



**Stress management
by Hypnotherapy**

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.

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

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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 suggestion, but it's just a matter to what degree. If someone is offering me something which is useful,

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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 hypnosis you'll be able to recall everything that's ever happened to you.

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

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

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

Summary

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

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Stress Management by Hypnotherapy

Stress management is not just a matter of relaxation, although knowing how to relax can certainly help. Nor is it a matter of aiming to have no stress at all. Stress is essential. If you didn't have any, ever, you would never grow, never develop, never learn anything new, never change and probably die of boredom.

But too much strain and tension in your life can be pretty damaging too, leading to exhaustion, anxiety, depression and physical illness. The stress management Hypnotherapy audio sessions below will provide you with a complete 'toolkit' for dealing with the pressures of life - both the avoidable and the unavoidable.

Life is so much more enjoyable when stress stops being a burden and becomes the incentive to growth and development that it should be.

Neighbors from hell right next door? Here's help!

What on earth can you do about bad neighbors? You go to a lot of trouble to find a home that suits you. Surely you are entitled to live in it in peace? Yet the most des res in the country can be rendered a veritable hell hole by the people next door. The stress and anguish caused by problem neighbors can thoroughly wreck your **peace of mind**. Not to mention your health.

Bad neighbors can appear any time

It's not as if you really get to choose who lives next door. You don't choose your home on the basis of who's in the next house. Nor do you have any control over who moves in there after you've settled in your place. Bad neighbors can become a feature of your life at any time, in any area. But you are not likely to think about this until after the problems have actually started.

Problems with neighbors can be many and various

Lousy neighbors come in all shapes and sizes. Maybe the trouble is noise - their music, their DIY tools buzzing at six am, their boisterously yapping dog, even just the kids yelling. Trouble can spring from disputes about the boundary - where exactly is it, for instance? Or who is responsible for cutting the hedge or repairing the wall? Why can't they keep their smelly cat on their side?

The problem with resolving neighbor problems

On the face of it, all such matters can be resolved. It might take a bit of negotiation, a bit of compromise on both sides, but surely a mutually satisfactory settlement can be found if people are willing? Yet all too often it turns out that people are sadly *unwilling*. And they can turn quite nasty. And then verbal abuse or physical aggression can turn your neighbor problem into a serious nightmare.

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Difficult neighbors can damage your health

It's quite common for people living with a long standing serious dispute with their neighbors to begin to suffer from debilitating anxiety and **panic attacks**. They may even become seriously depressed as time goes by and there is no resolution or let up in the unpleasantness. You can find that your whole life is taken over by the incessant worry and strain - as if there is just no room for anything else any more.

Don't give bad neighbors power over you

Some help may be found through approaching mediation agencies or appropriate civic authorities (and all such avenues should be carefully explored), but it's also very important to look after yourself in such a situation. Although it can *seem* as if giving all your personal time and energy to solving the neighbor problem is a good idea, this is to give them more power over your life than they have any right to.

You need your own space - head space and emotional space. If you find that you have become very worn down by the whole experience, you need a way to recuperate, and a way to build up your defenses so that you can come through in one piece and in good shape.

Hypnotherapy can help you defend yourself against bad neighbors

Bad neighbors Hypnotherapy audio session is an audio Hypnotherapy session which will provide you with exactly the right tools to allow you to begin to wrest back control over your life and your **emotions**.

Listening to *Bad neighbors* Hypnotherapy audio session will, firstly, give you a very much needed break. You will be taken into a state of deep relaxation which will lift the strain from your body and mind. Once you have done this a few times, you will find it easier and easier to relax deeply whenever you need.

At the heart of *Bad neighbors* is an empowering therapeutic trance experience. Powerful hypnotic suggestions guide you effortlessly through the process of creating an effective 'protection system' to 'fence you off' psychologically from the stress which has built up. You will learn how to maintain this protection while at the same time finding new ways to address the practical issues.

Buy *Bad neighbors* Hypnotherapy audio session and go back to living your own life. **Visit www.hypnotherapy.eorg.in now.**

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Bounce back from burn out

Burn out - you have run out of physical and mental fuel.

You feel like you can't go another step.

There is so much to do but you can't do the tiniest of tasks. Life has run you into the ground.

With burn out everything feels overwhelming as if it's crowding in on you - you lose your perspective and even your sense of humor. Millions experience burn out every year as modern life becomes more and more demanding.

Burn out is a powerful signal that you have been going about things in a way that doesn't work in the long term. We can all pull out the stops sometimes and even put in all-nighters occasionally but everyone needs regular rest. Getting your basic human needs met helps avoid burn out *and* makes you more productive into the bargain.

Your *Beat Burn Out* Hypnotherapy audio session will provide deep rest and recuperation at the same time as getting you just to feel better about yourself and where you are going. Burn out is often a turning point for people even sometimes a 'blessing in disguise' as unlikely as that may sound right now.

Buy *Beat Burn Out* Hypnotherapy audio session now and start feeling better instantly. Visit www.hypnotherapy.eorg.in now.

Stress Relief for Careers

No matter how much you care for the person you are caring for, the fact is being a career is stressful. And stress is damaging in the long term because it can lead to illness, depression and exhaustion. Regardless of how well you cope with your caring role there will inevitably come a time when you experience higher than normal levels of stress.

To enable you to continue your caring role effectively - and to ensure your own health does not suffer - it is important to deal with your stress.

Whether the person you provide care for has a mental or physical disability makes little difference it's the relentlessness of caring that can be so draining.

Causes of career stress

The cause of your career stress may be complex. You might be worried about the health of the person you care for, money, the future, or the attitudes of other members of the family. You might feel guilt about the way you feel sometimes.

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Stress can strain relations, and it's not just your relationship with the person you are caring for that can be affected. For example, caring for an elderly parent can place enormous strain on a marriage because of the continual stress experienced by the career and the perceived lack of support from your partner. Isolation and feeling totally unrecognized for your care giving role can all play a part in making you feel worse. Care givers need to maintain connections with other people *outside the home*.

Feelings common to careers

The responsibilities of caring can lead to frustration and possibly feelings of anger and helplessness. This can be overwhelming. It can be so hard to cope with these feelings as well as having to care for someone. You may also feel guilty for feeling angry towards the person you are caring for.

Symptoms of stress

If you are a career you may not even have much time to reflect on how you are feeling. Common symptoms of stress include irritability and generally feeling more emotional and perhaps tearful, appetite disturbance, sleep disturbance, more colds than usual, exhaustion, loss of sense of humor and raised blood pressure and also sometimes undiagnosed aches and pains.

You might feel alone, unsupported, pessimistic and overwhelmed as a career. All these emotions create stress. When your body is stressed you have more stress hormone called cortisol in your body. If levels of cortisol are too high for too long then blood pressure goes up, digestion is suppressed causing stomach problems and sleep is driven out. Stress is not only harmful to your health and wellbeing - it can also damage your relationships-it's vital to identify the causes of stress to tackle them as soon as possible.

The antidote to stress

If you are a career for someone else then chances are you are neglecting your own needs to some extent. You have needs for:

- Relaxation
- Good quality sleep
- Quality attention from other people
- Feeling safe and secure in life.
- A sense of connection to your community.
- Fun and laughter.
- Purpose and goals to learn new things.
- Intimacy so you can feel properly understood by at least one other person.

Your caring role may prevent you getting some of these needs met. Just like a car needs oil and fuel and water so we all have to have these needs met to function at a best and be happy. Never relaxing is a major health danger. When you relax your stress hormone levels level out, your blood pressure becomes healthier and your immune function works better. And the great thing is that once you've been relaxed you reap the benefits for

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many hours after. This session is designed to be an oasis of stress relief for you so that you can recharge your batteries and feel same again. When you are relaxed you become more optimistic, energetic, healthy and happy.

Listen to this Hypnotherapy audio session regularly to relax deeply, recharge your batteries and look after your physical and mental health.

Buy *Career's Stress Relief* Hypnotherapy audio session now and feel better. Visit www.hypnotherapy.eorg.in now.

How to handle customer service stress

Hypnotherapy can help you stay calm - and help customers better!

Is working in customer services getting too stressful?

Do you find it hard to stay calm and keep a smile on your face?

Customer relations aren't *always* stressful. There are plenty of reasonable people who appreciate the efforts of the customer service team to deal with their questions and problems. But even with 'good' customers, it can wear you down to have to deal with the same questions, the same problems, day after day. Add a few unreasonable people to the mix and you're stress levels are on a rolling boil.

Where customer service stress comes from

Some people seem to take every occasion when things don't turn out just as they like, or expect, as some kind of personal affront. It's as if the faulty product, or the inadequate service, or whatever the problem may be, is an *insult* and they are going to make you *pay* for it. Nothing you can do seems to satisfy them.

Others can try your patience through their impatience, or their inability to understand how company regulations constrain what you can and can't do, or because they get angry and become abusive. Or because there's just too many people to deal with today and you're only human.

You can probably take this in your stride, after all, it's what you've been trained to do and you know the 'script' for dealing with these types of people. But if you've got troubles at home, money worries, an alarming medical diagnosis, or simply a hangover, it's not easy sorting out other people's problems and ignoring your own.

The rub is, it's your job, and you have to do it. No matter how much you wish they would change, there will continue to be tricky customers. What you can do is learn to protect yourself from the more stressful aspects of your job, with regular relaxation and mind tricks to shield you from the rudest, most abusive customers. (Anyone who's dealt with a toddler tantrum and remained calm and emotionally intact will know it's possible to detach yourself from a torrent of emotion!)

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Hypnotherapy can help you protect yourself from stress

Customer service stress Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists experienced in stress management that will give you some powerful tools for making a difference.

As you relax and listen repeatedly to your Hypnotherapy audio session, you'll quickly notice that you

- begin to feel much more relaxed and calm generally
- manage your own moods better and enjoy your work more
- are less influenced by other people's emotional states
- find yourself responding more creatively to challenges
- accept with equanimity that some problems just can't be solved and this is no reflection on you

Buy *Customer service stress* Hypnotherapy audio session and make life smoother for yourself as well as others.

Visit www.hypnotherapy.eorg.in now.

Declutter your house, your mind, your life

A relaxing Hypnotherapy audio to help you focus on what's important and simplify your life

Do you hang on to stuff you really don't need? Not just things that clutter up your personal or work spaces, do you clutter up your time with too much junk TV, surfing the net, or spending time with people who don't treat you well or waste your time?

Limited resources

There are three things that *seem* as if they are limitless and endless but aren't:

1. Your time, (we all 'end' sooner or later)
2. Your ability to extend your focus of attention (you try reading a book after surfing the web for hours looking at 'junk')
3. Your energy.

The fact is that extending your energy onto things that clutter up your mind is exhausting. And having to step around and even think about or try to tidy useless accumulated clutter wears you down.

But why do you have clutter in your life?

We all accumulate stuff we don't need. Sometimes we hang onto it merely through habit and sometimes the thought of letting go of the familiar feels scary. You can get to your goals quicker when you have less clutter and therefore more 'space' to focus on what you really need and want in your life.

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Stress management by Hypnotherapy by Dr. Manish Patil

Think of a PC whose memory is all full up with useless files to the point where it's painfully slow and laborious to get the computer to carry out commands. If you are serious about having a good life then you need to think of what to 'leave out' as much as include. What material things have you clung on to that you just know you'll never use or need? How much satisfying, space will the de-cluttering of all that give you?

Imagine your life stream-lined and clear with space around you and more time. When your home is decluttered so too is your mind. Instead of tripping up over yourself all the time you'll be more effective, productive and fulfilled.

Unload all that unnecessary weight that's dragging you down

The *Declutter your Life* Hypnotherapy audio session will help you become motivated, even compelled, to rid your self of all the unnecessary things that have been wasting space. It will also encourage you to streamline your life from habits and activities that sap your wasteful sap your energy and focus.

Buy *Declutter your Life* Hypnotherapy audio session now, free yourself up from excess baggage and get your life moving! Visit www.hypnotherapy.eorg.in now.

Reduce everyday stress with Hypnotherapy

Create islands of calm in your day with Hypnotherapy

Are you wondering why you feel stressed or anxious when there doesn't seem to be any major reason for it?

Do you find yourself getting tense, sleeping badly, and feeling irritable a lot of the time, even though outwardly things appear to be okay?

When we look at other people, it often seems that things are going pretty smoothly for them. Maybe other people have said this about you - commented on the 'good life' that you seem to have. And maybe it's even true that, overall, things are more or less okay, or even very good. So it feels very unfair - and a bit of mystery - if you find that you are constantly stressed.

If you could find a real 'cause' to pin it on, you might feel better about it. If there was a big personal problem, like a bereavement, or a divorce, or trouble at work, the sort of thing that everyone agrees is stressful. But if you feel you 'really have nothing to complain about', you begin to wonder what on earth is going on.

The truth about the stress of ordinary life

The truth is, stress isn't all about the big stuff. Stress is a spectrum, not an on/off switch. At any time, a range of different pressures may be affecting your life, and all to a different degree. If they are at the lower end of the spectrum, but there are a lot of them, the cumulative effect can be as great as if a single one of the 'big beasts' is rampaging about in your life.

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This is why everyday stress levels can build up without you noticing. It's just a little bit here, a little bit there - but it all wears away at you. And it deserves to be taken as seriously as you would take major stress. That is, you need to look after yourself - no matter how good your life looks on the outside.

Hypnotherapy can help you manage your stressors better

Reduce everyday stress Hypnotherapy audio session is an audio Hypnotherapy session created by psychologists that will help you relax deeply and minimize the impact of those invisible everyday pressures.

As you listen regularly to this Hypnotherapy audio session, you'll notice that

- you feel much calmer and more relaxed generally
- you sleep better
- your mood improves and you feel more cheerful and optimistic
- you are more resilient and can handle things better
- you are enjoying life more

Buy *Reduce everyday stress* Hypnotherapy audio session and put the shine back on your life. **Visit www.hypnotherapy.eorg.in now.**

Failing School Tests or University Exams

Our greatest glory is not in never falling, but in rising every time we fall.'

Confucius

Discovering you have failed a school test (or exam) can feel devastating. Maybe you thought you'd done well, or perhaps you feel as if you couldn't have worked any harder. Maybe you feel that **test nerves** let you down or you are worrying what you are going to do now.

It's natural of course to feel bad after failing school tests especially if your friends did well but it's vital to keep in mind that you *can* come back from this.

Test failure

Perhaps you were pinning all your hopes on these exams and feel devastated that you didn't pass. It's important to keep determined and see test failure as just a detour not a road block.

Not putting all your eggs in one basket

You may feel as if your confidence has been shaken by failing tests this time round but you'll find that this session will get you having faith in yourself that you can really move on and do well in the future.

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Many people feel depressed when they fail an exam that was important to them. And some people are very black or white and all or nothing in their thinking (which makes them more emotional). So if you'd be feeling something like: 'My whole life is ruined now because I failed this test!' then you have been using black or white thinking.

The fact is that eventual success is going to feel better after initial test failure. When you *do* pass it's going to be *real* success. And it's the people who can keep positive (and keep going) after they've had set backs who become the real achievers because they know how to keep on keeping on and getting back into it. Of course the only real failure is giving up to soon.

The way forward

Looking back is fine for people who want to...go backwards.

Whether you decide to re-take your tests or think about other options this time is a great opportunity for you to become stronger than before. *Cope with Failing School Tests* Hypnotherapy audio session will get you feeling confident and strong, easing away any shock and getting you focused again.

Buy *Cope with Failing School Tests* Hypnotherapy audio session now and feel better today. **Visit www.hypnotherapy.eorg.in now.**

Be busy without being overwhelmed

Learn to 'compartmentalize' and stop thinking when you should be relaxing

If your life is busy or your mind is cluttered it can be easy to feel overwhelmed. Overwhelm is a sense that there is just too much to do and things have gotten out of control. Overwhelm tends to be accompanied by a sense of rising panic and can quickly lead to exhaustion and guilt that you are not 'doing everything that needs to be done'.

It's one thing to be stretched in life, to have challenges and goals and to feel satisfaction knowing you are working to your best and enjoying life because of it. But it's another thing to be 'stressed' rather than stretched. Overwhelm happens when there are just so many demands on your energy and time that you just can't say 'no' to. Overwhelm makes it feel hard to switch off and get the rest you so desperately need.

Learn to 'switch off' and rest properly

Modern life is increasing overwhelm. Emails, texts, calls (anywhere you happen to be) partners, parents, kids, work - you can feel like you're going crazy. To negotiate life we need **work/life balance**, we need to plan, cope and prioritize. You also need the psychological skill of 'compartmentalizing' which will diminish overwhelm immediately. You can compartmentalize your time, which means not thinking about what you should be doing during a time when you are supposed to be resting or having fun.

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Stop Feeling Overwhelmed Hypnotherapy audio session will get you feeling relaxed, back in control of your life and much more able to manage your daily load.

Buy *Stop Feeling Overwhelmed* Hypnotherapy audio session now and take back control. Visit www.hypnotherapy.eorg.in now.

Feeling trapped? Learn what it takes to be truly free

Escape the feeling of being trapped and create new ways of finding practical solutions

One of the worst things in the world is to feel trapped by your situation, to feel as if you have no control and no say in the outcome. People can become trapped by all sorts of things - their career, for instance, or a relationship that goes wrong, or their financial situation, or perhaps serious illness or injury.

Whatever your particular situation, feeling powerless runs counter to our fundamental human need for a sense of control. You have other needs (beyond the physical), of course. You need security, for example, and a sense of connection, and a way to make your life meaningful. However, it's easier to cope with shortfall in these areas than it is to cope with powerlessness.

Powerlessness really gets us where it hurts.

What to do when trapped in a situation which cannot be changed

Advocates of **positive thinking** will advise you to just look on the bright side and things will turn out all right. Such an attitude is helpful, up to a point. It is true that encouraging yourself to be optimistic is better than sinking into depression. However, it is not helpful to cling on to unrealistic expectations that some 'miracle' will happen and fix things for you. That is a recipe for disappointment and despair.

Check the outside and the inside to identify the real trap

When the going gets really tough, and the walls of the trap feel like they're closing in, it helps to be really clear how much of the problem lies outside you and how much lies inside you. Getting clear about this can be tricky in the pressures of the situation. *Stop feeling trapped* can help you achieve a level of inner calm which will allow you to look more objectively at what is going on.

The wisdom to know the difference

You may know of the famous Serenity Prayer of German pastor Reinhold Niebuhr, in which he asks for the grace to accept with serenity the things that cannot be changed, the courage to change the things that should be changed, and the wisdom to distinguish the one from the other.

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When you are deeply relaxed and calm, you can begin to tell whether the aspects of your own situation which 'should be changed' lie inside you (your own attitudes and emotions) or outside you (your actions and interactions). You will begin to see what must be accepted.

Finding the courage to deal with your personal trap

The next step is to summon up the courage and determination you need to respond appropriately. *Stop feeling trapped* Hypnotherapy audio session will help you tap into deep inner resources of **optimism** and determination. Regular listening will help you build up and strengthen these qualities, so that you can call on them at will. You will find yourself enjoying a new lease of creativity and patience in dealing with your situation.

Whatever the outcome, you will stop feeling trapped.

Buy *Stop feeling trapped* Hypnotherapy audio session and experience a new freedom. **Visit www.hypnotherapy.eorg.in now.**

Feel safe now!

Learn how to rebuild your sense of security with Hypnotherapy

Do you find yourself constantly haunted by anxiety and fear even when there is no real danger?

Does the incessant stream of headlines about threat and danger make you feel that menaces are lurking everywhere?

It would be silly to pretend that there is no danger in the world. There are real risks and real threats, and people do get caught up in traumatic experiences. Wars are going on in many parts of the planet, natural and man-made disasters occur, people can be spectacularly nasty and brutal to each other, and diseases still take a terrible toll on humanity.

But these nasty phenomena are a much smaller part of human experience than you might think from scanning your daily newspapers or watching the 24-hour TV news.

Times of insecurity and danger do (sooner or later) pass

Even if you yourself have actually had to live for a while (even a long while) in a truly threatening environment, or have directly suffered traumatic personal harm, such experiences eventually come to an end. And the fact is that, by and large, most people in most places are actually pretty safe most of the time. Safer than they've ever been, when you consider the history of humanity!

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Knowledge of safety is not enough

Now if your response to this information is to say "But I don't *feel* safe!", you have put your finger on the crux of the matter. There is a disconnect between what your *feelings* are telling you about your safety and what the *objective information* you are receiving is telling you. Your emotional responses easily trump your 'head knowledge' that things are okay.

What can you do about this?

Hypnotherapy can help you quickly regain a real sense of security

Feel safe Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that uses the amazing power of Hypnotherapy to *calm down* excessive emotional arousal and neutralize negative thinking patterns.

Each time you listen to your Buy, you'll find that

- you relax more and more deeply
- your life becomes more and more imbued with inner calm
- worrying thoughts just fade away
- you get better at protecting yourself from negative input
- events that used to provoke anxiety no longer disturb you
- you sleep better and enjoy life more

Buy *Feel safe* Hypnotherapy audio session and win back your rightful sense of security. **Visit www.hypnotherapy.eorg.in now.**

Meet your human needs – and discover how satisfying life can be

Use Hypnotherapy to make meeting your primal human needs a real priority in your life

Are your emotional needs being met?

Does it feel like there are an awful lot of obstacles in the way?

More and more people are aware of the importance of meeting innate basic emotional and psychological needs in developing a healthy and satisfying life. You may be familiar, for instance, with Abraham Maslow's 'hierarchy of needs', usually shown as a pyramid with physical needs at the base and self-actualization at the apex, which he explained in detail in his book *Motivation and Personality*.

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It's important to know what your human needs are

Knowing that meeting your needs for security, safety, privacy, purpose, autonomy, control, connection, attention, intimacy, status and meaning is important, and protects you from anxiety, stress and depression is one thing. It makes a deep, intuitive sense, and new evidence of the role of these factors in healthy functioning comes to light every day. But looking after them all is another thing altogether.

In the slower paced, more settled times of the past, when people generally lived in smaller, close-knit communities and commonly stayed in the same place from birth to death, it was a pretty safe bet to rely on your community to provide what you needed. You didn't have to try, specifically, to *manage* your own personal life the way we do now.

It's interesting that our 'human needs' - beyond the physical ones - are not *obvious*. The huge social changes of the last few centuries, leading to the world we inhabit now, have shown us that we took the well-being that came from the easy satisfaction of those needs for granted, and did not question how it happened. Only in the disorienting upheavals of change have we clearly identified *what we need* and *how to get it*.

Modern life can block the satisfaction of needs

But that very modern world that brought us this important information can also stand in our way. There are so many pressures on us as we strive to get by in the face of social and economic forces over which we have no control that we may neglect our needs, even though we know what they are. This is not a good strategy for the long term. But how do you reliably prioritize getting your fundamental needs met?

Hypnotherapy can help you meet your human needs better

Meet your human needs Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that will help you develop and maintain a powerful strategy for looking after yourself so that you can get - and give - the most from your life.

As you relax repeatedly to this gentle and powerful Buy, you'll notice that

- you are much more keenly aware of the roots of your well-being
- you notice opportunities to satisfy different needs and act on them
- you become sensitive to the 'balance' between your different needs
- you are more resilient in the face of challenges and problems
- your relationships with others become more rewarding
- life goes better

Buy *Meet your human needs* Hypnotherapy audio session and experience the good life. **Visit www.hypnotherapy.eorg.in now.**

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Get your life priorities straight. Now.

Hypnotherapy can help you clarify what really matters to you

Who sets your life priorities for you?

You? Or other people?

Advertisers would have you believe that choice is freedom. But they neglect to tell you that you have no choice about choosing. Every waking moment, you are choosing. Whether you like it or not. We live a great deal of our lives not even noticing either *that* we are choosing or *what* we are choosing. Even less do we notice *why* we are making those choices.

Nonetheless, every one of your choices, big and small, has consequences. The cumulative effect of all this choosing is a powerful shaping force in your life. Of course, life is also shaped by events over which you have no control at all - but even then you still have to choose how you respond. So, clearly, the values and principles that guide your choices are of vital importance. But what are they? And where do they come from?

Discovering the true basis of your life priorities

Many people never really ask this question until they find themselves in some set of circumstances with which they are extremely unhappy. Then they say to themselves, "How one earth did I end up like this?" That's never an easy question to face up to. And it's no easier to swallow the realization that, because you haven't asked it before, the values behind the choices you've made may not even be yours.

How other people regularly determine your top priorities

It's easy to see how this happens. We *all* live in a web created by other people and are influenced all the time by what is going on around us, in our families, among our friends and work colleagues, and in the larger social culture in which we live. Truly independent thinking - and action - requires a level of self-awareness that most people find too much hard work.

What about you?

Having read this far down the page, it's safe to conclude that *you* are not 'most people'. You want to know what matters to *you*, and you want to live your life according to your own, self-chosen, top priorities, not the unconsciously assimilated preferences of others. But how exactly do you go about determining what principles will lead to a more fulfilled and happy life for *you*?

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Hypnotherapy can help you uncover your own core values

Life priorities Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that is specifically designed to help you clarify your own values and commit to living by them. As you relax and listen repeatedly to your Buy, you'll notice that you

- can access a deeply focused inner state of awareness
- are able to calmly review and reassess your life trajectory
- become much clearer about the values that matter to you
- respond increasingly flexibly and creatively to life's challenges
- make new choices that put you on course to live the life you really want to be living

Buy *Life priorities* Hypnotherapy audio session and set your values and goals for yourself. **Visit www.hypnotherapy.eorg.in now.**

Get rid of those 'midlife crisis' feelings and grasp life by the horns again

Where's my life going? There's still so much I haven't done! Life is passing me by! I'm not as young as I used to be. I'm not going to be around forever. What's the point?

Does any of that sound familiar?

These sentiments often plague us as we enter middle age. They are so common they've been given their own name: Midlife Crisis.

During a midlife crisis, people often yearn to feel young again instead of 'middle aged', 'stuck' or 'in a rut'. We live in age-obsessed times and 'the cult of youth' has never been so strong. People often feel that they haven't lived up to their own expectations. Or they may be conscious of social pressure which tells them that 'by now I should be married... be rich... have a house... have traveled the world...' and so on.

Overcome Midlife Crisis Hypnotherapy audio session addresses the anxiety or feelings of rising panic associated with these sort of thoughts.

A midlife crisis is really a signal that something needs changing in your life or your perspective. Dissatisfaction can be the first step to positive change and life enhancement. Boredom, disillusionment and an awareness that we all have limited time available are powerful motivators to seize the moment and begin living life more productively and satisfyingly.

Overcome Midlife Crisis Hypnotherapy audio session deals with these issues and gets you feeling more relaxed, optimistic and energetic about the future.

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Buy *Overcome Midlife Crisis* Hypnotherapy audio session and start feeling excited about your life again. Visit www.hypnotherapy.eorg.in now.

Mindfulness meditation training for a truly calmer life

Use Hypnotherapy to train in the art of mindful awareness

Did you know that mindfulness meditation has been shown to significantly reduce stress?

Or that training in it can enhance your capacity to learn and remember?

The term 'mindfulness' leads many of us to immediately generate a mental image of some saffron-robed Buddhist monk sitting in cross-legged silence on a cushion in a peaceful temple somewhere, far away from the rush and stress and pressures of the ordinary lives of ordinary people. Accompanied perhaps by an occasional reverberating peal from a deep-toned gong.

This image is not entirely misplaced. The practice of establishing and sustaining a state of wide-focused awareness of 'present reality' did indeed arise in the East and is part of the formal training of monks and nuns in Buddhist and other eastern religions. But you don't have to live in a monastery (or have any religious conviction) to learn to do this yourself.

And there are good reasons to do so.

Mindfulness meditation reveals the big picture

Mindfulness practice is increasingly widely used by people in all walks of life as an effective way of 'taking a step back' from the incessant flood of events and emotions that make up our lives so that we can calm down, take stock, and 'see the bigger picture'.

In stressful times it is particularly easy to get bogged down in dwelling unhelpfully on the past, or fantasizing (negatively or positively) about the future, while the present just slides by beneath your feet. Learning to focus your attention on 'right here, right now', without making value judgments about what you think, or feel, or experience, helps you to be more grounded and less likely to be overthrown by circumstances.

What is the best way to learn how to be mindful?

Hypnotherapy is an effective way to train in mindfulness

Mindfulness meditation training Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that makes learning mindfulness simple, easy and enjoyable.

As you listen and relax repeatedly to your Hypnotherapy audio session, you'll notice that

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- you find yourself relaxing more profoundly each time
- you become aware of a well of deep calm underlying the ups and downs of everyday life
- you gradually become more able to 'stay present'
- you are less easily thrown off balance by emotionally arousing events
- your mind becomes clearer and you can more easily see things 'in the round' rather than from a single narrow perspective

Buy *Mindfulness meditation training* Hypnotherapy audio session and calm your mind. Visit www.hypnotherapy.eorg.in now.

Cut down the stress of moving house and enjoy your new start!

Moving house and setting up in a new home may sound superficially exciting, but anyone who's been through it can tell you that the process can exact a high toll in stress. In fact, stress polls regularly put it above illness and even divorce for impact on your life. Even *thinking* about moving can cause your stress levels to rise. But is it true that there is no way to escape from house moving stress?

Practical ways to cut the stress of moving

Well, if you visit one of the many websites that advise you about the best way to move house, you'll find plenty of tips on what to do to make the process smoother. This advice is helpful in its way. It focuses on the practical side of moving - careful planning, and to do lists, and scheduling, and such like. Following these suggestions will undoubtedly help you cope with the essential tasks involved in moving house.

Moving house is an emotional business, not just a practical one

What's harder to find is advice on how to cope with the complicated feelings that arise when you are planning a move. If you are moving 'up' - going to what you believe is a better place than your current home - you will have a different set of emotions than if you are moving 'down'. If you like your present home and neighborhood, you will feel differently than if you hate it.

Whether you are looking forward to it or dreading it, you will be going through two major emotional upheavals at least. On the one hand, you will be leaving what you know. Whether you go willingly or unwillingly, it will involve the undoing and loss of connections and associations that you may have spent a long time building. On the other hand, you are going to something that you don't know. You have to face the unknown.

Where the real stress of moving home comes from

A great deal of the real stress of moving comes from these emotional factors rather than the nitty-gritty issues of what to do with that settee which won't fit in the new house, or getting that cupboard down the stairs in one piece, or letting all the utility companies know you are moving. But this is not often acknowledged, and may simply get buried under the swarm of inescapable tasks that have to be got through.

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The real secret of moving house with ease

If you want to make your house move as stress free as possible, your best bet is to combine the practical step-by-step planning approach mentioned above with thorough emotional preparation. You won't find 'emotional preparation' on any of those websites, but you can Buy *Moving house stress* and begin getting yourself ready in the comfort of your own armchair.

Moving house stress Hypnotherapy audio session is a Hypnotherapy session which focuses on the emotional, psychological aspects of handling the process of moving home.

Moving house stress Hypnotherapy audio session will help you to become relaxed and stay relaxed. It will help you deal with the emotional side of your move as well as encouraging you with the practical business of packing up and unpacking again somewhere new. It will help you keep 'moving' in its proper place in the bigger story of your life.

Buy *Moving house stress* Hypnotherapy audio session and make your move more easily than you would have believed possible. Visit www.hypnotherapy.eorg.in now.

Dealing with a nervous breakdown

How deep relaxation can ease your stressed brain and give you a sense of control back

If you feel close to having a nervous breakdown right now you are probably feeling like you have hit rock bottom.

Many people who are close to a nervous breakdown feel a million miles from their real self.

Feelings of anger, negativity, exhaustion and anxiety are probably overwhelming you and your ability to pursue a 'normal' life and 'normal' relationships is no doubt proving tough.

The right approach can help quickly

Nervous breakdowns tend to happen due to a demanding lifestyle, stress, or as a result of dealing with trauma. Stress and anxiety can often lead to depression and feelings of being unable to cope.

You may feel at the moment that everything is a struggle and there is nothing positive in your life. However, by treating a breakdown in the right way will allow you to come out the 'other side' of this as an even better person.

Here's how we can help you.....

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Relaxation is the key to recovery

Stopping for a while and taking time to relax when you feel things are getting too much will gradually allow your body and mind to start to feel refreshed and re-energized again. Regular relaxation will also help 'reset' your sleeping patterns which will help reduce your stress levels greatly.

This Hypnotherapy Buy will quickly make you feel calmer and happier, getting you back to the 'real you'. Being relaxed and knowing how to cope with stress and challenging situations will allow you to approach the future in a calmer and more confident way.

Returning back to the 'real' you

You can just imagine yourself now with the feeling of this renewed energy and confidence. With this you will begin to enjoy those little things in life such as meeting up with a friend for a coffee, going shopping or spending time with your family; just like you used to.

When you feel more relaxed you will also be able to put up boundaries and set yourself limits so that you don't have to deal with a breakdown again. As you start to feel calmer things that you currently find difficult to do will slowly become easier.

Just remember that right now you have just gone off track slightly and you just need to stop for a while to return back to the 'real you'. With this rest and revitalization you will begin to see a brighter future.

Buy *Dealing with a Nervous Breakdown* Hypnotherapy audio session now and notice how quickly life regains its color. **Visit www.hypnotherapy.eorg.in now.**

Important: A nervous breakdown is a serious condition. *Dealing with a Nervous Breakdown* Hypnotherapy audio session is designed to supplement, not replace, treatment from a suitable medical practitioner.

Stop being over competitive

Hypnotherapy can help you retune that competitive streak so you can target it more effectively

Has being over competitive caused you problems?

Do you wonder if it's possible to stop wanting to compete over everything?

Being overly competitive can harm your relationships with people who matter to you, and rob you of the chance to enjoy many wonderful things in life whose satisfactions and pleasures depend on cooperation, collaboration or - now here's a thought! - *letting someone else win*.

But where does the drive to be so competitive come from?

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Stress management by Hypnotherapy by Dr. Manish Patil

What makes you over competitive?

Charles Darwin is famous for having worked out that the characteristics of the creatures we see on our planet today (including ourselves) are the result of millions of years of evolutionary change. Characteristics that improve the survival chances of a species are passed down the generations. Characteristics that lessen those chances die out. We call this process "survival of the fittest". It's the ultimate competition.

The rules of the competition don't change. The ground where the game is played, however, changes randomly (if infrequently), as does the position of the goalposts (or the height of the bar, for a different sporting analogy). If the pitch changes suddenly beneath your feet (dry land to water, for instance) the very thing that previously favored your survival can now become a threat. Unless you adapt quickly, you could be doomed.

Evolution is a vast, impersonal process that is not concerned with individuals except as the genetic transmitters of survival-enhancing characteristics that can spread through the species. What works (in a particular prevailing environment) survives. What doesn't, doesn't.

Competitiveness: a mixed blessing

Competitiveness works. Everywhere you look, it's going on. You might say that this is the one area where evolution *is* directly concerned with individuals. Because, in order to even get on the bandwagon to be able to pass on *your* characteristics you have to out compete others for a suitable partner (who's engaged in a similar competition of their own).

These evolutionary pressures are going on in the background of all our lives all the time. We don't *decide* to participate - we are enrolled in this competition whether we like it or not. And it explains why competitiveness itself can play such a significant role in our lives. Competitiveness often feels like a matter of life and death because, from the perspective of evolution, it *is* a matter of life and death.

But from the perspective of the individual, competitiveness is a decidedly mixed blessing. For the individual, competition, though undoubtedly very important, is not the *only* - nor even necessarily the *most* - important thing in life. In fact, as you've probably discovered, when you are over competitive in areas where competition is really misplaced, you (and other people) can end up paying a heavy price.

Are you stuck with it? Far from it.

How to stop competitiveness from running (ruining) your life

Instinctive behavior patterns that are part of your genetic inheritance are not fixed and unchangeable. The human brain has also evolved a fantastic level of plasticity - the ability to remodel and reshape itself in response to perceived needs. You can reprogram instinctive behaviors.

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Stop being over competitive Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that will help you retune your instinctive competitiveness and bring it in line with your overall goals for your life.

As you relax and listen repeatedly to your Hypnotherapy audio session, you'll see a number of changes taking place. Among them, you'll notice that

- you begin to see how competitiveness operates inside you
- you no longer let it have all the control
- you develop a wider perspective on what life is about and what you yourself really want
- you consciously harness and direct your competitiveness towards carefully selected goals
- you spontaneously enjoy more of life, free from the need to compete

Buy *Stop being over competitive* Hypnotherapy audio session and relax more with life! Visit www.hypnotherapy.eorg.in now.

Get help handling personal bankruptcy

Going through personal bankruptcy is a stressful experience, and can leave you with a real feeling of failure and even shame.

Apart from the obvious financial worries associated with personal bankruptcy, it can be humiliating to feel totally un-trusted by all and sundry. Weeks or even months of red letter demands, sleepless nights, and fears about the future all wreak havoc with your sense of wellbeing.

Going bankrupt can feel like admitting defeat in life. Everything can feel miserable as if the world and his dog are out to get you.

But now is just the time to be psychologically strong.

Going bankrupt is not easy but it may be the right thing to do

Going bankrupt can relieve your financial burden but it takes perseverance and courage. Going to a judge and justifying your filing for bankruptcy, talking publicly about your crushing debt burden, having all your credit cards confiscated, all take their toll on you mentally. Added to that, creditors may try to block your appeal for bankruptcy.

Bankruptcy can be a relief but you will also lose some accounts, credit cards and the ability to secure loans. It is a chance, however, to get yourself square again and build yourself up better than before.

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Bankruptcy is not just a credit impact

When you go personally bankrupt it's not just credit access you may be losing. You may have to hand over real assets such as expensive jewelry or computer equipment. All this can take its toll on you mentally.

Loss of status, embarrassment, feelings of inadequacy and depression are all very common in the lead up to and experience of bankruptcy. But you have to feel a sting sense of a positive future to get through this well. This hypnotic session '*Handling Bankruptcy*' Hypnotherapy audio session uses Hypnotherapy to get you feeling super relaxed and calm. It will then build up your optimism and confidence so that you can truly begin to bounce back from bankruptcy.

Buy *Handling Personal Bankruptcy* Hypnotherapy audio session now because after hitting rock bottom the only way is up. Visit www.hypnotherapy.eorg.in now.

Relieve stress and tension in mind and body with Hypnotherapy

Stress relief Hypnotherapy can radically improve your day – and your life

Are your nerves stretched to breaking point with stress and tension?

Do you feel as if the very next little thing that goes wrong is going to send you over the edge?

Sometimes life just gets too much for us. Whether it's a sudden deluge of major disasters, or the slow drip drip drip of steadily accumulating worries getting us down, there are times when you feel that you just can't cope any more. Your brain feels fried, your shoulders hunch, your back aches, your guts are knotted, and woe betide the foolhardy person who innocently asks you to do something for them!

Too much strain on your brain makes it harder to solve problems

Of course, whether problems are big or small, ultimately you have to face up to them somehow and figure out a way to deal with them. But what if you're not in any kind of a *state* to deal with them? If you can't think straight, how are you going to even *begin* to fix things?

Stress relief Hypnotherapy can make a really big difference

As little as *twenty minutes* a day of deep relaxation, no matter what is going on in your life, will make you feel so much better that you won't know yourself. And it will completely transform your powers of resilience and problem solving.

Relieve stress and tension Hypnotherapy audio session is a powerful audio Hypnotherapy session that takes all the effort out of mastering relaxation techniques. You just sit back and surrender yourself to carefully crafted

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hypnotic suggestions that will automatically trigger your natural relaxation response, relieve any anxiety and flood your mind and body with feel-good hormones.

As you relax and listen regularly to your Hypnotherapy audio session, you'll notice that you

- experience a deep state of calm and rest
- feel invigorated and refreshed after each session
- can relax to a much deeper level than you have experienced before
- can separate yourself from the problems 'out there'
- begin to deal much more effectively with sources of stress

Buy *Relieve stress and tension* Hypnotherapy audio session and give yourself the break you deserve. **Visit www.hypnotherapy.eorg.in now.**

Transform a stressful Christmas into a relaxed one

Survive the festive season using relaxing Hypnotherapy

Christmas is meant to be a time of togetherness with family, fun, joy and selfless thought towards others. But so often Christmas can just seem like another major life stress. Why should this be?

What makes Christmas stressful?

First there's the preparation, the shopping in frenzied, crowded stores people pushing and shoving and you worrying whether so and so will like the present you've bought them. Then there's the cooking and organizing and of course the financial strain that the extra cost of Christmas entails. Many of us get seriously in debt (or more in debt) after the Christmas holiday. But the biggest stress of Christmas comes from the very essence of what Christmas is supposed to be all about - other people.

The nightmare before, during and after Christmas

The biggest stress of Christmas can come from the friction caused by family members getting together over the festive season. You may feel like a referee as relatives battle, argue and fight their way through what is meant to be an enjoyable time. You may end up dreading Christmas and of course the more you dread Christmas the more likely you are to get really stressed out by Christmas.

Why do we become stressed by Christmas?

We become stressed by anything that seems to exceed our ability to cope and causes stress hormone levels to rise in our bloodstream. This Hypnotherapy audio session will relax you deeply and prepare your mind to feel calm about the prospect of Christmas. You'll find yourself feeling more relaxed during the holiday season and actually enjoying Christmas.

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Buy *Overcome a Stressful Christmas* Hypnotherapy audio session now and begin to relax around your festive season. Visit www.hypnotherapy.eorg.in now.

Wash away built-up stress with Instant Stress Relief

Do you need some stress relief? Sometimes things get to the stage where you think your brain might explode. Or you feel overwhelmed, emotional and tired.

You know you need some kind of relief, but you don't have the time or energy to talk a walk, so what can you do?

Use your relaxation response for instant relief from stress

Happily, you are blessed with an ally that can remove stress instantly - your body's relaxation response.

Using Hypnotherapy to trigger this wonderful natural effect will release hormones and neurotransmitters that flood your body and mind with pure, cleansing relaxation.

Once you have used *Instant Stress Relief* Hypnotherapy audio session once, you will want to listen again and again - but don't wear it out!

Buy *Instant Stress Relief* Hypnotherapy audio session now and experience the incredible effects of deep, natural relaxation... Visit www.hypnotherapy.eorg.in now.

Take the anxiety out of waiting for exam or test results

Waiting for results whether academic exam results or medical test results can cause huge anxiety. The powerful desire to know the outcome is magnified by the impossibility of knowing. And people often say that *not* knowing is the worst thing.

We humans dislike uncertainty. We like things to be clear, wrapped up with certainty and completed.

Not knowing the outcome of results that are important to your future can be hard to handle. Yet leaning to deeply relax with the uncertainties of life is such a hugely life enhancing skill.

The mischievous imagination

When we don't know something our imagination tries to fill in the gap. For example if we hear a loud noise outside late at night, instead of waiting to find out what it is, our imagination kicks in and we try to fill the information gap *before we actually know anything*. This is the opposite to relaxing with events until you have something real to deal with.

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The trouble is what we imagine may be wide of the mark and actually scare us. When we feel emotional because of what we imagine we tend to blindly believe our emotions. So we might imagine the sound in the street is a gun going off yet later discover it was a car back firing.

Waiting for Test Results Hypnotherapy audio session will help you get better at relaxing with uncertainty and stop you prematurely filling the information gap with imagination and anxieties. When you stop scaring yourself about test results then life becomes so much more comfortable again.

Buy *Waiting for Test Results* Hypnotherapy audio session now and relax with the uncertainty. **Visit www.hypnotherapy.eorg.in now.**

Stop rushing and reduce time pressure

Relax deeply and regularly and stop clock watching

Time pressure is one of those sources of stress that builds up without you noticing. Then, before you know it, you're measuring everything against the clock: how long the next meal will take, whether you can afford to be having this conversation, and so on.

It can be quite a skill to handle times where you need to get a lot done without rushing and so suffering the effects of time pressure. Working faster without the stress and strain that comes with rushing is a great reliever of stress, and not only makes you more efficient, it also makes your work more enjoyable.

Rushing into ill health

Our bodies are not made to be constantly rushing. The 'rushed factor' - that chronic feeling of time pressure - adds to the risk of increased blood pressure and heart disease and possibly even certain forms of cancer. This struggle with time also has psychological consequences and can cause chronic anger, depression, bitterness, resentment and even sudden hopelessness.

Time pressure sucks the fun from life

Constantly feeling impatient and always thinking about what's coming next ruins enjoyment of life and damages relationships because you never have the spare capacity to truly give all your attention to others around you.

Leading the rushed life makes you feel like a victim. Impatience is a negative stress that saps energy. Surfing the internet and watching TV may seem like ways to slow down but actually the constant reorientation required of the brain during these activities just add to the stress. To really change gear you need to relax and have less input for a while. We're not suggesting you radically change your life style but you do need to know how to 'change gear' to avoid burn out.

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Buy *Reduce Time Pressure* Hypnotherapy audio session now and get more done by changing gear, not just slamming your foot to the floor! Visit www.hypnotherapy.eorg.in now.

How can stress management training help you?

Use Hypnotherapy for instant stress reduction and ongoing calm

Why is it that sometimes you can glide through the roughest day with ease, while at other times the smallest bump in the road can throw you into a spin?

Stress is an amazing thing - it alters the way your brain and body work to such an extent that *you might as well be a different person!*

Your thinking styles change, your emotions become less balanced and you do things you wouldn't normally do. So how can you manage stress more effectively? How can you escape that trap of more stress => poorer coping => more stress?

The stress management training Hypnotherapy audio session will help you gain perspective when you need it most. It will retrain your brain to spot when you are becoming stressed and give you tools to deal with it.

You can listen to it to improve your overall stress management skills, or just when things are getting out of hand, and you need to bring your stress levels down immediately.

Get the *Stress Management Training* Hypnotherapy audio session now and enjoy a smoother ride. Visit www.hypnotherapy.eorg.in now.

Working mothers deserve less stress!

Working mothers can greatly reduce the stress they experience with Hypnotherapy

Are you constantly juggling the conflicting demands of family and job?

Do you sometimes wonder if all the stress you go through trying to balance work and home is really worth it?

We modern people like to think we're so advanced compared to our benighted ancestors. We look at the advances that have been made in women's rights and think that women have never had it so good. In some ways this is quite true (at least in Western societies), but every working mother knows that there is a very high price to pay for 'having it all'. And it is she (and her children) who end up paying it.

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Women and men are not all 'equal' - yet

Equality is a very fine thing, if you've got it, but as the famous author George Orwell said in his novel *Animal Farm*, "some are more equal than others". Women with families are under several contradictory pressures. It is only fair that they should be treated equally with men in the field of work. But the question of whose *responsibility* it is to manage the child care has not really been addressed.

It is still *assumed* that women will take the lead in managing home and children, even if they have a demanding full time job. Individual partners may do their best to share equally, but the working world does not actually treat working fathers and mothers the same. There is very little provision to allow or encourage fathers to play a truly equal role with mothers in raising the family.

Media pressures lay impossible ideals on women

But that is not the end of it. Working moms are not only under pressure to be equally good at child rearing and maintaining a job or career. They must also look good, be attractive, entertain, decorate, cook and be great in bed. You only have to look at the media images of 'successful woman' to see that an impossibly difficult ideal of 'supermom' is being forced on women everywhere.

It is no wonder so many working women suffer terrible stress, anxiety and guilt, and feel like they are failing to meet social standards even when, in fact, they are making a thoroughly decent job of the challenges they face.

Hypnotherapy can help you relieve the stress of being a working mother

Working mothers stress Hypnotherapy audio session is an audio Hypnotherapy session prepared by psychologists who are experts in the field of stress management which will specifically help you, as a working mom, take a step back from the pressures and give yourself a real break.

As you relax into deep trance, you will not only be refreshing and rejuvenating your energies, you will also benefit from powerful hypnotic suggestions which work at an unconscious level to give you an empowering new perspective on the different strands of your life. You will effortlessly absorb powerful psychological techniques for keeping yourself balanced and maintaining your resilience in times of stress.

Buy *Working mothers stress* Hypnotherapy audio session and give yourself the break you deserve. **Visit www.hypnotherapy.eorg.in now.**

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Get a work life balance and enjoy both more!

Learn to set and maintain boundaries on your time using relaxing Hypnotherapy

Do you feel that the only life you have is work? That all your thoughts, energy and time are consumed by your job? That you are a slave to your work and therefore have very little time and energy left for family, friends and outside interests?

If so then something needs to change. Because a life without proper work-life balance can seem like no life at all.

How work takes over life

We now live in a 24/7 society. Divisions between work and personal life are becoming increasingly flimsy. Work can intrude into outside life through texts, email and the good old fashioned cell phone! There is always *some* message to answer. Always *something* that needs doing!

Are you working to live or living to work? Sure sometimes we need to pull out all the stops and *for a while* work may need extra attention. But if your life is suffering on an ongoing basis then you need to seriously address your own work/life balance. Sustained stress can cause terrible damage to your mental and physical state, not to mention your relationships.

Achieving work-life balance

Achieving work-life balance is about compartmentalizing your time, which is as much a psychological skill as a practical measure. The Work-Life Balance Hypnotherapy audio session will teach you to put boundaries around your own time, protect and nurture it. Your family, your mind and your body will thank you for it!

Buy *Work Life Balance* Hypnotherapy audio session now and start living the kind of life you want. **Visit www.hypnotherapy.eorg.in now.**

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