



Sex problems and Hypnotherapy

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by 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 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.

THE SWADHISTHANA CHAKRA

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This chakra is situated about a couple of inches above the muladhara 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 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

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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.**

Hypnosis and happy married life

Marriage is that institution between man and woman, in which all desires relating to intercourse have their fullest expression and fulfillment. However in these troubled times marriages more often than not fall short of our ideas and expectations. Consequently one is seen to make the best of one's marriage, and no doubt this best may turn out to be second or third best. Marriage can be a real boon, for man and woman, if couples learn and understand self hypnosis, and know that there is a permanent link between HYPNOTHERAPY AND THE SUB CONSCIOUS. Intercourse and marriage if viewed in the proper perspective, emerges as a thing of beauty, a physiological and emotional union between two human beings, in which the interplay of two unique personalities has the widest and most permanent scope.

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Intercourse is not merely a physical act; it is not confined to your bodies only. Mind is the highest instrument of sexual enjoyment and activity. Please keep in mind that sexuality permeates the mind more profoundly than it does the body. The entire gamut of one's thinking, emotions and the entire being is influenced, inspired and colored by the kind of sexual experience one has. Sex is one of the deepest and most intense forms of communication between two bodies and two souls. Happy marital and sex life depends on many factors including the right knowledge of sex mechanism and the psychic and emotional rapport between the two partners. It is a complex and delicate matter.

Hypnotic relaxation and the use of **Auto suggestion in self hypnosis**, coupled with a positive attitude can make your marital and sex life, by and large a more memorable and satisfying experience. The Awareness of sex and sexual activity as a positive force is of utmost importance. This positive approach toward intercourse and its related matters will make couples feel that marriage is a union of both the bodies, and minds, a fusion of two parts into one great whole.

Marriage in its true sense is an integration of physical, emotional and moral lives. This integration can be further cemented by the knowledge of hypnosis. People marry for love and out of love, but to sustain love, make it grow and take it from strength to strength, requires constant care, a lasting sense of companionship and a sense of belonging to one another. These are the ingredients which make a married life enduring, loving and complete.

By the proper use of self hypnosis both the husband and wife can work as a single thinking unit, and enjoy all the benefits of married life to its fullest.

What so ever anybody may say, but it is a fact that unsatisfied sex leads to many other social, economical and much more problems. Also unsatisfied sex reduces your efficiency up to such extent that it concerns others.

Love may make the world go round, but sexual problems, whether yours or theirs, can really sour the fun you expect to have when you get it together with someone. Whether you are making love with someone you've just met, or with a long time partner, you want it to go smoothly and enjoyably for both of you, and it's grim when it doesn't work out.

We understand that sex is about more than hormones, and that although you can count on nature to take you a pretty long way, many factors influence sexual relations between people. We have a range of hypnosis downloads for sexual problems. Our downloads will help you easily overcome any unconscious barriers to sexual enjoyment and really brighten up your love life.

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Real Meaning of Sexual Intercourse

Sexual intercourse has rarely been described properly whether in religion, spiritualism or by scientists whether social or biological. One takes sexual intercourse for granted without really understanding it in totality. It is more often than not associated with abusive language, and wrongly interpreted in most religions as something dirty, ugly or forbidden. Sexual intercourse is a much maligned and misunderstood term for those who do not understand what it means in totality.

A whole lot of persons throughout the history of mankind are collectively responsible for mutating the minds of later generations, into what they are today. Sexual intercourse has never been properly interpreted by anyone, and if he has tried it has never been with an unbiased mind, it has always been colored with the interpreters prejudices.

Some advocate celibacy, thus depriving themselves and encouraging and influencing others to abstain from what is their natural course of evolution. Thus mental growth and natural evolution comes to a standstill in such persons. These people will have to take birth again and again to correct the imbalance, and find the path which will eventually take them to their final destination.

I have written time and again that everything in this universe is governed and ruled by The Three Forces of God. The rules of these three forces are applicable to everything in creation including Sexual intercourse. Hence Sexual intercourse is also divided into three types-

- Creative intercourse
- Protective intercourse
- Destructive intercourse

Creative force means pure energy, and anything done for the creation of anything with pure intentions, triggers off a chain reaction of pure energy. The side effects are pure and a pure atmosphere is created. The pure love which two persons feel for each other, free from any inducements is nothing but the play of the creative force in nature, which is energy in its purest form. The thoughts and emotions do not experience any side effects and hence the brain does not mutate. This type of Sexual intercourse is most of the times spontaneous as the partners are overwhelmed by the pure energy, and the thinking part does not come into play.

Protective Sexual intercourse is intercourse which has some inducements attached to it. These inducements are not harmful, and can be like raising a family, finding a partner or companion, emotional or financial security. Such intercourse has strings attached to it. The satisfaction of both the partners is the key to happiness in such an arrangement. There are side effects arising out of such an arrangement as there is expectation involved. This involves a chain reaction and some mutation in the brain and evolution process is inevitable.

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Destructive Sexual intercourse means rape, intercourse by putting undue fear into the other partner and any such act whereby one of the parties is not a willing partner. Pornography and unnatural intercourse are also destructive types of intercourse. The thinking, emotions and the brains of such persons get mutated totally, and evolution and growth of such people comes to a standstill. The chain reaction which is triggered has severe and long lasting effects.

Thus having seen all the three types of sexual inter courses, what must be kept in mind is that only the creative Sexual intercourse is in line with the natural flow of evolution, the protective Sexual intercourse is a slight diversion. And the destructive Sexual intercourse is a major break away from the natural path of evolution.

Samadhi through Sexual Energy

Sexual urge manifests in each and every person, trying to find someone without this natural urge is like finding a needle in a haystack. There is nothing abnormal about experiencing a Sexual urge or even feeling overwhelmed by it. Sexual urge is nothing but the Creative force in nature, which is manifesting itself in your body; the primary function of this creative force is creation. Each and every living being is created through Sexual intercourse, and Sexual urge is what powers intercourse.

The persons who wrote the rules and regulations for man-made religions as well as the moral scientists have miserably failed to understand the Real Meaning of Sexual Intercourse. By painting sex as something bad and immoral, what these fools have ultimately succeeded in doing is mutating the minds and memory of their unsuspecting followers, and done great disservice to mankind.

The Sexual urge which one feels and becomes overwhelmed by is the door way to attaining the ultimate bliss which everyone is after. This Bliss is called by various names like enlightenment, Nirvana or Samadhi. First and foremost you have to be aware and fully understand the fact that, this Sexual urge is nothing but the manifestation of the Creative force out of The Three Forces of God, in your body.

I would advise you to feel happy and satisfied by remembering that you are the lucky recipient of this natural energy manifesting itself in your body. This Creative energy which you feel inside your body can be converted into destructive or negative energy or positive energy depending upon how you channelize it. It is ultimately in your hands how you utilize this vast reservoir of energy which is at your disposal.

It is of utmost importance to remove all the crap which has been fed to you by man made religions and moral scientists. Once you remove this crap, which you can easily, by telling yourselves and believing that it is really crap. If you feel discomfort or a feeling of unease you can try which ever technique of **Hypnosis**, which you feel most comfortable with. Once you have removed the accumulated crap in your mind, then the next step commences.

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Once you have detoxified your mind, then you feel a natural sense of calmness and confidence which you will notice was lacking before. Thereafter whenever you sense and feel the sexual urge rising in your body, you can tell yourself in a calm and confident tone

How lucky I am that the creative force is manifesting itself in my body.

I can feel this creative force, it is everywhere in my body.

I am now being overwhelmed by this creative force.

My body is changing itself; the creative force has completely taken charge of my body.

I am now turning into the creative force.

I have now turned into the creative force.

I am the creative force.

I am now one with nature, I have acquired the ultimate Bliss, I have achieved Nirvana, I am now enlightened. I have now become truly Non-Dual.

It is most important not to think about the fruits, and expect them to materialise immediately, when you are in the process of becoming one with the energy which has manifested in your body by the way of a sexual urge. If you start thinking about the fruits then you are converting this energy into a negative one. The entire conversion process should be natural and spontaneous. You will get it right after numerous attempts or even at the first attempt.

Thereafter you might even experience that the energy permanently resides in your body, and that this energy is you. When you experience that you are the energy, then you will have acquired what is called the state of Samadhi, Nivnana, enlightenment or liberation. This state of being is also called as the Non-Dual state.

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.

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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 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

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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.

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

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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 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.

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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.

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

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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.

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

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property and incomes relating it from any type of misuse/fraud/malpractices and sharing or distribution will lead to legal prosecution and penalties up to maximum.

In which languages can I get my Hypnotherapy audio sessions

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

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

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

The Myths of Hypnotherapy

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

Hypnotherapy Myth #1 –Hypnotherapist have special powers.

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

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.

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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 as if you'd 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 way that makes the client feel empowered rather than working in an authoritarian way where problems may result.

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

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

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

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

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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Be More Feminine

Set your femininity free with the help of Hypnotherapy!

What truly defines femininity? It's not the clothes you wear, or even the shape of your body. It's not the make-up you put on, or your perfume that gives you that special something.

Femininity is a sensitivity and sense of self-assurance that can only come from within. Your beauty and softness are your special treasures. You have to relish these gifts in order for them be outwardly seen. You have to release your inner femininity.

I know it's not always that easy. You want to feel feminine and free but society can make it difficult to just be yourself sometimes. Maybe you've encountered people that tried to keep you from being who you truly are, or who have robbed you of your **self-esteem**. As a result, you may have denied yourself the right to feel and act feminine. If you feel the need to be more feminine, **it's time to let go of what's holding you back and just be free.**

But how do you do it? How can you claim your feminine self when that little voice in your head keeps telling you not to be too free? How do you relinquish the pressures of the past and become the person you want to be? **Hypnotherapy allows you to get in touch with your feelings and find the real woman hidden inside.** With the help of this relaxing Hypnotherapy session you can begin to appreciate and recognise your feminine beauty.

Imagine what it would be like to:

- Discover your inner beauty and feel self-assured!
- Stop holding back and finally reveal your femininity!
- Hold your head high exude feminine confidence!

Hypnotherapy is a great way to get in touch with our emotional selves. So much of our time is spent pushing our emotions aside that it can be difficult when we finally decide to just be ourselves. Hypnotherapy uses relaxation, visualization, and other powerful techniques to help stop this cycle from continuing.

Whether you forgot what it's like to feel feminine, are looking to find it for the first time, or just want to give a boost to your womanly charms, Hypnotherapy can help. This powerful Hypnotherapy audio session can help you feel more relaxed and at ease. With regular listening, you can begin to discover that being feminine comes quite naturally.

Buy **Be More Feminine Hypnotherapy audio session** and set your femininity free with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Breast Enlargement - Female

More women are now using hypnotherapy as an alternative to surgery to visualizing increasing their breast measurement, however this is still a relatively new area and quite controversial.

Exploration should be done to uncover any unresolved conflicts in the patient's life. Dietary advice is also beneficial. Some women who are very flat chested can also be extremely thin.

"Imagine now that you're on a lovely, secluded stretch of beach, there's no one around for miles and it's a beautiful warm summer's day.

You lie down on the soft white sand, and you can hear the sound of the water gently lapping up to the shore; the sky is a lovely shade of blue and there's not a cloud in sight. The sunlight sparkles on the beautiful deep blue sea and everything is so tranquil, so peaceful, so restful.

And imagine that as you lie there on the soft white sand, listening to the waves, and feeling the sun on your body, that you undo your top and let the sun to your body.

And as you lie there you can feel the warmth of the sun bathing your body, and imagine the heat from the sun warming your breast area, making your breasts warm and tingling . . .

Well developed breasts are the most important factor in a beautiful and appealing figure.

Also Well developed breast are necessary to feed a child properly as he/she is going to be your support in your old age and continue your name after your death.

Also most of the boys/men wish to have a wife with full developed breasts. That is why girls with undeveloped or underdeveloped breasts are rejected by most of boys for marriage.

You accept or not but Sex is the sixth natural need of every human and the game of sex starts from the breasts. So well developed breasts start it well as you say well begun is half done.

Buy **Breast Enlargement (female) Hypnotherapy audio session** and enlarge your breasts to suit your social, sexual, etc. needs with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Confidence Approaching Women

Use Hypnotherapy to improve your confidence with women!

Going up to a complete stranger with confidence can be difficult enough, but how are you supposed to keep your cool when the stranger is a woman you find attractive or interesting? Do you feel like she can see how nervous you are, or are you so afraid that you'll end up sounding like a jerk that you just stay away? **Unfortunately, avoiding talking to women won't get you anywhere.** You have to have confidence and be willing to step out on a limb to make friends and meet potential mates.

We're all a little nervous and unsure of ourselves sometimes; that's natural. However, if we let our fears run our life we can end up **lonely** and unsatisfied. We all deserve to engage in meaningful relationships, but they have to start somewhere and that's usually the hard part. **The good news is that confidence approaching women can be developed with a little effort.** In fact, you can become a more confident person in general if you like. You just have to let go of some of your fears and inhibitions and start believing in yourself. **But how does one do that?**

Hypnotherapy is an excellent tool for **building self-esteem** and **self confidence**. You have interesting things to say. You can attract a female by just being yourself. All you have to do is break down the barriers in your unconscious mind that prevent you from approaching women confidently. Simply striking up and holding a successful conversation with a woman you like may seem like an impossible task now, but not for long. **Hypnotherapy can help you make insecurity a thing of the past.**

Imagine what it would be like to:

- Walk up to a woman confidently and keep her interest!
- Let go of your fears and feel better about yourself!
- No longer let fear hold you back from meeting a mate!

No one's saying that Hypnotherapy can cure all inklings of self-doubt and make you a magnet for women overnight, but **it can make a difference in your life.** With regular listening to this **Confidence with women Hypnotherapy audio session** you should begin to see a change in your attitude and in your opinion of yourself. Walking up to a women will then get easier and in time, with the help of Hypnotherapy, you can be striking up conversations with ease.

Buy **Confidence approaching women Hypnotherapy audio session** to improve your confidence with women with the help of Hypnotherapy! **Visit www.hypnotherapy.eorg.in now.**

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Sex problems and Hypnotherapy by Dr. Manish Patil

Be confident with women when in bed

Overcome delayed ejaculation using the power of your mind

You know the scenario: Your partner has climaxed and now the pressure's on you to 'finish'. Some delay in ejaculating is fine -even desirable -but as minute follows minute... well we could all start filling in tax returns!

For men who suffer from **premature ejaculation** or **impotence** the thought of *not* being able to ejaculate in the presence of a partner may seem like an impossible problem.

But men who can't ejaculate during intercourse or even during any sexual activity, can suffer such frustration, irritation and embarrassment that they may be turned off sex altogether. Delayed ejaculation is a serious problem for many men.

Your sexual partner may feel that somehow you just don't find them attractive enough -causing further anxiety in turn leading to less likelihood of orgasm - the whole thing becomes a vicious cycle!

Most men experience delayed ejaculation occasionally, however if it has become a predictable pattern then it's time to get some help.

The causes of delayed ejaculation

It's vital that you know clearly the cause of your delayed orgasm as it may be physical. Do you suffer from diabetes, allergies or high blood pressure? Are you on any medications for these conditions or for depression or anxiety? Antidepressants can cause delayed or even complete inability to achieve orgasm.

If this difficulty started at the same time as you started taking medication then get back to your doctor and see if you can substitute this medication for one with side effects that don't mess with your sex life. Prostate surgery can also influence the way you experience orgasm so if in doubt discuss this with your physician.

If the reason for delayed ejaculation is not physical

All kinds of factors can delay or even completely prevent ejaculation. There may be conscious or unconscious worries about pregnancy, or guilt about enjoying sex (this may have resulted from religious or family conditioning). Delayed orgasm may be also caused by issues around intimacy or commitment.

Maybe you are trying too hard and the 'trying' gets in the way of the spontaneous enjoyment. This can happen when you *totally* focus on your partner's pleasure. Imagine how it's going to feel to be totally absorbed and 'in the moment' with your partner when the fuse is lit *and* you 'get the fireworks'.

Hypnotherapy is the most powerful way to influence the mind/body connection, just imagine when you can delay orgasm for as little or as long as have so much more control when you climax.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Be confident with women with be confident with women when in bed Hypnotherapy audio session and enjoy sex fully.

Buy **Be confident with women when in bed Hypnotherapy audio session** and enjoy sex fully with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Enjoy Foreplay

Funk up your Sex Life with Foreplay.

Do you tend to skip foreplay and go straight to the main event?

Tired of hearing she's not enjoying sex as much as you?

Some men think foreplay is simply a woman's way of being selfish. But in fact it can help to get her in the mood and make her more responsive and sexy. Instead of seeing it as a chore, you should think of it as a way of giving added pleasure to your partner. And if you get it right, your sex life will only improve.

Our **Enjoy Foreplay Hypnotherapy audio session** may help you rethink your approach to foreplay and take matters into your own hands. You'll notice the difference quickly, as you feel more relaxed and understand the need to tease and titillate.

Simply lie back and listen as **Enjoy Foreplay Hypnotherapy audio session** lets you put the preliminaries into perspective, helping you adopt the right attitude that'll get your sex sessions off to a great start.

Just relax and listen as the recording works with you to soothe your thoughts and replenish your sexual powers, helping you:

- Be generous with your foreplay
- Drive your partner wild
- Enjoy better, longer-lasting sex

After listening to this Hypnotherapy recording, you'll be well on your way to a more productive and equitable approach to sex.

Don't be lazy: finger with flair and finesse!

Buy **Enjoy Foreplay Hypnotherapy audio session** and enjoy sizzling hot sex with a partner who's raring to go with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Enjoy Multiple Orgasms

Enjoy the pleasure & ecstasy of multiple orgasms

Does a single orgasm signal the end of your sexual enjoyment? Think that one orgasm is all you should and can achieve?

Unlike women, men believe that their sexual act finishes once they've ejaculated. But it's also possible to reach the heights of orgasmic ecstasy many times before concluding the sexual episode with that one big explosion. All it takes a bit of relaxation, focus and the ability to let yourself enjoy the experience fully.

Our **Enjoy Multiple Orgasms Hypnotherapy audio session** may help you remove any preconceived ideas about male orgasms, enabling you to enhance your physical pleasure. You'll notice the difference quickly, as you feel able to put more faith in your body and its abilities.

Simply sit back and listen as **Enjoy Multiple Orgasms Hypnotherapy audio session** allows you to unlock your sexual potential and pursue the pleasures of complete sexual gratification.

Just relax and listen as the recording works with you to release your worries and anxieties, helping you:

Achieve total sexual satisfaction Reach ecstasy point over and over again Experience the best sex possible.

After listening to this recording, you'll be well on your way to exploring your body's full sexual potential.

Don't settle for less than complete satisfaction!

Buy **Enjoy Multiple Orgasms Hypnotherapy audio session** now and enjoy long-lasting, unbelievable sex with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Enjoy Oral Sex

Enjoy Oral Sex and remove your concerns about cunnilingus

Does the thought of performing oral sex make you blush or feel uncomfortable?

Wish there was a way to release your inhibitions?

There's more to a healthy sex life than just intercourse. Both men and women have the capacity to give each other pleasure in any number of ways, one of which is through oral sex. But learned attitudes and past experiences can make us hesitant and unwilling to explore all the options.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Our **Enjoy Oral Sex Hypnotherapy audio session** may help you overcome your inhibitions and break free of the conditioning that prevents you from enjoying a full and complete sex life. You'll notice the difference quickly, as you begin to feel calmer, more relaxed and ready to experiment.

Just sit back and listen as **Enjoy Oral Sex Hypnotherapy audio session** helps you put those negative thoughts and feelings behind you, giving you the confidence and optimism to lift your lovemaking to the next level, pleasing your partner in the process.

Simply sit back and relax as the recording soothes your mind and lets you forget your cares and concerns, helping you:

Eliminate outdated attitudes Explore all the possibilities. Give your sex life a boost

After listening to this Hypnotherapy audio session recording, you'll be well on your way to taking the next step in your sex life.

Don't be afraid to please the one you love!

Buy **Enjoy Oral Sex Hypnotherapy audio session** and give your partner an experience to remember with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Enlarge Your Penis

Get a Powerful Penis to be Proud of.

Is your penis less imposing than you'd like?

Need a fast and effective way to increase its length?

For many men, penis size signals strength and sexual prowess. But if you're unhappy with its size, it can leave you feeling diminished, devalued and even depressed. It can make you embarrassed to participate fully in sexual activities and can adversely affect your performance.

Our **Enlarge Your Penis Hypnotherapy audio session** may help you eradicate feelings of inadequacy and restore your faith in your sexual power. You'll notice the difference quickly, as you feel relaxed and more confident in your ability to grow big and stay big when you need to.

Just sit back and listen as **Enlarge Your Penis Hypnotherapy audio session** helps you extinguish those negative thoughts while stimulating growth hormones, enabling you to enjoy a bigger and more powerful member.

Simply sit back and relax as the recording works with you to help you de-stress and have more confidence in yourself, enabling you to:

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- Increase your penis size
- Feel stronger and more powerful
- Perform better and longer

After listening to this Hypnotherapy recording, you'll be well on your way to a more positive and fulfilling sex life.

Don't settle for less than the perfect penis!

Buy **Enlarge Your Penis Hypnotherapy audio session** now and help yourself to the powerful penis you've always wanted with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Erotic Dreams

Dream up the Greatest Sex Ever.

Are your dreams lacking spice and excitement?

Want to wake up feeling refreshed and satisfied?

Dreams help us make sense of our world but they also provide wish fulfillment. A lack of sexual completion in erotic dreams can leave you waking up with an all too real sense of dissatisfaction and frustration.

Our **Erotic Dreams Hypnotherapy audio session** may help you find the confidence and freedom to dream your wildest and most erotic desires. You'll notice the difference quickly, as you feel able to experience the hottest and steamiest reveries you can imagine.

Just sit back and listen as **Erotic Dreams Hypnotherapy audio session** helps you open up a whole new world of erotic fantasy that promises night after night of wild, unbridled passion.

Simply relax and listen as the recording works with you to unleash your pent-up passion and liberate your libido, helping you:

- Fulfill your deepest desires
- Experience unbridled passion
- Act out your wildest fantasies

After listening to this Hypnotherapy recording, you'll be well on your way to setting the power of your dreams on fire.

Don't settle for boring and unfulfilling dreams!

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Sex problems and Hypnotherapy by Dr. Manish Patil

Buy **Erotic Dreams Hypnotherapy audio session** now and enjoy the wildest, most amazing erotic dreams with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Expand Your Penis Girth

Are you unhappy with the thickness of your penis? Expand Your Penis Girth Enjoy a Thicker, Fuller Penis.

Want more width to give your partner maximum pleasure?

We've all heard the expression size isn't everything. But the truth is, it does matter. And when a thicker penis can give both you and your partner more exciting and fulfilling sexual satisfaction, it makes sense to want just that little bit more.

Our **Expand Your Penis Girth Hypnotherapy audio session** may help you tackle the problem from within, helping you increase the girth of your penis without costly procedures or invasive operations.

Just sit back and listen as **Expand Your Penis Girth Hypnotherapy audio session** works with you to stimulate internal growth mechanisms and activate expansion in all the right places.

Simply relax and listen as the recording puts your mind at ease and encourages physical changes, helping you:

- Increase the width of your penis
- Make sex more exciting and fulfilling
- Become a sexual pleasure provider

After listening to this Hypnotherapy recording, you'll be well on your way to making big changes to your sexual potential.

Don't settle for less than the full Monty!

Buy **Expand Your Penis Girth Hypnotherapy audio session** now and get a penis you can be truly proud of with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Experience Orgasmic Fantasy

Experience Orgasmic Fantasy Increase your orgasmic pleasure with fantasies

Do your orgasms lack intensity?

Feel like you are missing out on real satisfaction?

These days we're all too busy to have time for dreaming. But where our bodies are concerned, we need to meet their mental and physical needs in order to function properly. And that means taking time to give ourselves pleasure and reach the heights of sexual ecstasy.

Our **Experience Orgasmic Fantasy Hypnotherapy audio session** may help you redress the balance and focus on your pleasure. You'll notice the difference quickly, as your fantasies intensify your orgasms and increase your pleasure.

Just lie back and listen as **Experience Orgasmic Fantasy Hypnotherapy audio session** helps free your imagination and lets you focus to intensify your orgasm.

Just relax and listen as the recording works with you to liberate your sexual creativity and expressiveness, helping you:

- Focus on your pleasure
- Experience incredibly intense orgasms
- Arouse yourself to new orgasmic heights

After listening to this Hypnotherapy recording, you'll be ready to start creating intensely orgasmic fantasies that will totally turn you on.

Don't settle for ordinary, everyday orgasms!

Buy **Experience Orgasmic Fantasy Hypnotherapy audio session** now and let your orgasmic fantasies be fulfilled with the help of Hypnotherapy! **Visit www.hypnotherapy.eorg.in now.**

Sexual enhancement - reaching orgasm – For women

Relax deeply with Hypnotherapy and reconnect with your sexual self.

Note: If you are a man, see our **Male sexual enhancement Hypnotherapy audio session**.

Sex can be wonderful and so fulfilling, but do you ever wonder if it could be better? Maybe you have had problems achieving orgasm in the past, or would just like to experiment with improving your ability to reach climax quickly and reliably.

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Sex problems and Hypnotherapy by Dr. Manish Patil

As the saying goes, "the mind is the biggest erogenous zone". The mind has such a powerful connection with the body that using Hypnotherapy to set the scene for maximum sexual enjoyment can result in a profound change in the way your body responds. By teaching you to focus your mind in the same way as women who are naturally highly orgasmic, this sexual enhancement mp3 download will add a real sparkle to sex.

Get your mind out of the way and your body in full control

Sex is an opportunity to enhance intimacy and connection with your partner. For this to happen you need to be able to relax properly. Guilt, resentment, self consciousness -even 'trying to have an orgasm' can interfere with the blissful enjoyment which results from great sex.

Your **Female sexual enhancement Hypnotherapy audio session** will help you really relax with sex and condition your mind and body to be receptive to wonderful orgasms. A real orgasm is not forced but found, and once your body gets into the groove of delivering such natural pleasure, it will get easier and easier. If you've been wondering if you'll ever learn how to achieve female orgasm, give Hypnotherapy a try today.

Buy **Female sexual enhancement Hypnotherapy audio session now** and enjoy your body even more with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Female Fertility Enhancer

Let Hypnotherapy ease the stress of trying to conceive!

Pregnancy and parenthood are such natural desires that when fertility and conception difficulties arise our stress levels can skyrocket. The frustrations, excitement, processes, and letdowns can leave us feeling strangely separated from our physical selves and not in control of our own body. It's normal to feel this way, but **these feelings and added stress factors don't do much for helping us achieve our goal of conception.**

Fertility is a complex issue. Sometimes our bodies need time, understanding and encouragement to behave as we desire. We must strive to be calm and centered in the face of all that goes with actively trying to get pregnant. Taking temperatures, making charts, following schedules, seeing doctors, undergoing treatments, and waiting for answers can lead us away from the bigger picture. In order to facilitate the warm and welcoming environment needed for the miracle of life to take place, **peaceful communication with our bodies and minds is a must.**

Sounds easier said than done, right? The more you try, the harder it can seem to maintain control and not be overcome by the fear and disappointment of fertility. You have to take action to prevent these inhospitable, but completely natural, reactions about fertility from overtaking your mind and body. But there is a way to **give your mind a new set of directions** and send your body the signals it needs to relax; it's called Hypnotherapy.

Hypnotherapy is a deeply relaxing experience, something all aspiring mothers need, but it also **teaches you how to have better mind/body communication.** The unconscious mind is the

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Sex problems and Hypnotherapy by Dr. Manish Patil

automatic regulator of your body's activities. From processing emotions and physical activities, to balancing the hormones needed for conceiving, the unconscious mind is active in all these things. And Hypnotherapy is an excellent tool for accessing this powerful part of your brain.

Imagine what it would be like to:

- Feel calm and collected as you navigate the road to conception
- Remain positive and strong in the face of periodic fertility disappointments
- Have a better mind/body connection and become the mother you want to be

Let us be clear: Hypnotherapy is not a miracle cure for anything and we don't want to offer any false expectations, because we know and understand that fertility is a delicate and sensitive subject. We produced this hypnotherapy session because whether you're trying to conceive naturally or undergoing fertility treatment such as IVF, we believe Hypnotherapy can be your partner in the overall process. **You deserve to relax and unwind**, just as you deserve to communicate naturally with your body. This Hypnotherapy audio session can help you do just that.

Let Hypnotherapy be your calming guide to successful fertility!

Buy **Enhance Female Fertility Hypnotherapy audio session** and set your femininity successful for fertility with the help of Hypnotherapy! **Visit www.hypnotherapy.eorg.in now.**

Increase Female Libido

Relax deeply with Hypnotherapy and rediscover your sexual desire

Note: If you are a man, our Increase Male Libido Hypnotherapy audio session.

Loss of the female libido (sexual desire) can lead to decreased intimacy for women with their partner, anxiety about sex and of course the loss of one of life's potentially most enjoyable experiences.

Loss of libido in women may be driven by lifestyle causes such as **stress** levels, poor diet, or lack of exercise.

Yet mind and body are always linked. Any loss of libido may be because you have tensed up recently, or been exhausted through overwork or other worries.

It may be that you have experienced a recent lowering of **self confidence** which has 'carried over' into your sex life.

Female libido and relationship quality

It certainly seems that female libido is more linked to the quality of relationships than is the **male libido** and it may be that you need to regain intimacy with your partner. Increasing your desire for sex

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with your partner is a great confidence boost for him too and a wonderful way to build stronger bonds which carries over to other parts of your relationship.

Regular loving sex is good for your mind and body

Sex and particularly orgasm releases a chemical called oxytocin. Oxytocin regulates other hormones and regular release (through satisfying sex and orgasm) can dramatically lower stress levels, decrease PMS, normalize appetite for food and even allegedly decrease the likelihood of breast cancer.

So increasing your libido and enjoyment of sex will improve your overall health too.

It's been rightly said that the biggest erogenous zone is the brain. Once your brain is 'turned on' then your body's desire for loving sex will increase.

Buy **Increase Female Libido Hypnotherapy audio session** now and enjoy wanting sex again with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Fertility Boost (For Man)

Maximize your ability to father a child

Fed up with trying to have children and never succeeding?

Wondering if fatherhood will ever come along?

Every man's dream is to have children of his own, a son or daughter to carry on his name and genes. But stress, anxiety, and problems at work can affect fertility, leaving you and your partner frustrated, unfulfilled and uncertain how to proceed.

Our **Male fertility boost Hypnotherapy audio session** may help boost the health and vitality of your sperm, greatly increasing your chance of impregnating your partner. You'll notice the difference quickly, as you experience a sense of relaxation and calm.

Simply sit back and listen as **Male fertility boost Hypnotherapy audio session** encourages you to be in tune with your body's sperm production.

Sit back and relax as the recording works with you to banish your stress and remove your anxiety, helping you:

- Enjoy total relaxation
- Stimulate sperm production

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- Increase healthy sperm count

After listening to this Hypnotherapy recording, you'll feel more relaxed and confident about your body and your potential to conceive.

Don't let infertility destroy your dream!

Buy **Male fertility boost Hypnotherapy audio session** and enjoy a fertile life with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Activate Your G-Spot Enjoy Incredible Orgasms and Unlimited Ecstasy (For Males)

Would you like to experience an internal, G-spot induced

orgasm? Not sure where it is or how to find it?

You might not know it, but men have a G-spot, too. It's in the prostate and is also known as the P-spot. It can be activated by anal stimulation, but some men have reservations about letting their partner explore this area. This shyness and reticence can mean you might be missing out on some mind-blowing experiences.

Our **Activate Your G-Spot Hypnotherapy audio session (For Males)** may help you find the confidence to explore and stimulate your G-spot openly. You'll notice the difference quickly, as you begin to relax and rediscover your body's pleasure points.

Simply sit back and listen as **Activate Your G-Spot Hypnotherapy audio session (For Males)** helps you discover the freedom and assurance to explore your body and experience unbelievable sex.

- Just lie back and listen as the audio session works with you to set free your orgasmic potential, helping you:
 - Enjoy more powerful climaxes
 - Stimulate your G-spot during sex
 - Experience mind-blowing orgasms

After listening to this audio session, you'll be well on your way to enjoying more powerful and uninhibited sexual experiences.

Don't let fear and ignorance decrease your enjoyment!

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Buy **Activate Your G-Spot Hypnotherapy audio session (For Males)** and enjoy more powerful and uninhibited sexual experiences with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Enjoy Firm and Lasting Erections

Is impotence causing you embarrassment and spoiling your fun?

Need a quick and effective way to conquer it?

We live in a fast-paced world, where everything we do is allotted a certain amount of our precious time. But when it comes to sex, we forget that we need to be relaxed and free from stress. Performance can be affected by worry and anxiety, which makes us even more stressed out, and we end up going round in circles.

Our **Impotence Hypnotherapy audio session** may help you enjoy a stress-free and more confident sex life. You'll notice the difference quickly, as your anxieties disappear and you come to terms with the undue pressure you're putting on yourself.

Simply sit back and listen as **Impotence Hypnotherapy audio session** helps you find the power to rid yourself of tension and encourage your body's natural physical responses.

Just sit back and unwind as the recording helps you find the confidence and security to let things take their natural course, enabling you to:

- Relieve pressure and stay stress-free
- Feel better and stronger
- Perform confidently and regularly

After listening to this **Impotence Hypnotherapy audio session** recording, you'll be well on your way to putting fears of impotence behind you.

Don't let stress keep you down!

Buy **Impotence Hypnotherapy audio session** and put fears of impotence behind you with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Cure impotence and sexual performance anxiety

Hypnotherapy can work wonders for impotence with psychological causes

Even if the first time you experienced impotence it was due to physical causes such as illness, drugs or alcohol, after that, a vicious psychological cycle can establish itself...

The thought "**What if it happens again?**" has three main impacts:

- 1) It causes stress, which is not the ideal state for getting and maintaining an erection
- 2) It causes you to rehearse things going wrong within your mind, which makes the problem worse
- 3) It makes you focus consciously on getting an erection - exactly the opposite of what you want to do.

The real test for whether impotence has a psychological component for you is whether you can get an erection at other times - on waking in the morning for example.

Hypnotherapy is such an effective psychological impotence cure because it:

- 1) Hands control of your sexual performance back to your unconscious mind where it belongs (you can't try to get an erection - it just has to happen by itself, just like falling asleep)
- 2) Lowers anxiety around sexual performance
- 3) Reminds the mind of your old effective pattern for getting and maintaining an erection

Many men have found the Hypnotherapy impotence approach works where other treatments have failed, so go ahead and give *Cure Impotence* a go...

Buy **Impotence and sexual performance anxiety Hypnotherapy audio session**. Visit www.hypnotherapy.eorg.in now.

Increase Your Sexual stamina and go the distance and achieve REAL satisfaction

Does sustained sexual activity leave you drained and unfulfilled?

Are you constantly running out of steam before feeling satisfied?

Too often the spirit is willing but the flesh is weak. We're all set up for a night of steamy passion but sometimes our bodies are just too tired to perform as we'd like. Hectic lives and the sheer pressure of living can leave us too exhausted to really enjoy prolonged intimacy.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Our **Increase sexual stamina Hypnotherapy audio session** may help boost your energy levels and your desire, giving you the strength to enjoy better sex for longer. You'll notice the difference quickly as your body reenergizes and rejuvenates, able to experience fantastic and fulfilling sex time after time.

Just sit back and listen as **Increase sexual stamina Hypnotherapy audio session** helps you discover the staying power to really satisfy you and your partner.

Simply sit back and relax as the recording works with you to energize your body and boost your stamina, helping you:

- Raise your endurance levels
- Rejuvenate your sexual encounters
- Achieve complete sexual gratification

After listening to this Hypnotherapy recording, you'll be well on your way to enjoying more satisfying sex for more sustained periods.

Don't settle for a dull and unexciting sex life!

Buy **Increase sexual stamina Hypnotherapy audio** and set your sex life free with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Enjoy Intimate Sex

Experience a deeper physical connection with your partner!

Do you sometimes feel like you are unable to emotionally connect with your partner during sex? Do past experiences or random thoughts distract you when you get close? Do you sometimes feel like you're just going through the motions? Do you desire a deeper satisfaction beyond the physical kind? Not being able to connect with your partner on this level can leave you feeling frustrated and alone.

Plenty of people struggle with intimacy. The daily grind can leave you physically and mentally exhausted acting as barrier against experiencing closeness. Of course sometimes we set up these barriers as a way to protect ourselves, often unintentionally. Past experiences may have left us feeling the need to maintain our defenses, even if we know we are able to trust our current partner.

Self-esteem can also be a factor. When we are not comfortable in our own skin we may tend to focus on certain physical attributes we feel are less than perfect, rather than living in the moment. **Whether real or imagined, our insecurities can seriously impact our level of intimacy.** A relationship, no matter how loving and warm, can feel empty if both partners are not able to enjoy a tender touch.

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Intimacy isn't only about sex though. **Being in love and sharing a quiet and comfortable closeness is an amazing gift.** In truly intimate relationships just holding your partner in your arms provides unrivalled contentment. When your love is free from limitations and you are able to completely connect you grow closer as a couple. **This is the oneness that intimacy provides.**

Imagine what it would be like to:

- Have a more satisfying sex life!
- Feel closer to your partner in every way!
- Let go of past experiences and live in the moment!

Hypnotherapy is a natural way to help your unconscious (subconscious) mind relax, unwind and absorb new thought processes. Hypnotherapy uses visualization and positive suggestion to ease worries, eliminate fears, and erase the internal obstacles that prevent us from fully enjoying our lives. With the help of Hypnotherapy, **You can enjoy a more intimate relationship!**

Buy **Enjoy Intimate Sex Hypnotherapy audio session** and you can enjoy a more intimate relationship with the help of Hypnotherapy! **Visit www.hypnotherapy.eorg.in now.**

Experience losing virginity with confidence and enjoy it to the full

Having sex for the first time and losing virginity can feel like a big deal. It's challenging enough as an adolescent, just embarking on adult ways. If you are no longer adolescent, and maybe even well on in adulthood, and have not yet, for some reason, engaged in sexual intercourse, the thought of losing your virginity can be daunting. But there is no reason to be afraid. You can enjoy saying goodbye to virginity.

Social pressures and 'virginity' - an uncomfortable mix

How big a deal your first full sexual encounter seems depends on more than just you. The culture in which you live also shapes your attitudes and responses to sexual relationships. You may find yourself subject to all kinds of overt or covert social pressures. You may feel that, if you have not 'had sex' by a certain age, you might be seen as somehow deficient. You might even be led to think that it's 'too late' for you. Such concerns about sex and losing virginity can lead you to hold back when finally the right opportunity comes your way. Instead of focusing on the enjoyment you might share with your partner, you can become overwhelmed with worry about how they will 'judge' you for your lack of experience. And that can make it even harder to get going and enjoy the sexual side of the relationship.

'First times' - they just keep on coming

Getting caught up in these anxieties is a natural human response. As with all anxieties, it is important to maintain a sense of perspective. And when it comes to sex, it's important to remember that this may be the 'first time' but it's only the *first* 'first time'. Most people will engage in more than one sexual relationship in their life time, and with each new partner there is a new 'first time'. A new partner is always 'virgin territory'.

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The real significance of losing virginity

This is not to say that your first sexual encounter, the one where you are 'technically' losing your virginity, is not important. Of course it is. But it helps to put losing virginity, *as such*, in its proper perspective something which is essential to sexual relations, but ultimately on about the same level of significance as getting a driver's license. The license is no indicator of what kind of driver you are!

Using Hypnotherapy to feel confident and happy about first time sex

It's a big step from realising the truth of this in your head to feeling okay about going ahead with a sexual relationship, of course! If you've been worrying about it for a while, your anxiety levels may be quite high, and your self-esteem may have taken a knock too. You can overcome this most easily if you take advantage of the power of Hypnotherapy to help you.

Losing your virginity Hypnotherapy audio session is an Hypnotherapy audio session which works on the *unconscious* levels of the mind, beyond all the conscious worrying and fretting. It will take you into a wonderful state of relaxation, free of all concerns, and help you literally 'restructure' your thoughts, attitudes, and emotions about engaging in sex for the first time.

Taking the time to listen and relax to **Losing your virginity Hypnotherapy audio session** just a few times will bring about an amazing change in your feelings. You will find yourself feeling so much more confident about proceeding. You will really look forward to the discoveries you will make about yourself and your partner, without being unduly concerned about all the details. Instead of dread, you will experience real anticipation.

Buy **Losing your virginity Hypnotherapy audio session** and let the fun begin with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Increase Female Libido with Hypnotherapy

Relax deeply with Hypnotherapy and rediscover your sexual desire

Note: If you are a man, see our **Increase Male Libido Hypnotherapy audio session**.

Loss of the female libido (sexual desire) can lead to decreased intimacy for women with their partner, anxiety about sex and of course the loss of one of life's potentially most enjoyable experiences.

Loss of libido in women may be driven by lifestyle causes such as stress levels, poor diet, or lack of exercise.

Yet mind and body are always linked. Any loss of libido may be because you have tensed up recently, or been exhausted through overwork or other worries.

It may be that you have experienced a recent lowering of self confidence which has 'carried over' into your sex life.

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Female libido and relationship quality

It certainly seems that female libido is more linked to the quality of relationships than is the male libido and it may be that you need to regain intimacy with your partner. Increasing your desire for sex with your partner is a great confidence boost for him too and a wonderful way to build stronger bonds which carries over to other parts of your relationship.

Regular loving sex is good for your mind and body

Sex and particularly orgasm releases a chemical called oxytocin. Oxytocin regulates other hormones and regular release (through satisfying sex and orgasm) can dramatically lower stress levels, decrease PMS, normalize appetite for food and even allegedly decrease the likelihood of breast cancer.

So increasing your libido and enjoyment of sex will improve your overall health too.

It's been rightly said that the biggest erogenous zone is the brain. Once your brain is 'turned on' then your body's desire for loving sex will increase.

Hypnotherapy can increase libido in this way.

Buy **Increase Female Libido Hypnotherapy audio session** and enjoy wanting sex again with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Increase male libido through the power of the mind

For males, libido can be a key part of self-image. A healthy male libido or sex drive makes you feel manlier, and can add to your confidence in other areas of life.

There are good reasons for this link, as male libido, confidence and drive in general all involve testosterone. Testosterone is a hormone that promotes **male sexual** characteristics including muscle tonality, libido, willingness to take risks and behavioral dominance.

Different people have naturally different levels of sexual desire however for a male's libido to be healthy it needs to be at the optimum level for that individual. A healthy sex drive indicates a good overall level of physical health.

Certain life style choices and experiences diminish or raise levels of testosterone: In **Increase Male Libido Hypnotherapy audio session** you'll discover what choices you need to start making to up your testosterone level.

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It has been said -rightly -that the biggest sex organ is the brain. Your attitude to yourself, to others and to sex has a massive effect on your libido. This is how **Increase Male Libido Hypnotherapy audio session** is going to help crank up your sex drive.

Buy **Increase Male Libido Hypnotherapy audio session** now, and boost your desire for sex starting today with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Last longer during sex - sexual enhancement for men.

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

The average man will take only a couple of minutes to reach orgasm – but the average woman takes thirteen minutes! The more control you have over how long you last, the more influence you'll have over the intensity of your partner's pleasure. And of course, the greater your partner's sexual pleasure the more satisfying the experience is for both of you.

This is why we have produced a powerful Hypnotherapy session for 'male sexual enhancement', so you can last longer and have a more fulfilling sex life.

How the mind can help you last longer

Your unconscious mind can help you keep your erection for longer, because your mind has powerful influence over your body. After all, we know how easy it is to become sexually aroused just by imagining a sexual encounter, so you can equally use this mind-body connection to subdue your sexual enthusiasm until the time is right.

Hypnotherapy is nature's optimum tool for gaining mastery over your body. This audio session will lead you through a potent hypnotic rehearsal, preparing your mind and body to;

- remove the anxiety about your sexual staying power
- increase your stamina and ability to last
- be confident you and your partner can enjoy fulfilling sex.

Buy **Last Longer -Male Sexual Enhancement Hypnotherapy audio session** now, and notice the difference in your sex-life with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Get relief from your pregnancy morning sickness symptoms

Learn to recognise and stop the psychological triggers for nausea

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

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

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

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

Your brain controls nausea and vomiting through the autonomic nervous system, which regulates involuntary functions such as heartbeat and breathing. Different irritants such as smells, tastes, anxiety, pain, motion or chemicals can trigger the vomiting centre in the brain to initiate the vomit reflex. But once you learn how to calm down the part of the brain that produces this effect you will feel so much better from day to day. Hypnotherapy acts as a natural remedy for morning sickness - listening to a session when you feel unwell will immediately improve your symptoms.

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

Buy **No more morning sickness Hypnotherapy audio session** and morning sickness passes leaving you free to enjoy the rest of your pregnancy with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Easy Natural Childbirth

Welcome your baby in a calm and connected way by using Hypnotherapy!

You've decided to forgo chemical assistance and give birth to your baby the natural way. You've imagined the day over and over again in your mind. Your feelings of anticipation and excitement of childbirth are paralleled only by your fear of the unknown. What will it feel like when the contractions start? How will you handle the pain of childbirth? This is the first time your baby will experience the world outside your womb and you want to welcome him or her into a pleasant environment. **But how do you prepare for an easy natural childbirth?**

You've done everything you can during your pregnancy to provide a healthy place for your baby to grow. You've **eaten healthy foods** and avoided anything that might jeopardise you or your baby's health. These physical preparations have been invaluable to your child's journey thus far, and **now you can continue by readying your mind for the big arrival.**

Imagine a place of beauty and serenity in your mind, a place where you feel at peace and calm. This is the place you will go every time you begin to feel labor pains. This is the place that **will help you release your physical discomfort while remaining constantly connected to your child.** Your baby is a special part of you and your partner. Your bond is immediate, as your baby is an extension of you. Yet this bond can become even stronger when you communicate with them about their upcoming arrival and your plans to welcome them into the world.

Imagine what it would be like to:

- Build a deeper connection to you child through communication!
- Learn to release and separate from the physical pain of childbirth!
- Feel ultimately prepared and confident as you give birth to your new baby!

Hypnotherapy is a form of creative relaxation that helps you to access your unconscious (subconscious) mind. The power of this part of our mind is amazing. With the help of this Hypnotherapy audio session **you can create a safe and serene natural environment, almost a separate reality**, for you to go when the pain becomes a challenge. In addition, this Hypnotherapy session has been designed to help aid you in communicating and building a deeper connection with your baby ahead of their arrival.

Buy **Easy Natural Childbirth Hypnotherapy audio session** and ease the pain of natural childbirth with the help of Hypnotherapy! **Visit www.hypnotherapy.eorg.in now.**

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Sex problems and Hypnotherapy by Dr. Manish Patil

Overcome Erectile Dysfunction Hypnotherapy audio session

Put an end to erectile dysfunction with Hypnotherapy!

You've heard it said that "it happens to everyone once in a while" and that "it's not really a big deal". But for you, the desire to put these words behind you and never hear them again is strong. You want to overcome erectile dysfunction and enjoy your love life by connecting deeply with your partner.

Stress is not a pleasant thing. It can manifest itself in so many ways. **Even when we are comfortable with the one we love it can sometimes feel like you are under pressure to perform.** Maybe it happened once before and now every time the opportunity for intimacy arises you find yourself overflowing with **anxiety**. Do you feel embarrassed or afraid it will happen again? Do you keep replaying previous experiences over in your mind? Or is there something else which prevents you from being able to fully enjoy the moment? **The power of our mind can be our strongest asset and at the same time it can be the cause of our struggles.**

Because we know that our minds and bodies are connected, it's hard to understand why we can't just think ourselves into physical readiness? In situations like these, where emotions run high and the stakes are of such a personal nature, things tend to get a bit more complicated. **Thinking it over too much can actually contribute to erectile dysfunction.** This is not to suggest that you just need to forget about it and everything will work itself out. Instead you must reach deeper inside yourself to ease your mind before your body can follow.

Imagine what it would be like to:

- Reclaim your confidence and recharge your sex life!
- Feel less pressure and experience more passion!
- Have a deeper connection to your body and to your partner!

Hypnotherapy allows us to reach a deeply relaxed state where we can access the untapped potential of our unconscious (subconscious) mind. Our unconscious minds aid in our body's natural functions. With the help of this Hypnotherapy audio session for erectile dysfunction, you can once again **feel physical confidence and comfortable.**

Hypnotherapy is not a miracle cure, but with repeated listening and use of this Hypnotherapy audio session, your mind can begin to communicate more effectively with your body. As a result you can feel less stress and no longer be concerned with your ability to perform.

Say goodbye to erectile dysfunction and hello to passion!

Buy Overcome Erectile Dysfunction Hypnotherapy audio session now, and Say goodbye to erectile dysfunction and hello to passion! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Overcome Premature Ejaculation Hypnotherapy audio session

Put an end to premature ejaculation with the help of Hypnotherapy / hypnotherapy!

Sharing your body completely with someone you care for can be an intensely satisfying experience. The emotional and physical sensations are amazing. From the first moment you touch, you feel electrified. Your arousal is instantaneous and your body yearns for gratification. You want this encounter to end in mutual climax, but for many men the final event happens too soon. This is known as premature ejaculation.

Premature ejaculation can leave a man feeling frustrated and his partner disappointedly unfulfilled. You want to have complete command over your body, but every time you have intercourse you're left struggling to maintain control. You try to focus your energy elsewhere, to take your mind away from the impending conclusion, yet somehow you are driven to the pinnacle of pleasure, often arriving there alone.

Just like erectile dysfunction, premature ejaculation is a common occurrence affecting millions of men the world over. Numerous remedies all promise relief. Pills can have side effects, while desensitizing creams leave you feeling numb and penis rings offer only temporary restraint for premature ejaculation. **One should not be robbed of enjoyment just to give pleasure to another.** Sexual intercourse is much better when both partners truly revel in the experience.

True relief from premature ejaculation comes from treating the cause, not the symptom. **Widely accepted as a psychological issue, premature ejaculation can be overcome through the help of Hypnotherapy / hypnotherapy.** You can learn to control your body's push to immediate climax, without losing any of the pleasure of getting there.

Imagine what it would be like to:

- Be in complete control of your body!
- Know that you and your partner are mutually satisfied!
- Have a more physically and emotionally fulfilling sex life!

Hypnotherapy allows you to relax deeply and enter the realm of your unconscious (subconscious) mind. This part of your brain regulates many of the body's functions. By accessing this area you can reprogram previously automatic behaviors and bring about lasting change. With the help of Hypnotherapy you can say goodbye to premature ejaculation forever!

Premature ejaculation is an extremely personal issue that can be resolved in the privacy of your own home. **This Hypnotherapy audio session will take you through a mental rehearsal of sexual intercourse, giving you the tools you need to be in total control.** Your lovemaking can improve as a result, bringing joy to both you and your partner. With the help of Hypnotherapy....

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Sex problems and Hypnotherapy by Dr. Manish Patil

Overcome premature ejaculation, last longer and have better sex! Visit www.hypnotherapy.eorg.in now.

Reduce PMS symptoms using the power of your mind

Pre-Menstrual Syndrome (PMS) symptoms can make life seriously unpleasant. Pain, irritability, **low self esteem**, anxiety, depression, **insomnia**, bloating and skin disorders are all common symptoms of PMS and can make the time before the 'time of the month' absolute hell. In fact PMS has been associated with as many as 150 different symptoms ranging from tender breasts to extreme anger and nausea.

Many women feel that PMS alters their whole personality and it can incapacitate some women completely.

There are other factors to PMS than nutrition, hormones and genes!

Although nutrition, hormones and genes can all be contributory factors to PMS there is good evidence that PMS symptoms can be greatly alleviated by relaxation and hypnotic suggestion.

Research studies show that women with severe PMS symptoms who received regular hypnotic relaxation training showed a 60% improvement in their physical and mental symptoms over women who didn't have the Hypnotherapy!

PMS is worsened by life stress but in turn, PMS worsens stress creating a vicious cycle.

The soothing physical changes of deep relaxation

When you relax deeply your body produces more endorphins. Endorphins reduce pain and produce feelings of comfort. Low endorphin levels contribute to PMS symptoms. Imagine when you can forget about your monthly cycle and look forward to feeling comfortable and well all month. But '*Reduce PMS Symptoms*' now and enjoy your whole month. Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

PMS Relief Hypnotherapy audio session

Hypnotherapy can help give lasting relief from PMS!

Pre Menstrual Syndrome (PMS) is different for every woman. Some might experience mild emotional sensitivity while others may find themselves suffering from violent and unpredictable mood swings. There's also bloating and cramping to contend with, both of which also range from the mild to severe. **Let's face it -suffering from PMS can seriously interrupt your life.** Whether it's just a couple of days or it lasts for a week or more, who has the time to deal with all that added stress of PMS?

Again, PMS is different for everyone, but most women at one point or another have experienced the horrible reality of a hormonal roller coaster. It can make everything from getting ready for work to communicating with loved ones more difficult, and that's aside from gritting your teeth against the pain. **Your body, your life, everything just feels out of whack.** In some ways it actually is, but mostly PMS can be managed. You can bring balance back into your daily life, PMS or not.

The mind is an extremely powerful and amazing thing. Inside our brain our unconscious (subconscious) mind is busy running all of our body's automatic functions while at the same time processing and fuelling our emotional responses. Just think how wonderful it would be if we could tap into this unconscious place and reconfigure it to **lessen our pain, control our emotions, and restore balance and harmony in our minds.** You can do these things with the help of Hypnotherapy.

Imagine what it would be like to:

- Feel more balanced and energised before and during your period
- Stop dreading that "time of the month" and stay on track
- Experience deep relaxation and a stronger mind/body connection

Hypnotherapy is used to treat many ailments, from the physical to the mental and emotional. It's not something out of science fiction or a miracle cure. **Hypnotherapy is simply a spectacularly natural and reliable way to get your body and mind working in sync-** just the way you want them to. Hypnotherapy can bring you the benefits that come with any form of deep relation, but can also help you in understanding your body and its needs, while restoring its balance. For any woman suffering from PMS, Hypnotherapy can offer a welcome sense of peace and harmony.

Let Hypnotherapy ease your PMS suffering! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Overcome Post Natal Depression Hypnotherapy audio session

Don't let the weight of the world rest on your shoulders!

You made it through all the ups and downs of pregnancy, the painful contractions and **childbirth**. **Now you are faced with a new set of feelings**. You think you should be happy, but do you feel sad instead? Are you scared or even downright terrified of what happens next? Do you find it hard to smile and revel in the joy of your little one? Are you struggling to manage your daily life, get sleep or eat properly?

These experiences are more common than you think. Many women feel depressed after the birth of their baby. Some say that it is at least one in ten, while others estimate that as many as one in five women suffer from post natal depression (PND). **People may disregard these feelings as a merely an "adjustment phase", but it is in fact a serious condition**. Left untreated, post natal depression won't just go away.

You may start out feeling disconnected from just your little one, but those feelings are likely to transfer into other relationships if you stay depressed. You might find that you have difficulty relating to your other children, family and friends. Many women often tell of not wanting to leave the house or be left alone with their baby. These emotions are such a roller coaster that many women report being so exhausted that they feel physically sick.

All these things leave you feeling miserable and can make life seem like it is not worth living. **But you don't have to continue suffering this way**. You can start to feel better and build a better bond with your baby.

Imagine what it would be like to:

- Feel calmer and more capable as a mother!
- No longer live each day with worry and fear!
- Have a better relationship with your entire family!

Hypnotherapy / hypnotherapy is a safe and healthy way to deal with post natal depression. It allows you to catch your breath and let go of your stress and worry. As you relax deeply, your unconscious (subconscious) mind is encouraged to think more calmly and clearly. This hypnotherapy MP3 Hypnotherapy download will give you the positive reinforcement and energy you need to be the happy healthy new mother you deserve to be. Hypnotherapy can help you to....

Overcome post natal depression and be happy! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Powerful Ejaculation Enjoy Energetic & Enduring Orgasms

Would you like sexual climaxes that are explosive and totally awesome? To increase your pleasure and sexual fulfillment?

For men, the height of sexual intercourse occurs with ejaculation. And the more intense and exciting it is the better. But sometimes you look forward to that big finish so much that the actual event can be a letdown. You put too much pressure on yourself to perform, letting nerves and apprehension get in the way.

Our **Powerful Ejaculation** session may help you relax and release the pressure you put yourself under. You'll notice the difference quickly, as you feel able to leave your cares and concerns outside the bedroom where they belong.

Simply sit back and listen as **Powerful Ejaculation** helps you find the confidence and faith in yourself to let yourself go and enjoy amazing sex to the full.

Just sit back and chill out as the recording works with you to eliminate your stresses and strains,

- helping you:
- Enjoy sex more fully
- Experience intense, overwhelming orgasms
- Have more fun and feel sexually fulfilled

After listening to this Hypnotherapy audio session recording, you'll be well on your way to more fulfilling and memorable sex.

Don't let pressure lessen your performance!

Buy **Powerful Ejaculation** TODAY and enjoy the biggest, best orgasms ever! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Rock Hard Erection Power Hypnotherapy audio session

Get it UP and keep it HARD Do you struggle to get erections and keep them hard? Need a way to effectively improve erection power?

An erection gives a man the power and ability to engage in satisfying and fulfilling sexual intercourse. But sometimes stress and anxiety can get in the way, making it difficult to achieve an erection. You think about it too much, and all that worry translates into performance problems.

Our **Rock Hard Erection Power Hypnotherapy** session may help you put your fears and worries behind you. You'll notice the difference quickly, as your confidence grows and your concerns simply drift away.

Just sit back and listen as **Rock Hard Erection Power Hypnotherapy** lets you eradicate any negative thoughts or feelings, giving you the strength and confidence to perform at your peak.

Simply listen, relax and let the recording put your mind at rest and release your anxieties, helping you:

Remove stress and worry Get hard and stay hard Enjoy better and more exciting sex

After listening to this Hypnotherapy recording, you'll be well on your way to performing the way you know you're capable of.

Don't let worry keep you down!

Buy **Rock Hard Erection Power Hypnotherapy audio session** TODAY and enjoy strong, solid, fulfilling penis power! Visit www.hypnotherapy.eorg.in now.

Romantic Seduction Hypnotherapy audio session

Master the Art of Seduction Want the skills to make your woman swoon at will? To leave her like putty in your hands?

Seduction is an art and not a one-off. Make your lady feel special and she'll be happy to return the favor. But a box of candy once a year won't do the trick. Instead you need to shower her with attention and make your time together as unforgettable as possible.

Our **Romantic Seduction Hypnotherapy** session may help you adopt a fresh perspective and give you the confidence and assurance of a Don Juan. You'll notice the difference quickly as you relax, feeling sure of yourself and your abilities to woo your woman.

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Just sit back and listen as **Romantic Seduction Hypnotherapy** helps you recognize the need to be attentive and affectionate, giving you the self-belief to charm your lady's pants off.

Simply relax and listen as the recording works with you to help you focus on your partner's needs and desires, enabling you to:

Take the initiative Leave her weak at the knees Sweep her off her feet

After listening to this Hypnotherapy recording, you'll be well on your way to creating a more memorable and enjoyable sex life.

Don't end up with a partner who is bored and unfulfilled!

Buy **Romantic Seduction Hypnotherapy audio session** TODAY and watch your love life explode! Visit www.hypnotherapy.eorg.in now.

Overcome fear of sex and relax with your partner

A Hypnotherapy audio to help you quickly conquer sex-related anxiety

Do you find yourself tensing up and getting panicky when things get too intimate? Is fear of sex and sexual intimacy damaging your relationship? In an ideal world, we'd meet someone we 'click' with, get to know them, get closer, and move easily and naturally into intimacy and eventually sexual intimacy. Progress would be mutually considerate -and fun! Sex and intimacy between two people who are attracted to each other and enjoying themselves is one of life's great pleasures and supports good mental and physical health.

Why fear of sex is so common

The reality we face is often different. We are sexual beings and sexual relationships are part of our instinctive make-up. However, our sexual quest takes place in a social context that has a huge -and sometimes far from beneficial - influence on our experience of sexual matters. There may be some differences, but in general, human societies or groups agree that there are 'rules' regarding sexual conduct. Breaking the 'rules' or falling short of the 'expected' standard can individual distress and make them very fearful of sexual intimacy in future. The 'rules' can influence us in many ways. Many societies consider that sexual behavior is governed by religious beliefs. Such 'rules' are seen as fixed, and transgressions are shameful, or do not apply to people in power. There are also the 'rules' on sexual performance set up for us by the media and again, individuals can suffer great anguish because of their perceived inadequacy or ignorance. These rules make it difficult to negotiate an already delicate part of our lives; if I don't behave like a porn star then am I 'frigid'?

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Sex problems and Hypnotherapy by Dr. Manish Patil

Fear of sex may be rooted in trauma

If you've been badly treated sexually in the past, no matter what 'rules' are considered to apply, it's understandable that you might now dread intimate encounters. Even life events such as trying to conceive or child-birth or death of a partner may be overwhelming your sexual desires and leaving you fearful of sexual intimacy. The reason we 'risk' sexual encounters is that we are sexual beings, and we naturally seek sexual fulfillment, even though right now, this might seem unlikely and 'not you'. The problem right now is the fear outweighs the 'risk', and we need to address that so you can start to enjoy sexual intimacy and allow it to become a regular and enjoyable part of your life.

Hypnotherapy can help you conquer anxieties about sex

Overcome fear of sex Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists with wide experience in sexual problems that has been specifically crafted to help individuals overcome their anxieties about sex.

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

- begin to sense a general lessening of anxiety
- no longer become automatically fearful as intimacy starts or increases
- start to establish a clearer sense of what's right for *you*
- start to enjoy the build up of intimacy more
- feel closer to and more connected with your partner
- rediscover how very enjoyable sex can be

Buy *Overcome fear of sex* Hypnotherapy audio session and reclaim your right to be fully connected. **Visit www.hypnotherapy.eorg.in now.**

Overcome Sex Addiction

A Hypnotherapy audio to break the addictive pattern your brain has developed around sex.

Sex addiction is more than just having a strong sex drive. Sex addiction becomes all encompassing and stops you thinking about and doing other things. It takes over your life.

In your case, perhaps an addiction to sex has made you take risks. It may have undermined or even ruined good relationships. Perhaps it's just steals your time, energy and focus away from other goals in life that you want to pursue. Sex addiction may have got you being deceitful, stopped you focusing on your work or other non-sexual relationships.

Sex addiction and the 'sex fix'

Just craving the next 'sex fix' and not caring how you get it can put you and other people at risk. Sex addiction like any addiction can begin to take over your life and, more than that, start to *ruin* your life.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Sex addiction as a way of 'escape'

You may have been using compulsive sexual activity as a way of escaping other things in your life or of giving you a sense of meaning.

The false promise of sex addiction

The fact is that addiction; *any* addiction doesn't work as a 'fix all'. After the come down when the deed has been done, your life still has its same issues to be dealt with. So the 'promise' of sexual addiction is actually a lie because it doesn't solve anything at all.

The diminishing returns of sex addiction

As with any addiction you find you want more and more of it, or that the risks have to be greater and greater to get the same buzz.

Sex is important and it's also more important to some people than to others but it is a *part* of life and when something that is only meant to be a part tries to become the whole that means problems.

When we do something and we find it pleasurable then it's natural to want to do it again. But if it becomes overwhelming the fulfillment of it actually starts to block out other needs. So needs to achieve at work or to have non-sexual intimacy can all be swept aside by immediate desire for sexual gratification.

This session will show you how to overcome sex addiction so that desire for sex takes its proper place in your life but stops *being* your life. You can still be a sexual person but also develop other aspects of your self - after all, who wants to be one dimensional?

Buy the *Overcome Sex Addiction* Hypnotherapy audio session now and start living your life in truly satisfying ways. Visit www.hypnotherapy.eorg.in now.

Increased Sex Drive - for Women Hypnotherapy audio session

Hypnotherapy can help you increase your sex drive!

Life often derails us from many of our much-loved activities when things get too hectic or overwhelming. For some women, one of life's most intimate treasures slips all too easily to the wayside. **A woman's sex drive is an important aspect of her life** and is likely much more complex than the average man's. A woman's appetite for sex is fuelled by not only physical desire, but also by her mental and emotional state of mind. When her mind, body, or feelings are experiencing stress, desiring **sexual intimacy is not always at the top of the list.**

But feeling sexy and enjoying the pleasures of physical connectivity can do wonders for our well being when we're comfortable and open to experiencing them. Stress melts away when we allow ourselves to revel in the beauty of our own sexuality. For this reason many women turn to the benefits of Hypnotherapy to bring balance back into their lives and start feeling sensual again. It's not your fault that your sex drive isn't at its peak, there are bound to be occasional valleys after all, **but if you want to take action to bring back your sex drive – you can.**

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Sex problems and Hypnotherapy by Dr. Manish Patil

Imagine what it would be like to:

- Feel more confident, strong and sexy!
- Be more comfortable with your sexuality!
- No longer let stress derail your desires!

Talking about sex can be particularly difficult for some women. Even admitting just to yourself that you aren't exactly feeling amorous can be difficult, let alone discussing it with a partner. Then again, maybe it was your partner that noticed a change in your affections and brought it to your attention, bringing an entirely different set of emotions into the situation. **Whatever the case, Hypnotherapy is a great way to get your sex life back on track** and it offers you the security and privacy of doing so in your own home.

This increase your sex drive Hypnotherapy audio session was **created specifically for women struggling to find or get back their sexual appetite**. The Hypnotherapy / hypnotherapy session starts by calming your mind and body and allowing access to your unconscious (subconscious) mind. Hypnotherapy works with your unconscious to help ease hidden stress and encourage desired behaviors with the added benefit of simple deep relaxation.

In Countries like India, Men always expect that women should have equal sex drive so that they can get proper sex response from their sex partner. It also becomes a reason of divorce may times. And so many family and social problems are also caused due to Low Sex Drive of Women.

Relax and get your sex drive back with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Sexual fetish treatment that's both simple and effective

Hypnotherapy is an invaluable aid in helping you let go of a fetish

Do you worry whether your sexual interests are 'normal'?

Does the success of your sex life seem overly dependent on or driven by fetishistic interests?

It's more acceptable nowadays to talk about quirky sexual interests or practices than it was in the past. It is no longer a taboo subject. That's a good thing. An open and positive attitude to sexual relations and recognition of the wide variation of individual responses can help us all to enjoy better relationships. But the departure of one taboo often seems to signal the arrival of another.

In some respects, the pendulum has swung to the other extreme. Now it can almost feel as if you are *expected* to have some kind of sex fetish that is, a highly exaggerated interest in some object or body part as a means of sexual arousal or gratification. And feel as if you are *expected* to be able to laugh and joke about it. Which is all very well if you are relaxed and at ease with it. But what if you're not?

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Sex problems and Hypnotherapy by Dr. Manish Patil

Why sex fetish treatment is sometimes required

Because there's no doubt that in their extreme forms sex fetishes can bring problems in their wake. You can find yourself incessantly fantasizing about your fetish -to the point where it starts to hamper your daily life. Or you can find that you start to lose all interest in sex if your fetish cannot be satisfied first. And that can lead to difficulties in relationships. Or it can just start to feel like your life has been taken over.

What happens here is that what may once have been just an interest or a preference, among many other options, becomes a *compulsion*. You are no longer freely choosing how to conduct your sex life. Compulsions make you a prisoner, and deceive you with false promises of total fulfillment that never actually arrives, so that you feel compelled to keep going back to them.

Is there a way out?

Hypnotherapy can help you overcome an unwanted sexual fetish

Sexual fetish treatment Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists experienced in the field of sexual relations. It will help you get back in control and be free once more to channel your sexual energy into a relaxed, healthy and enjoyable sex life.

As you relax into deep hypnotic trance, you will easily, instinctively and unconsciously learn how to avoid getting caught in an emotional trap break the spell of obsessive fantasy use hypnotic time travel to change the past and the future fire up your capacity for unfettered sexual enjoyment have even more fun with your sexual partner.

Buy *Sexual fetish treatment* Hypnotherapy audio session and discover how much more there is to enjoy. [Visit www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

Overcome Sexual Performance Anxiety with Hypnotherapy - for Men

Retrain your brain to relax before and during sex so you and your partner can enjoy it as nature intended.

Sexual performance anxiety can become a major issue for men within a relationship -and the more important the relationship is to you, the more anxious you are likely to become about sex and your own performance.

Whether you suffer from **premature ejaculation**, impotence or some other sexual difficulty, sexual anxiety only makes things worse.

Ultimately, a vicious circle is created, when worrying about your performance exacerbates the original problem, until the sexual performance anxiety becomes a problem in itself.

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Sex problems and Hypnotherapy by Dr. Manish Patil

How to break the cycle of worrying about sexual performance

When a sexual problem occurs more than once, part of you can begin to expect it to happen, causing a conditioning effect to occur. Then, even thinking about sex can cause an anxiety response, which inhibits your natural sex response.

To get rid of this conditioning effect, sexual anxiety Hypnotherapy can be used to re-educate your mind and once again associate sex with the appropriate feelings and state of mind.

Without Hypnotherapy, getting over sexual performance problems can be difficult as you struggle consciously with an unconscious problem.

Buy *Overcome Sexual Performance Anxiety* Hypnotherapy audio session for Men today and reclaim an enjoyable and satisfying sex life... **Visit www.hypnotherapy.eorg.in now.**

Do you feel shy when naked? Would you like to be able to relax with no clothes on?

Feeling shy and embarrassed when you undress in front of someone like your partner can really inhibit your personal life. Some people feel too shy to even appear naked in front of their partner and this level of shyness can ruin intimate moments. Anxiety has no place in the bedroom!

Whether it's getting changed in a locker room or walking across the room naked in front of a loved one

-body shyness when naked can be a real heel.

Some people can strut around naked with absolutely no **self consciousness** at all regardless of what physical shape they're in. So why is that? You don't need to go that far but perhaps you would like to feel a bit more relaxed when naked.

Being un-self conscious when naked is attractive and sexy

You don't need to become an exhibitionist but if you feel overly anxious about undressing when an (appropriate) person is present, such as your partner, then the *Shy when Naked* Hypnotherapy audio session is for you.

Being relaxed in your own skin is very attractive and sexy *regardless* of your appearance. Confidence is always attractive.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Early conditioning about nudity

For people with shyness problems around nudity, it is often the case that nakedness was seen as something embarrassing when they were growing up and therefore you learnt (from other people's ideas) to feel shy when naked.

And as a result, maybe now you feel 'judged' or vulnerable when naked, even in front of the person you are closest to.

How it feels to be relaxed with no clothes on

Another word for shyness is anxiety. Imagine how it will feel when you are calm and relaxed when naked - what a liberation!

Once you're relaxed with being naked you'll find that very quickly you won't even think about it anymore. There is a wonderful honesty to being naked.

All of the animals in creation are comfortable with their nakedness. It's more natural *not* to be overly shy when naked.

The great thing about this session is that you get to relax deeply which is so enjoyable and good for you and you have the chance to feel so much more relaxed about being naked in future.

Buy *Shy When Naked* Hypnotherapy audio session now and feel different the next time you take off your clothes. **Visit www.hypnotherapy.eorg.in now.**

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Sex problems and Hypnotherapy by Dr. Manish Patil

Last longer with Hypnotherapy and get control over when you orgasm

Hypnotherapy can stop premature ejaculation ruining your sex life

Is premature ejaculation making your sex life more anxiety-provoking than fun?

Can you imagine how it would feel to be totally relaxed about when you orgasm?

Sex is supposed to be wonderfully pleasurable, but if you are plagued by premature ejaculation, sex can become highly stressful. Being with someone and not being able to pleasure them sexually, not to mention the humiliation, is awful no matter how understanding they may be.

The *Stop Premature Ejaculation* Hypnotherapy session retrains your mind to be relaxed and in control of when you orgasm. Early sexual experiences may have set the pattern for hurried, urgent sex.

And because your brain is set up to procreate, this is received as an extremely urgent instruction. And one that is not easily forgotten. The only cure for early ejaculation is for the unconscious mind to 'update' the pattern it uses for **sexual performance**.

All you need to do is pop on your headphones at your computer, or plug into your CD or mp3 player. You will listen to a short introduction designed to shift your thinking about when you ejaculate, and then experience a skillfully crafted Hypnotherapy session that will teach your mind and body a new way of going about sexual activity.

This *Stop Premature Ejaculation* Hypnotherapy audio session will lead you through a powerful hypnotic rehearsal, preparing you mind and body to;

- update the old "hurry up" unconscious pattern
- replace this with being relaxed about when you orgasm
- be confident you can enjoy leisurely sex

Buy Stop Premature Ejaculation Hypnotherapy audio session. This session will allow you to enjoy longer and more satisfying sexual experiences. Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

The Sexual Male Hypnotherapy audio session

Release your inhibition and have more satisfying sex!

Everyone wants to be the best lover they can be, but for some men it isn't always that easy. They may suffer from low self-esteem or not feel very comfortable with their bodies, which can make sex awkward and uneasy. These feelings can hamper a man's ability to get an erection or cause them to ejaculate too quickly, both of which can be quite embarrassing.

Learning to balance your excitement and anxiety can greatly improve your sexual performance.

Fully expressing yourself sexually can be intensely gratifying, just as bringing pleasure to a woman can be. Unfortunately, when we get caught up in the moment we may struggle to gain control over our bodies. All the anticipation that led up to this event can be overwhelming, but a little mental preparation can improve your experience tremendously.

We all have some preconceived notions about how a sexual encounter should be. **By learning to be more comfortable with yourself and your body** you can begin to accept your ideas about sex more fully and improve your level of intimacy with your partner. This is not a race or a test; it is the sharing of your body completely. When you are at ease you will be able to live in the moment and enjoy the experience much more than you ever thought possible.

Imagine what it would be like to:

- Enjoy more intimate and satisfying sex!
- Be in total control of yourself physically!
- Be more confident and comfortable with your body!

Sexual performance is highly personal and emotional issue. Through Hypnotherapy you can privately resolve any difficulties you may have or improve on any area you choose. Through deep relaxation, visualisation, and positive reinforcement you can **change the way you think and feel about sex.**

How good can your sex life truly be? There's only one way to find out. **This The Sexual Male Hypnotherapy audio session can help you improve your control and performance.** It's time to feel good about your body and enjoy sex more fully. Not only will you be satisfied, but your partner will be too. With the help of Hypnotherapy....

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

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Sex problems and Hypnotherapy by Dr. Manish Patil

Ultimate Orgasm - for Women Hypnotherapy audio session

Experience ultimate orgasm and profound pleasure with the help of Hypnotherapy!

A woman's body is extremely different than a man's. While men seem to climax with such ease, many women find it difficult to achieve orgasm – particularly during intercourse. **It can be a frustrating experience to get so close and yet be so far away from the ultimate bliss -orgasm.** While it may seem unfair than men can so easily reach orgasm, women have a far greater gift. The female body is not only able to achieve orgasm as a momentary event; the experience can last much longer and occur more frequently than it can for most men.

So why then do so many women suffer from the frustration of failed attempts or a less than earth-shattering orgasm? The answer is not a simple one and one answer can never address all the possibilities. Women are beautifully complex creatures. For women reaching sexual satisfaction and orgasm is not limited to stimulating just one area, but is more of a total mind and body experience. In order to achieve the ultimate orgasm, it helps to have a better understanding of your mental, physical, and emotional self.

Hypnotherapy has been helping people improve their mind body connection for quite some time. Its success in helping people change the way they think and feel is immeasurable. With the help of Hypnotherapy you can **learn what is holding you back from experiencing true ecstasy.** Whether your difficulty arises out of lack of confidence, insecurity, inexperience, or you simply want to improve your existing enjoyment of sex, Hypnotherapy can help.

Imagine what it would be like to:

- Feel completely satisfied after each sexual encounter!
- Experience new heights of physical pleasure!
- Achieve the ultimate orgasm every time you climax!

To achieve the ultimate orgasm, a woman must find what truly pleases her. Her mind must be in a place where she feels safe enough to let go of her inhibitions and experience with abandon. **Hypnotherapy allows you to relax deeply into a state of total openness.** In Hypnotherapy you can be honest with yourself and improve your mind-body connection.

With regular listening to this Ultimate Orgasm -for Women Hypnotherapy audio session, you can begin your journey toward achieving the ultimate orgasms in the privacy of your own home. It's your body and you deserve to feel good.

Experience the ultimate orgasm with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Sex problems and Hypnotherapy by Dr. Manish Patil

Cure Vaginismus - relax with Hypnotherapy

Vaginismus is an involuntary contracting of the vaginal entrance. It can make love making painful and even impossible.

If your vaginismus has a psychological component, as most does, treatment using Hypnotherapy can help your vaginal muscles relearn how to relax during sex. It is important however to get yourself checked out medically first to ensure there is no physical cause.

The idea that vaginismus is psychological can often make the sufferer feel guilty, but this is simply a wrong idea. You can no more blame someone for this than you can blame them for **blushing** -these are unconsciously controlled processes.

Psychological causes of vaginismus include bad sexual experiences, childbirth, illness and indoctrinated beliefs that sex is 'dirty' or a 'bad thing'. Once the body has learned to respond to sex in this way, a little re-education of the unconscious mind is required.

Treating vaginismus with Hypnotherapy

Hypnotherapy is unsurpassed at dealing with unconscious processes. This is why it is useful to help sports people excel -their brain can be trained to control their muscles in precisely the right way. Similarly, Hypnotherapy can be used to treat **high blood pressure** because it relaxes the body like no other method can.

While in this pleasant relaxed state, your mind can learn to approach sex in a way that will allow you to remain relaxed and enjoy the experience.

Your vaginismus treatment download will help re-teach your subconscious mind how to do what nature intended in the most comfortable possible way

Buy *Cure Vaginismus* Hypnotherapy audio session now and start reclaiming real intimacy in your life! Visit www.hypnotherapy.eorg.in now.

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- 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)