you are clever at something then it *will* feel easy). They might give the credit for their own intelligence to other people by saying: 'Well that went well because Lucy or George really helped me it wouldn't have worked without their help.'

### Losing the 'I'm Stupid' brainwashing

So strong is the early brainwashing that they are dumb that their mind tries to maintain the early conditioning by 'making excuses' for any evidence that doesn't fit the 'I'm stupid' label.

It's important for future happiness and success to leave this habit behind and soon.

Because if we truly believe we are stupid and others think we are we may subconsciously start to act more stupidly producing a self-fulfilling prophecy. Self-concepts can actually mold our behavior.

### The damage of self-limiting ideas

Living with limiting ideas about ourselves means we live in more restricted ways than we need to. Maybe someone told you that you were stupid and you believed them because you were young or they have some

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authority. Perhaps you have applied black or white simplistic standards to yourself and this perfectionist approach has left you, inevitably, feeling you are no good.

### Some of the brightest people have thought they were stupid

Thomas Edison felt stupid at school and didn't feel he could learn. He said he was always bottom of the class and felt that his father thought he was stupid. But it was just that school learning didn't suit him. Edison went on to transform the modern world with his invention and development of the light bulb, phonograph, flexible celluloid film and projector, microphone and a thousand other inventions. Edison was able to cast off early perceptions of him as stupid and prove to himself and everyone else that this was not the case.

This hypnotherapy audio session will help you begin to be fair with yourself to give yourself an equal chance. It will encourage you to experience the 'Edison effect' and cast off limiting ideas.

Buy *Stop Thinking You're Stupid* hypnotherapy audio session now and start being true to yourself. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Overcoming insecurity and increase your enjoyment of life

### A deeply relaxing Hypnotherapy audio to reduce anxiety

Most people have problems overcoming insecurity at some point in their life, and it manifests in different ways.

It may be that *social insecurity* is the main problem for you, or it may be a more general feeling. The problem with insecurity is that it causes anxiety, and makes you think negatively about yourself - impacting on your confidence and self-esteem.

Ongoing insecurity can make many things difficult - socializing, relationships, learning new skills - it simply gets in the way.

This hypnotherapy audio session will lead you gently through a process to improve your self-image, boost your confidence and self-esteem, and teach you to use your imagination constructively to help make all sorts of activities easier.

Whether you have problems with social insecurity, lack of **self-belief**, or a more general lack of confidence in yourself, this hypnotherapy audio session will help make your life so much easier - and allow you to enjoy yourself much, much more.

Buy *Overcoming Insecurity* hypnotherapy audio session now and take pleasure in the soothing, supportive deep relaxation and positive messages for you and your future. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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## Self-esteem in Relationships and Hypnotherapy by Dr. Manish Patil

### Self-acceptance - the first essential step to self-improvement

#### Stop pretending you're something you're not, and accept yourself for who you are

'Self-acceptance' may sound like giving up and stopping efforts to improve yourself. But it is not that at all. Self-acceptance - seeing yourself as you really are (and that's a much nicer experience than it might sound!), is the essential beginning to becoming who you want to be.

Real self-acceptance gives you a solid foundation upon which to build yourself into who you want to become. Without that foundation, you may be building a house of cards.

#### Honesty without guilt

And self-acceptance is not just about appreciating your good points - it is more about being honest about your less commendable traits - *without feeling guilty or inadequate* because of them.

#### Stop pretending to be something you're not

This is self-acceptance and when you truly accept yourself for who you are, without feeling you have to pretend all the time, then paradoxically, your self-confidence takes a massive leap.

Self-acceptance doesn't mean not striving to improve and change but it does mean making *allowances* for yourself sometimes, knowing your natural weaker points and accepting them whilst remembering your strong points.

#### How accepting yourself as you are will help you

Once you truly accept yourself, you will waste no energy or time on self-deception or deceiving others and you will develop clarity as to just *what* needs improving.

Buy *Self-Acceptance* hypnotherapy audio session now and start being true to yourself. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

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## Self-esteem in Relationships and Hypnotherapy by Dr. Manish Patil

### Stop blaming yourself for things that aren't your fault

Understand the difference between control and influence, and discover where the real limits for responsibility are.

It's an admirable quality to take responsibility if something goes wrong and is your fault, but if you tend to blame yourself for everything then you will be having a tough time of it.

Blaming yourself for all kinds of stuff such as whether other people are happy, whether other people work hard, whether your relationship fails to thrive, whether a social event is going well - is so much work!

#### Self-blame: control versus influence

People who blame themselves for too much mistake influence for control. A mother may be able to *influence* her child when it comes to academic study but she can't completely *control* the child's motivation (or lack of). You may be able to *influence* whether your partner or friend has a good time but you certainly can't be totally responsible.

Too much self-blame is really about grabbing too much of the 'responsibility pie'. You can really begin to think about what percentage or portion of responsibility you actually have in situations. People who are prone to guilt and self-blame take the whole 'pie' for themselves.

Small wonder then that those who internalize bad stuff like this put themselves at greater risk of depression. (1)

#### Self-blame and depression

Psychologists call a tendency to just blame oneself when things go wrong as having an 'internal locus of control'. People who blame themselves for bad stuff also tend to not take credit when things work out well. This is called having an external locus of control.

So if a relationship breaks down the self-blamer may exclusively blame themselves 'I ruin everything!' rather than seeing outside factors such as the ex-partners behavior or external stresses on the relationship as also partially to blame.

But when things go well, say the self-blamer organizes a successful business meeting, they may find it hard to accept compliments and be eager to talk in terms of them 'just being lucky' or other people being core to its success and so forth.

#### Why do people self-blame?

If you were brought up by someone who tended to dish out blame unfairly then you may have learnt to direct unfair blame towards yourself. You may be a person who sees reality in very 'black or white' ways and applies

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perfectionist standards to your own performance and behavior meaning you continually let yourself down and then have an excuse to 'lash' yourself with recriminations.

It's vital to understand that a mature person will see where their own responsibility lies and seek to do something about it (never accepting any responsibility carries its own problems) but the self-blamer tends to totally blame themselves.

*Stop Blaming Yourself* hypnotherapy audio session will redress the responsibility balance, meaning you'll be better placed to see the bigger picture and your own part in it with more calmness and objectivity.

Buy *Stop Blaming Yourself* hypnotherapy audio session and free up your life. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

(1) 'Learned Optimism' by Martin Seligman, publ Vintage Books, Mar 14 2006

### Boost your Self Esteem

#### Discover new abilities and realise your true potential!

Inside all of us is a desire to accomplish more, to live more profoundly and experience each day to the fullest. Yet, for many of us those desires stay locked deep inside, crowded out by our fears and overshadowed by our doubts and low self-esteem. This self-defeating behavior becomes such a part of our existence that we barely notice that we suffer from low self-esteem. **Telling ourselves not to bother, or that we are destined for less than spectacular, seems normal.**

But with greater self-esteem you are capable of so much more. If you can stop holding yourself back for just one minute you might see all the possibilities that lie ahead. **Just picture yourself doing the things you've dreamed of before.** Would you go out for that job you always wanted? How about approaching that certain someone you've wanted to speak to? What about taking that trip and embarking on a new life journey? **Your opportunities are endless when you have high self-esteem and truly believe in yourself.**

So why is it that we constantly tell ourselves no? Why do we insist that we're not good enough, strong enough, or smart enough to do and be what we want? We may have been told these things as children or been given signals of such as we developed our sense of self over the years, but guess what - those messages were wrong. Their purpose was to deny you of all you dream and desire. **The only person holding you back now is you. It's about time you make a move.**

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

- Find your true path and follow it every day!
- Be proud of who you are and confident in your abilities!
- Change the way you see yourself and the course of your life!

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If you want to bring about changes in your thinking and boost your self-esteem, then you can. By giving your unconscious mind the tools it needs to unlock your hidden potential, **you can experience a more fulfilling and happy life.**

This hypnotherapy audio session will help you to relax deeply and open the door to renewed positive thinking and higher self-esteem.

**Boost your self-esteem with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Building self-esteem is easy with Hypnotherapy

**Find out how to go about building self-esteem and an altogether better relationship with yourself - right now**

Do you have a generally negative opinion of yourself - and so of your prospects in life?

Does your self-esteem need a boost?

'Self-esteem' is a fashionable concept. Just about every social and personal ill you can think of has been attributed to the effects of low self-esteem. Millions of words have appeared on the subject - but sadly they're not all helpful. You could easily get the idea that high self-esteem is the 'holy grail' and what you 'should' have. But actually, if it is *too high* it can bring just as many problems as if it is *too low*.

So here are a few more words about self-esteem. Important ones.

#### Why does looking after your self-esteem matter?

Your opinion of yourself, what you think of your own 'worth', really does make a difference to your life. If you *mistakenly* value yourself too low, many things can go wrong. You may

- *blame* yourself for things that aren't your fault
- *underestimate* your own abilities
- *expect* things to go wrong for you

But when you have an appropriate, balanced view of yourself, you can

- be much fairer to yourself
- be more objective about your strong points
- have more confidence in your abilities
- feel calmer when you think about yourself and your future
- think more positively about life generally

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So, rather than going flat out for *high* self-esteem, the best way forward is to work on building it to a *healthy level* that will help you get more out of life and feel more comfortable with yourself.

### Hypnotherapy can help you boost your self esteem

*Self Esteem Booster* hypnotherapy audio session is an audio Hypnotherapy session which will help you do just this. This powerful session will allow you to relax very deeply and connect with the core truth about *you*. It will

- remind you of your good qualities
- improve your self confidence
- give you the inner strength to come through difficult times
- help you feel better about yourself
- improve your social and working relationships

Buy *Self Esteem Booster* hypnotherapy audio session and start getting more out of life today. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Stop self-hate today

Self-hate, or disgust with yourself, saps your energy, and reduces enjoyment and productivity in your life. When you feel that you hate yourself and 'deserve' bad things then you are, of course, your own worst enemy.

Self-hate may have arisen because of past conditioning: maybe you were fed negative ideas about yourself from others, maybe people treated you like an object to be used and thrown aside. Perhaps the self-hate really originates from another's voice and isn't your own sense of self at all. The dust and grime of years of conditioning may have obscured how you really see yourself.

### Perfectionism and self-hate

It may be that you are a perfectionist who sees reality in black and white and therefore whenever you do something 'imperfectly' you feel disgusted with yourself.

Then again perhaps you have been conditioned to feel guilty about all kinds of things and you over-ruminate about your past mistakes (which we've all made).

Perhaps you feel others are better than you or that you always seem to say or do the wrong thing.

### Get a more realistic view of yourself

Too much self-hate is still too much self-regard and self-focus. When you feel more relaxed and better about yourself then you don't have to think about yourself so much and can focus more on other things in life. What a relief!

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When you give yourself more leeway and begin to show some decency to yourself then you live life more fully and effectively.

Buy *Stop Self Hate* hypnotherapy audio session now and start giving yourself a chance! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Escape the swamp of self-pity and make the most of life

#### Hypnotherapy is an ideal way to stop self-pity from holding you back

Do you often feel that you've been unfairly given a really hard row to hoe in life, and that you've a lot to be aggrieved about?

Do you sometimes feel that, justified though your resentments or regrets may be, they're somehow holding you back?

When bad things happen to you, or you realize that your circumstances mean that you can't realize some of your natural hopes and dreams, it's only natural to feel pretty down about it. Life can be very hard, and the toughest of us are still vulnerable to knocks. We may suffer physically, emotionally and mentally. And sometimes there really *isn't* anything you can do about it.

#### What happens to you when bad things happen to you?

Psychologists recognize that when you get a knock back, of whatever kind, there is always a process of grieving to go through. Whatever *would* have happened if that knock back had not been there now *won't* happen. You've lost that potential future that maybe you were counting on. Sometimes this might be a small matter that you quickly recover from. But it could also be something major, calling for a lot of grieving.

People don't always recognize that the feelings of self-pity they experience in such situations are grief, because most people think of grief as what you feel when someone dies. If nobody died, how can these feelings of resentment, anger, bitterness and regret over bad things that have happened to you be grief? But this is just what they are. The future you would have lived (if not for those bad things) has died.

#### Grieving and self-pity

So when you feel sorry for yourself, and acknowledge that you've lost out on things that you feel you should have been able to do or to have, possibly through no fault of your own, you are grieving. And grieving is an appropriate response to loss. At the same time, it is important to understand that grieving is a healing process *with a purpose*. It is not a permanent state of being.

What is the purpose of grieving? It helps us *acknowledge* the loss we have suffered, *separate* ourselves from the future that is not to be, and *prepare* for a different future that will have its own positive aspects. When we make

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it through the first two stages, but don't embark on the third, we get swamped in self-pity, forever dwelling on what was lost and turning our back on the possibility that life could still be good.

### How self-pity can become a limiting habit

In time, feeling sorry for yourself can become a fixed habit, and one that locks you in to a backward looking perspective that prevents you from making the most of life. If you've been stuck in it for a long time, you may wonder if you can ever break free. Fortunately, you can.

### Hypnotherapy can help you stop self-pity and look forward to the future

*Stop self-pity* hypnotherapy audio session is an audio Hypnotherapy session devised by psychologists that uses powerful hypnotic techniques to help you make that move into the final stage of letting go of what happened and preparing to take your life in a new, positive direction.

As you listen to this hypnotherapy audio session repeatedly, the effects of regularly allowing yourself to enjoy the benefits of deep relaxing trance will begin to permeate your life. You'll find yourself easily and effortlessly developing a new, wider perspective on your personal history. After a short while, you'll begin to notice that you

- feel a deep sympathy for your own and others' troubles
- see the troubles that have befallen you in a wider human context
- understand the positive aspects of your own misfortunes
- no longer feel tempted to wallow in feeling sorry for yourself
- sense a growing joyous resolve to make the best of things

Buy *Stop self-pity* hypnotherapy audio session and set out with renewed hope into your future. **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### You're worth it - you, yes, you!

**Hypnotherapy can help you discover how external changes can reveal that you're worth it and help you rediscover your true value as a person**

Have you been feeling down on yourself and like you don't deserve good things?

Have you perhaps become a bit neglectful of yourself and how you look, or of your home and personal space?

It's a sad fact that lots of things can take the joy out of life and get you feeling pretty negative about yourself and the world. As human beings, we all have a number of basic emotional needs, beyond the purely physical. We need, for instance, a feeling of security, a way to be involved with others, something to feel proud of, challenges to make us grow and develop, friendships and intimacy. Without these, we suffer.

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Life is unpredictable and at any time you can find that one or more of these needs isn't being well met. You can survive that easily enough *for a time*. But if it goes on for too long, it can grind you down, and change your view of yourself. You can come to feel that you don't *deserve* these things. And then you can actually start making it harder for yourself, and deliberately deprive yourself of opportunities to feel good.

### Why do you stop feeling that you're worth it?

It's a very human thing to do. When things aren't going well, and we feel we cannot fix them, we look for a way to explain it to ourselves. And taking the blame is a popular explanation. "If my life isn't great, it must be because I'm no good, and I don't deserve it." It all seems to make sense.

However, you've probably noticed that thinking like this gets you caught in a vicious circle. Feelings of worthlessness mean that you avoid doing things that might make you feel good. And if you never allow yourself to feel good, or look good, it's even harder to address the problems that you face. So you don't. And then they tend to get worse. And you think you're even more worthless. And so on.

After a while, it feels like it's impossible to change any more. Like you're stuck with it.

But you're not. There is an amazingly simple way to break out of that vicious circle.

### Hypnotherapy can help you make a dramatic change

*You're worth it* hypnotherapy audio session is an audio Hypnotherapy session created by experienced psychologists that uses powerful hypnotic suggestions to get you to

- relax very profoundly in a way that completely reinvigorates you
- discover that you can easily take a whole new view on your life
- identify a number of simple, practical, doable things that will *automatically* change how you feel
- get highly motivated to take action on what you've discovered
- feel really good as you begin to see the real life results of this simple yet powerful process

Buy *You're worth it* hypnotherapy audio session and discover how to make changes you didn't know were possible. Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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