

Solve sleep problems by 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 in balance and one of the three forces more dominant than the other two assert themselves to maintain the balance, the balance between the three forces has to be maintained forever hence the cycle of Creation, Protection and Destruction will go on forever and nothing can escape it.

The truth behind meditation

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

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

Then you will ask how to achieve this state of mind which is popularly called meditation and to achieve the ultimate goal which is union with 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 to the Buddha

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

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

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

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

The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

THE MULDHARA CHAKRA

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

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THE SWADHISTHANA CHAKRA

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

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Meditation of Silence

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

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

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

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

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

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

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Frequently Asked Questions

Why is Hypnotherapy so effective?

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

Does Hypnotherapy work for everyone?

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

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

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

How safe is Hypnotherapy? Should I be worried?

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

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

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

Will Hypnotherapy make me act strangely?

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

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

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

What Types of Changes Can I Make Using Hypnotherapy?

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

Will Hypnotherapy totally change me as a person?

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

How do your Hypnotherapy audio sessions work?

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

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

How long are your Hypnotherapy sessions?

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

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

When will I notice the results of Hypnotherapy?

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

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

Are your Hypnotherapy sessions suitable for children?

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

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

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

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

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

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

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

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

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

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

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

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

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

Are these recordings suitable for falling asleep to?

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

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

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

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

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

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

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

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

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

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

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

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

Is there any way to purchase Hypnotherapy audio sessions anonymously?

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

Will I receive unwanted emails or promotional mail?

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

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

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

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

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

Are the Hypnotherapy audio sessions registered to my computer?

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

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

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

In which languages can I get my Hypnotherapy audio sessions

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

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

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

The Myths of Hypnotherapy

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

Hypnotherapy Myth #1 –Hypnotherapist have special powers.

Wrong! The truth is 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Summary

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

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Solve Sleep Problems Hypnotherapy

Everybody takes sleep for granted. Until sleep problems appear. It's one of those things we expect nature to take care of, and usually nature does a good job. But sleep is actually susceptible to many kinds of disruption -noise or physical disturbance are not the only things that can keep you awake when you'd really rather be dreaming.

Fortunately, sleep habits (and they are habits) are very responsive to hypnotic approaches, and we have a range of Hypnotherapy Buys to overcome sleep problems and help you get that good night's rest. We'll help you cut through worrying thoughts, anxious feelings, and anything else that's getting in the way of your shut eye.

If you want to fall asleep fast, sleep like a child, and bounce out of bed in the morning, one of our sessions will be just right for you.

Get back to sleep quickly after waking up

Many people find they fall asleep without difficulty, but then wake in the early morning and can't get back to sleep. Quality sleep is, of course, essential to good physical and mental sleep. Waking up in the night means we get less of the essential recuperative slow wave sleep we need to feel refreshed.

If this happens to you, you may find you feel quite alert and unable to get back off to sleep again.

Short waking periods are normal

Most people wake up at some point during the night but never really become properly consciously awake and so forget it. These nocturnal awakenings may last only a few seconds but are actually a natural part of the sleep cycle.

Does worrying keep you awake?

Maybe when you wake up you start to worry. Of course worrying causes the release of stimulant stress hormones, and so make it less likely you will go back to sleep.

Although it may at times seem elusive, sleep is actually fairly easily trained. But like any training process, you need to be consistent. Waking up in the night can become a habit and so happens because your unconscious mind now *expects* it to happen.

If you wake in the night you should never:

- Turn on bright lights as this will activate light cells in your brain which will then wake you up even more-keep things dark.
- Watch TV or surf the internet-both these activities will stimulate your brain.
- Take any stimulants such as tea, coffee or colas for obvious reasons.

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- Worry or fret about what has happened or what you expect to happen.

Skills to use when you wake up

This hypnotherapy audio session will teach how to enter deep hypnotic trance whilst giving your unconscious mind suggestions to sleep through. It will also give you a self-hypnotic method to use to get back to sleep even if you do wake up.

Because if you train your brain and body to relax when you do wake up then very quickly your instincts learn that there is no reason or stimulation reward for waking up so it stops bothering.

This hypnotherapy audio session will just peter out and you will not be asked to awaken from it so that you can use it in the night if you do wake up.

Buy *Get Back to Sleep* hypnotherapy audio session now and start sleeping through. **Visit www.hypnotherapy.eorg.in now.**

Cure insomnia today with an advanced Hypnotherapy audio session

If you are trying to cure insomnia, you have probably been trying for a long time. Most people we see with insomnia in our clinic have tried just about everything else before resorting to Hypnotherapy.

But Hypnotherapy is the obvious way to cure insomnia because it deals directly with the cause of the problem - lack of relaxation.

The Causes of Insomnia

Sleep is a delicate phenomenon - it cannot be forced, only encouraged; in fact, all we can really do is wait for it to happen by itself.

This makes it highly susceptible to disruption - as soon as the 'waiting for sleep' process becomes contaminated by anxiety, sleep becomes more elusive.

However, whatever else is contributing to insomnia, the ultimate cause is clear - lack of relaxation. If you relax completely at the right time of day you will fall asleep - it is as simple as that. This is why using Hypnotherapy for insomnia makes so much sense.

But unfortunately it is *not* as simple as that for many insomniacs.

Years of conditioning plus the typical racing mind syndrome all contribute to making it feel as if an insomnia cure is impossible. But it's not.

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Give Hypnotherapy a try today and you'll see what we mean.

Buy *Cure Insomnia* now hypnotherapy audio session and look forward to being surprised when you wake up in the morning feeling refreshed and energetic... Visit www.hypnotherapy.eorg.in now.

Sleep and Dream

When falling asleep becomes difficult, you can get into a catch-22 situation. The less you sleep, the more important it becomes and the more stressed you get about it.

And of course, the more stressed you are around sleep, the harder it is to fall asleep!

All our *Sound Sleep* hypnotherapy audio session help restore your mind and body's natural sleep response.

Sleep and Dream hypnotherapy audio session works by kick-starting the natural visualization that occurs when you fall asleep and gets you into the first stage of sleep quickly. At the end of the session, the audio simply fades out so you can continue sleeping peacefully.

Buy *Sleep and Dream* hypnotherapy audio session today and enjoy going to bed with it tonight. Visit www.hypnotherapy.eorg.in now.

How to drift off to sleep easily and quickly

Hypnotherapy is a great way to get yourself to drift off to sleep

Are you one of those people who, as soon as your head hits the pillow, your brain seems to go into overdrive?

Do you get frustrated at how hard it is to get to sleep?

Lying awake, tossing and turning, tired out but unable to go to drift off - one of the most dreary experiences you can have. And especially dreary if you are going through it on a regular basis. It seems that the harder you try, the worse it gets.

Of course, there is no real use in *trying* to get to sleep. You can't get into slumberland by breaking down the gate. Nonetheless, it is true that certain things have to be in place for you to get in. You need a sort of 'passport' - when all the correct boxes have been ticked, you will *automatically* be admitted. And getting those boxes ticked is something you *can* have some control over. Hypnotherapy for sleep is so effective because it gets your mind and body into the state that it would normally enter just before falling asleep, if it weren't being interrupted by habit and conscious interference!

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Things that make a difference to how easily you go to sleep

For instance, take a look at your overall routine. Do you give enough priority to getting a good rest, or do you try to cram it in any old where? Do you give yourself time to wind down at the end of the day, and avoid too much stimulation from TV or internet? Do you make sure that you stop eating and drinking early enough for digestion not to interfere with your slumber? Such simple things can have powerful effects.

Two things that must happen

Before you can doze off, certain changes have to occur. Physically, a subtle temperature shift needs to happen - core body temperature needs to be *lower* than in the extremities. Cold hands and feet will keep you awake. (You didn't need to be told that, did you?) And secondly, your brain needs to switch from going over external things to generating its own internal images and sensations - just like happens in Hypnotherapy. These changes encourage sleep.

Now you might see your way to addressing all those, right up to the last one. But just *how* do you get your brain to switch *off* all that buzz from the day and from any problems and challenges you are grappling with, and switch *on* its dream generation mechanism to transport you away into slumberland?

Hypnotherapy can help you drift off enjoyably and effortlessly

Drift off to sleep hypnotherapy audio session is an audio Hypnotherapy session created by psychologists that gets you to use the *same* internal sensory systems that activate naturally when you fall into a doze. In a sense, it will enable you to prime your brain so that it can more easily 'make a habit' of drifting off easily.

Used regularly, this hypnotherapy audio session will allow you to

- physically and mentally relax quickly, easily and deeply
- easily set aside the concerns of the day
- get engrossed in the relaxing process of drifting off
- learn how to set your 'hypnogogic response' going yourself
- enjoy better and deeper rest
- gain all the health benefits of getting regular good sleep

Buy *Drift off to sleep* hypnotherapy audio session and enjoy a good night's sleep - tonight. **Visit www.hypnotherapy.eorg.in now.**

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Do you find it hard to get to bed early?

How many times have you promised yourself an early night only to put off going to bed? Then, even if you sleep well, there just aren't enough hours in the night to get enough sleep. And we know that too little sleep makes us grouchy, more likely to become sick as sleep deprivation impairs immunity, less able to concentrate and lowers IQ.

To procrastinate about getting to bed, you may have found yourself channel surfing or surfing the internet. Maybe you stay up for 'one more drink' or just 'do nothing' until you realize how late it is again.

Perhaps you fall asleep on the couch and then have to 'get up again' in order to go to bed. This, of course, disrupts proper rest and spoils the quality of your sleep.

The early bed habit can transform your life

Getting to bed early (or at least earlier) means more rest and so more energy, brain power and mood stability. It means you'll be better able to enjoy life, but also pursue your goals. You'll be able to relate better to others, and you'll be able to think more clearly.

What this session is for

This session is designed to stop you wasting time and procrastinating when you need to be getting an earlier night. Hypnotherapy is the most powerful tool to change unhelpful patterns into positive habits and you will find that going to bed early quickly becomes a pleasant habit you'll never want to change.

Buy *Get To Bed Early* hypnotherapy audio session and start getting the rest your mind and body need. Visit www.hypnotherapy.eorg.in now.

Relearn how to fall asleep fast and enjoy a good night's sleep

Hypnotherapy can retrain your mind and body to fall asleep as nature intended

Are you fed up lying awake at night?

Do you yearn for a good night's sleep?

Not being able to go to sleep quickly is very frustrating, and tiring. Even one night of short or broken sleep leaves you feeling tired and under par, so when it's taking you ages to fall asleep night after night, it can quickly wear you down.

Are you feeling the effects of your lack of sleep?

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Symptoms of sleep deprivation are both mental and physical. Concentration, energy and confidence decrease. You may have even become too tired to complete your usual day to day tasks and think straight. You might find yourself not being able to make decisions very quickly or perhaps become easily irritated by others around you. Feeling depressed, negative and anxious are also fairly common effects and your lack of energy may stop you doing things that you normally enjoy, such as meeting up with friends.

What's stopping you falling asleep?

Maybe you worry that you can't sleep which reinforces and perpetuates the problem. Each bedtime you feel. 'I'll never get to sleep'.... "I'm going to be exhausted tomorrow" and you may also be constantly trying to work out how to fall asleep fast.

This problem means that sleep is no longer the natural process that it should be. You have probably reached the point of losing your patience with always 'trying' to go to sleep - you've drunk your share of chamomile tea and counted the proverbial sheep but sleep still isn't your friend. Right now you probably find going to bed unappealing and you may be putting it off by staying up later and later which makes you feel even worse.

It may be that at the moment the pressures of everyday life such as work or family problems are causing you to be stressed, anxious or angry. All of these emotions can easily interfere with your ability to relax and therefore disrupt your sleep patterns. Or you may be experiencing chronic pain, which should be checked with your doctor.

Do you find yourself still trying to solve problems at the end of the day or have lots of thoughts running through your mind whilst lying in bed? Just this alone can make sleep difficult- even if you don't feel like you're stressed.

You may have problems falling asleep fast because of noise around you, drinking caffeine before go to bed or because there have been changes in your routine or diet. All these things not only delay you falling asleep but can affect the quality of sleep you have making you still feel tired in the morning.

Not falling asleep is a habit that can be changed

Like most people who can't go to sleep, you might have tried lots of short term fixes such as sedatives and sleeping pills to get you to sleep quickly. This may have worked for the odd night or two; however these quick fixes probably didn't make you feel any better the next day. This is because you tend to get less deep sleep by taking these kinds of pills.

Even though you may have had sleep problems for a while now, your unstable sleep pattern that has developed can be changed. It is just a habit that has got in the way of the natural processes of sleep. When it comes to bed time you now just expect to take ages to fall asleep so your mind is anxious and active. In order for the natural process to happen the mind and body needs to be relaxed.

How Hypnotherapy can help you fall asleep fast

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Solve sleep problems by Hypnotherapy by Dr. Manish Patil

Allowing yourself to be deeply relaxed and by listening to this Hypnotherapy Buy will help create the same internal conditions as the 'pre-sleep' phase. With regular relaxation your mind will start to be cleared of racing thoughts and this will kick start the natural sleep process.

The relaxation technique used in this Buy will make it possible for you to have a good night's sleep. And you will become to enjoy going to bed and fall asleep quickly without even thinking about it.

Just see how much more relaxed and refreshed you feel when you can enjoy a long, comfortable sleep.

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 falling asleep, and then experience a wonderfully relaxing, sleep inducing Hypnotherapy session that will enable you to drift off effortlessly. Unlike other Buys, this Buy does not "bring you back to the room" after the Hypnotherapy, instead it tapers off quietly allowing you to drift off to sleep.

The *Fall Asleep Fast* hypnotherapy audio session will lead you through a powerful and gentle sleep induction, enabling your mind and body to;

- stop "trying" to fall asleep
- be relaxed about feeling sleepy
- relearn how to wind down in preparation for a deep sleep
- know you can listen to this Buy anywhere, enabling you to fall asleep in unfamiliar situations
- wake up feeling refreshed and ready for the day ahead.
- replace the tired grumpy you, with the happier and calmer 'real' you
- reconnect with physical and social activities that you enjoy.

Buy *Fall Asleep Fast* hypnotherapy audio session now. Visit www.hypnotherapy.eorg.in now.

Bounce Out Of Bed

Start the day with zest and energy with this invigorating Hypnotherapy audio

Do you dread the sound of the alarm clock? You are rudely awakened and stay under the duvet for an extra few minutes. Then, when you finally drag yourself out of bed, you have to rush everything, maybe skipping a shower or breakfast, and the day gets off to a 'stressy' start.

And you're kidding yourself when you think those extra few snoozey minutes will somehow transform you from a sleepy, mud head into an energised go-getter.

Maybe you look on with amazement and a little envy at people who seem to leap out of bed in the mornings - those who greet each new day with open arms and a deep enthusiasm for life. And no, they don't just drink more coffee than you!

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Solve sleep problems by Hypnotherapy by Dr. Manish Patil

Set your unconscious mind to love mornings

By regularly using this Hypnotherapy audio, you can 're-program' your morning response and wake with zest and energy. Imagine what it's going to be like to bounce out of bed, excited by the challenges and opportunities of the day ahead. No rush or stress, just a freshly showered, full bellied you, raring to get out the door.

Your *Bounce out of Bed* hypnotherapy audio session will focus on ensuring you have sufficient rest and replenishment from your sleep and get you automatically feeling energized when it's time to rise. Trade the time when you would have been snoozing, for a deeply relaxing Hypnotherapy session, that will pay you back many times over, when you have more energetic, productive days.

Buy '*Bounce out of Bed*' hypnotherapy audio session now and start the day how you mean to continue. **Visit www.hypnotherapy.eorg.in now.**

Hypnotic Power Nap

Feel rested fast with Hypnotherapy!

Getting a good night's sleep isn't always easy to do. Life demands more of us than ever and getting to bed at a reasonable hour doesn't always happen. Sometimes even when we manage to crawl into bed early, our bodies and minds have trouble relaxing sufficiently to recharge our batteries for the next day. Taking a nap sure does sound like a good idea when exhaustion hits, but who has time to lay down and wait for sleep to come in the middle of the day? Ever woken up from a nap feeling worse than off than you did before?

What if you could increase the recharging power of a nap and do it in just a fraction of the time? Wouldn't you be more apt to try it? Just think about all the things that you could do if you had more energy. How would your body benefit if you felt more rested? Your health would likely improve, since your immune system thrives on the energy we gain during sleep to function properly. And what about the quality of your work and your relationships, wouldn't they also be better with a little extra 'you' time? Your focus at work would be clearer and your mind still fresh enough to enjoy the company of family and friends at the end of the day.

You've heard the term "Power Nap" before. Some people can easily fall asleep and with just 15 or 20 minutes of shut-eye be ready to go again. How do they do it? If rest is something you strive for but have trouble attaining in a hurry, Hypnotherapy can help. **The benefits that come with Hypnotherapy can improve just about every aspect of your life.**

Imagine what it would be like to:

- Re-energize your body and mind with just a few minutes each day!
- Improve your focus at work and experience better relationships!
- No longer suffer from restlessness or unobtainable sleep!

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With Hypnotherapy you don't necessarily need to fall asleep completely, the deep relaxation you experience can still be energizing. The great thing about Hypnotherapy is the more you listen, the more effective it becomes. Even if deep relaxation feels like a far-fetched opportunity, **Hypnotherapy can help make it a reality**. Repeated listening to the **Hypnotic Power Nap** hypnotherapy audio session can help improve your ability to recharge and help you take it easy.

Experience a power nap with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Overcome Nightmares

Overcome your nightmares once and for all with Hypnotherapy!

Do you wake up night after night, sweating and trembling in fear because of nightmares? Are there times when you don't want to fall asleep because you're afraid another nightmare will come to terrorize you in your sleep? Would you give anything for just one evening of peaceful, uninterrupted rest? Do you pray for just one night without fear plaguing you or horrors invading your dreams?

Nightmares are not unusual. Each and every night, millions of people around the globe experience nightmares of one kind or another. In fact, every person on earth will suffer from a nightmare at some time during their life. **Unfortunately, some people experience nightmares more frequently than most.**

Contrary to what many people believe, nightmares do not just affect a person mentally. Frequent nightmares can also affect a person's physical health. For your body to function properly and for your immune system to maintain itself, you need to get adequate sleep. Those plagued by frequent nightmares often suffer from fatigue, depression, anxiety and even suppressed immune function.

If you suffer from frequent nightmares, **it is time to put an end to the terror once and for all.** By tapping into your unconscious (subconscious) mind, **you can get to the root of what has been causing your nightmares** and you can break the pattern of the bad dreams that have been torturing you.

Imagine what it would be like to:

Understand what is causing your nightmares and deal with the issues before a nightmare had the chance to develop.

- Go to bed without the fear of having a nightmare when you fall asleep.
- Get through the night without a single bad dream waking you from your slumber.
- Wake up in the morning after a full night's sleep feeling refreshed and rejuvenated.
- Get back your peace, your energy and your life.

If you have had more than your fair share of nightmares and you want to silence your bad dreams once and for all, the 'overcome nightmares' hypnotherapy session can help you. **By using Hypnotherapy to tap into your**

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unconscious mind, you can begin to discover what is causing your nightmares and effectively eliminate the source of your fear. You don't have to live in fear of what the night will bring. Use this overcome nightmares hypnotherapy treatment to....

Get rid of your nightmares once and for all! Visit www.hypnotherapy.eorg.in now.

Overcome Sleep Walking

- Uses advanced hypnotherapy
- Deeply relaxing hypnotic music
- A digitally mastered recording
- Your satisfaction guaranteed!

Stop sleep walking and enjoy safe and restful nights!

Have you ever woken up someplace other than where you went to sleep and aren't sure how you got there? Do friends and family tell tales of you routinely walking, talking or eating in your sleep? **Have you ever found yourself wandering the house in the middle of the night but don't remember getting out of bed?** Do you go to bed worrying that it will happen again?

While sleep walking is more prevalent in children, **adults also suffer from this frustrating, embarrassing and sometimes dangerous activity.** Most people go to sleep each night with the knowledge that they will wake up in the same place in the morning, only rousing to visit the bathroom or get a drink of water from time to time. For others going to sleep means the possibility of another sleep walking episode and potentially serious consequences.

Even though sleepwalkers generally have no memory of getting up and doing things, they often perform tasks such as eating, getting dressed, and opening doors. What makes this so dangerous is although their eyes may be open, their vision may not be clear. They can trip over things, fall down stairs or try to perform tasks that require dexterity like driving.

I know you don't intend to do these things. After all, you're asleep when it happens. You crawl into bed and promise yourself that's where you'll stay, but yet somehow you find you've done it again. **You deserve secure, quiet, undisturbed nights of rest.** Within you is the ability to make this happen.

Imagine what it would be like to:

- Have deep, restful sleep every night!
- Wake up each day refreshed and renewed!
- Know that sleepwalking no longer afflicts you!

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Hypnotherapy is a form of creative relaxation that allows us access to the power of our unconscious (subconscious) mind. Much of our daily automatic activities are regulated and motivated by this part of our brain.

This hypnotherapy audio session **can help you to bring about significant, lasting behavioral change** through the use of suggestion and visualization techniques.

Sleep safe and secure with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

Sleep like a Child Hypnotherapy Audio session

Re-train your brain to have worry free, deep sleep

The trouble with 'trying to fall asleep' is you just can't do it! Falling asleep is one of those things that just has to happen all by itself.

We all know how easily children and animals can fall asleep - it is only when our adult consciousness gets in the way of the natural processes of sleep that problems occur. *Sleep like a Child* hypnotherapy audio session is designed to encourage your brain to make the natural adjustments it needs to gently soothe you into sound sleep.

How Hypnotherapy helps you fall asleep

Hypnotherapy creates the same internal conditions as the 'pre-sleep' phase; it gets you sliding down that gentle slope into slumber land.

Once you have used Hypnotherapy to fall asleep a few times, you won't be wondering about how to fall asleep any more - you'll be an expert.

Buy *Sleep like a Child* hypnotherapy audio session now and start enjoying deep rest, comfort and sleep. Like our other insomnia beater Buys, this Buy gently tails off at the end to let you slip off to sleep. **Visit www.hypnotherapy.eorg.in now.**

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Solve sleep problems by Hypnotherapy by Dr. Manish Patil

Gently stop your sleep talking habit with Hypnotherapy

As you know, sleep talking disrupts your sleep and other peoples'. And sleep talkers are often unaware just how much their night-time chatter impairs their sleep quality. It can be astonishing when the sleep talking stops just how much better you feel.

Extra stress and sleep talking

When people talk in their sleep it's often because they are more stressed in their lives than usual. It's as if the brain can't properly 'switch off' during sleep and talking come out as an expression of sleep time stress. This Hypnotherapy session will help alleviate stress at the same time as communicating with your unconscious mind to get it to give you deeper, more restful and quieter sleep. When you stop sleep talking and start having deeper rest you'll feel better instantly. And, of course, anyone around you who had to listen to your night-time sleep talking will be eternally grateful too!

Hypnotherapy and sleep talking

We use Hypnotherapy to stop talking during sleep because Hypnotherapy is the way to communicate with the part of the mind that actually *does* the talking. You don't consciously decide to talk during sleep but hypnotic communication will help quieten down and relax that part of your unconscious mind which drives the talking.

Buy *Stop Sleep Talking* hypnotherapy audio session now and start getting the full rest you need. **Visit www.hypnotherapy.eorg.in now.**

Stop sleep walking with Hypnotherapy

Sleep walking (otherwise known as somnambulism) can make life very difficult.

The danger of walking or doing other activities whilst still asleep is that you don't have conscious control. Accidents whilst sleep walking are common.

Sleep walking and REM

Sleep walking occurs during the REM or rapid eye movement part of sleep or dream sleep. Usually the brain body releases a chemical that paralyzes the body. However, those who sleepwalk do not have this chemical trigger, hence the sleep walking.

Although it's a myth that sleep walkers shouldn't be awakened it can be hard to rouse the sleepwalker during an episode and afterwards the sleepwalker may have no recollection of the episode.

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Dangers of sleep walking

People have been known to boil kettles or even attempt to drive cars whilst sleep walking so we urge you to seek medical assistance and advice if you suffer from sleepwalking. You can use this session in conjunction with other medical interventions.

Reasons for sleep walking

Children tend to grow out of sleep walking-the cause may be anxiety or not having had enough sleep. Sleepwalking doesn't necessarily indicate psychological problems.

Adult sleep walking may be related to alcohol abuse, brain seizures or as a reaction to certain drugs and medications. So it's important to get medical advice if you or someone you know sleep walks.

Hypnotherapy and sleep walking

Hypnotherapy and sleep walking are actually connected. Hypnotherapy is a way of accessing the REM or rapid eye movement state when you are still awake. You are more suggestible during this REM state which is why Hypnotherapy is used to cure all kinds of conditions.

Because sleep walking occurs in the REM state then suggestions given in controlled REM, otherwise known as 'Hypnotherapy' can help the uncontrolled sleep walking REM state.

You'll find this session both relaxing and useful and should listen to it repeatedly for best results.

Buy *Stop Sleep Walking* hypnotherapy audio session now and get control over the 'uncontrollable'. **Visit www.hypnotherapy.eorg.in now.**

Train your brain to ignore snoring with Hypnotherapy

Having to listen to someone's snoring can drive you nuts.

And snoring can be loud. It can seem as if it's impossible to sleep. *They* are the ones making the noise with all the snoring but *you* are the one kept awake!

Having to suffer someone's snoring can make you feel angry, exhausted and even depressed.

Expecting the worst makes it worse

When you become distressed by noise whether it's snoring or any unwelcome repetitive sound then something happens in your mind.

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Solve sleep problems by Hypnotherapy by Dr. Manish Patil

You come to *anticipate* the sound so your expectation (that you'll be kept awake again by snoring) actually stresses you out *before the snoring even begins*.

Now you find yourself in the position of listening out for it. This 'listening out' can keep you awake even if the snoring itself doesn't happen or isn't that loud.

This session will help you 'switch off' even if there is loud snoring. Because the fact is your brain is *designed* to process sound as you drift into deep sleep.

How the brain processes sound as you fall asleep

When you begin to drift off to sleep your ears still hear sounds around you but your brain begins to process these sounds in a different way. This is called the auto-symbolic effect. So a sound outside will still be heard when you drift off to sleep but it will be changed by your unconscious mind to represent some other sound, which might then be incorporated into a dream.

Because your brain can do this then you don't actually need quiet to drift off to sleep. When you can do this reliably to the sound of snoring you'll have cracked the problem. But there is another factor and that has to do with the way we *notice* sound.

Stopping 'hearing' what you are hearing

The other point with noise is something we call habituation. This means that when you relax with a sound and no longer pay it any conscious attention you 'stop hearing it.'

People who work in noisy factories can talk to each other even when newcomers can't hear what they are saying because of all the factory noise. This is because they have become so used to the factory noise they have 'stopped hearing it.'

When your mind has registered something it can stop hearing it. You may have been at a party and become so engrossed talking to someone that you 'stop hearing' anything else around you. Of course your ears and brain still register others talking but your attention is elsewhere. This also happens when we use Hypnotherapy to stop people feeling physical pain.

This hypnotherapy audio session can teach your unconscious mind to 'switch off' from the sound of snoring.

Buy *Ignore Snoring* hypnotherapy audio session now and get the sleep you need. **Visit www.hypnotherapy.eorg.in now.**

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Solve sleep problems by Hypnotherapy by Dr. Manish Patil

Manage the Sound of Snoring

Your partner's snoring doesn't have to keep you up at night!

Their snoring sounds like a chainsaw. It rattles your brain. The neighbors next door can probably hear them snoring and you're stuck sharing the same bed. If for some reason you manage to fall asleep first, it doesn't take long before the noise of their snoring creeps into your quiet night. Your partner snores loudly and nothing you have done so far helps you to tune it out. **It keeps you up at night, frustrates you and makes you extremely angry all at once.** You try poking, prodding, and rolling them over onto their side, but nothing seems to make them stop snoring.

Do you feel like you're seriously starting to feel the effects of sleep deprivation because of your partner's snoring? Have you found yourself seething in anger at your partner who appears blissfully unaware of their noisy snoring habit? Have you bought throat sprays, nose bandages and other so-called snoring cures for your partner? Maybe you went the other route and invested in earplugs, or just moved onto the couch. Can you still hear it though? Do you feel like you can no longer stand the sound of your partner snoring?

It's not a good feeling when you get angry with someone you love, especially for something they may not be able to control, such as snoring. Imagine for a moment that you didn't have a partner to snuggle up with, or, even worse, you were no longer able to hear. Would you long for your partner back and the soothing sounds of daily life? **You may not be able to stop your partner from snoring, but you can change the way you feel about it.**

Imagine what it would be like to:

- Sleep peacefully with your partner by your side every night!
- Wake up every morning feeling refreshed and rested!
- Learn to appreciate the sounds of everyday life!

By learning to change the way you think about your partner's snoring you can once again have restful sleep.

Hypnotherapy seeks to bring about change through the use of creative relaxation techniques. Your unconscious (subconscious) mind is what helps regulate many of your automatic behaviors and reactions.

With the help of this hypnotherapy audio session, you can access your unconscious mind and learn to appreciate the sound of your partner's sleep breathing.

You can have restful sleep with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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Solve sleep problems by Hypnotherapy by Dr. Manish Patil

Stop Sleep Talking

Your sleep can be quiet and restful again!

It's not like you mean to sleep talk, but every night you find yourself waking up to the sound of your own voice. Even if you do manage to sleep through the talking, your partner might complain that it's disruptive of their sleep. You go to bed with every intention of having a soundless night, but often awake to find that the night was filled with noise once again.

The freedom to dream is important for us to maintain our inner connection with the outside world. It is a place for us to process all the leftover feelings and passing thoughts that occur from day to day. **Inside our dreams our unconscious minds are free to express themselves.** Sometimes the desire for that expression is so abundant we end up vocalising our experiences, much to the dismay of our (and possibly our partner's) need for restful sleep.

But how can we stop ourselves from sleep talking when we are not even awake when we do it? You probably go to bed with the plan to keep quiet each night. Maybe you even tell yourself that it's not okay to talk in your sleep. Unfortunately, though, you keep finding your efforts to stop are fruitless. Why is this?

This is because the part of your mind that is active when you dream is your unconscious (subconscious). In the past when you have tried to exert control over this bothersome sleeping habit, you have done so only from the conscious part of your mind. **In order to bring about the change you desire, and to stop sleep talking, you need to speak to what lies underneath.** You must speak to your unconscious mind.

Imagine what it would be like to:

- Sleep through the entire night!
- Wake up rested and assured!
- Feel confident that sleep talking is no longer part of your life!

Hypnotherapy allows you to relax and access your creative and unconscious mind. You can speak directly to the source of your sleep talking and give yourself the freedom to dream in peace. By acknowledging your unconscious mind's need for expression through dreams and giving it permission to do so quietly, you can stop sleep talking. Hypnotherapy can help you to....

Say goodbye to sleep talking forever! Visit www.hypnotherapy.eorg.in now.

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Solve sleep problems by Hypnotherapy by Dr. Manish Patil

Stop Snoring

Rest easy and stop snoring with Hypnotherapy!

Do you ever wake to the noise of your own snoring? Has your partner complained that your snoring prevents him or her from sleeping? Or have they just moved out of the room completely? Does your snoring problem occur nightly, keeping you from being able to enjoy deep, restful sleep? Do you avoid spending the night at a friend's house or having guests in your own home for fear of keeping them awake with your snoring?

Snoring is not just a physical problem. It can often have psychological side effects too. It can damage close relationships and leave you feeling physically and emotionally exhausted. Countless so-called "snoring remedies" have been developed with each claiming to be the cure. There are nose bandages, throat sprays, uncomfortable devices to keep you from sleeping on your back, and even treatments that seek to change your habit with negative stimuli. There are even surgical options, but even these radical procedures do not guarantee a cure. Maybe you've tried a few of these with no results; maybe you've tried them all. But do you still snore?

It's likely you feel hopeless, helpless, restless, and at your wits end. Has it got to the point where going to bed isn't even appealing because you know it will end with your partner storming out of the room or you sleeping on the couch? Every night you promise yourself that you won't snore, **but how can you prevent something you're not even aware of until after it's happened?** Your search for a cure has provided no end to your suffering up to this point, but that does not mean that one does not exist.

Imagine what it would be like to:

- Share a quiet night of rest with your partner!
- Sleep through an entire night without snoring!
- Feel confident and in control of your breathing!

It's not a prescription or a device that holds the solution to your snoring, but the power of your own mind. Your unconscious (subconscious) mind is what helps your body function and regulates many of your automatic behaviors. This is why Hypnotherapy can help you overcome snoring.

Hypnotherapy isn't a miracle cure - and we wouldn't make such claims.

But with the help of this stop snoring hypnotherapy audio session, you can **begin to take control of your breathing and have quiet, restful sleep**, free from snoring. Let everyone get a good night's sleep and....

Say goodbye to snoring! Visit www.hypnotherapy.eorg.in now.

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Solve sleep problems by Hypnotherapy by Dr. Manish Patil

Wake Up Fresh & Alert

Use Hypnotherapy to energise your body and jumpstart your day!

We all have a little trouble getting out of bed in the morning from time to time. Some of us may even struggle with it so much, we find ourselves dreading the sound of the alarm clock before we even hit the sheets at night. Low energy and fitful nights of sleep do little to help matters. Yet day after day we get up and sluggishly start moving. Don't you wish that just once it were easy? **Wouldn't it be nice to be one of those "morning people"?**

Not of all us have standard schedules either. When life demands working hours that are unnatural to our internal body clocks, **waking up fresh and alert can seem an impossible task**. How much coffee, tea, or energy drinks do you consume just to feel "normal"? Whether you work at night, in the morning, or in the middle of the day, waking up on the right side of the bed, full of energy and ready for the day's doings is important to our mental and physical state. Let's face it, walking around like a zombie for a few hours or even just a few minutes of the day doesn't feel good.

But how do you wake up feeling fresh and alert anyway? It's not as though you want to be grumpy or tired when you're feet hit the floor, you just are. **For your sanity and your health it's a good idea that you consider using Hypnotherapy**. Hypnotherapy can help you to wake up with energy and a smile. Sure those caffeine drinks and other chemicals work after a while, but are they really the best choice for your body? **Hypnotherapy is the natural choice to get your day off to a good start.**

Imagine what it would be like to:

- Wake up and get out of bed with energy and ease
- No longer curse the clock, instead welcoming the day that lay ahead
- Feel stronger, more alert, and healthier from morning to night

This hypnotherapy audio session **can help you flip the switch on your internal energy** and even help you get more restful sleep. Hypnotherapy helps you to relax deeply and unlock the power of unbounded energy that resides in your creative unconscious mind.

Wake up fresh and alert with the help of Hypnotherapy! Visit www.hypnotherapy.eorg.in now.

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