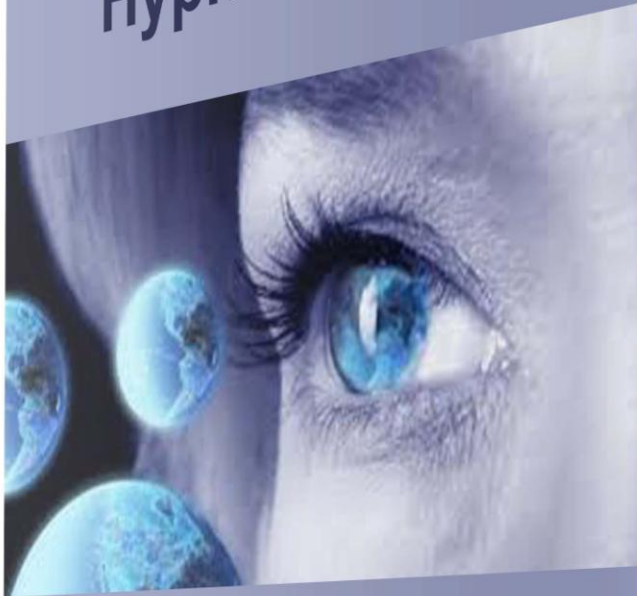


# Thinking skills and Hypnotherapy



Dr. Manish Patil

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## Thinking skills and Hypnotherapy by Dr. Manish Patil

### Hypnosis

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

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

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

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

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

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

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

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

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### Hypnotherapy and the Sub Conscious

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

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

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

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

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

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

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

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

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

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

### The Power of Suggestion

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

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

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

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

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

### Samadhi through Self Hypnosis

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

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

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

### The Three Forces of God

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

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

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

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

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

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

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

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

### The truth behind meditation

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

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

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

### Meditation a state of mind

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

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

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

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

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

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

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

### The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

#### THE MULDHARA CHAKRA

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

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### THE SWADHISTHANA CHAKRA

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

### THE MANIPURA CHAKRA

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

### THE ANAHATA CHAKRA

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

### THE VISHUDDHA CHAKRA

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

### THE AJNA CHAKRA

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

### THE SAHASARA CHAKRA

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

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

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### Meditation of Silence

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

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

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

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

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

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

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### 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 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). Any more and you may feel a little confused and not fully benefit from your efforts.

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

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

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

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

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

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

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

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

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

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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.?**

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

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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, then I will work towards achieving it. It would be really silly to work against something that will give you benefit. So it's really not true that people who are hypnotized are gullible or weak minded.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### Summary

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

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## Thinking skills and Hypnotherapy by Dr. Manish Patil

### Thinking Skills and Hypnotherapy

If you really want to change your life and open up the door of opportunity, building thinking skills is one of the most dramatically effective things you can do. It will impact on every area of your life. Bar none. It will help you be more creative, more flexible, more objective, more understanding, more tolerant, more positive, more decisive, more assertive - and that's just for starters.

We don't often think about how we think. Yet 'how we think' influences every aspect of what we do and how we feel. If 'how you think' is merely a product of what other people have taught you to think, or coerced you into thinking, you may be doing things and feeling things that are just not right for you, or that are actually holding you back in life.

So it's a good idea to take full personal charge of the task of building thinking skills - and Hypnotherapy is an ideal tool for quickly developing new habits and styles of thinking that can help you progress to the kind of life you want to lead and be the kind of person you want to be.

### Stop all or nothing thinking

#### Hypnotherapy can help you break out of black and white thinking styles

Have you noticed that you often fall into a pattern of all or nothing thinking?

Do people sometimes tell you that you are too simplistic in your judgment of a situation or a person?

Black and white thinking is one of the cognitive distortions that the human brain generates. 'Cognitive distortion' sounds like a bad thing, but it isn't necessarily bad. It's just a way that our brains have evolved over millennia to simplify things for us, so that in a complicated (and possibly dangerous) situation we can make a snap judgment and act quickly for our own safety.

It works very well.

#### Why we're hard wired to see the world in black and white

Think how often, in the long course of human history, a human being walking along has spotted something long and thin and black on the path. Is it a stick? Is it a poisonous snake? What are the consequences of coming to the wrong conclusion?

It makes sense for us, more often than not, to conclude that it's a snake, and leap out of the way quick smart. Even if it's only a stick, we haven't lost anything by our leap. Our brains

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'know' this. So we're hard wired to look at the world in very clear cut terms of 'threat' or 'safety', because this is an essential survival tool.

### All or nothing thinking has serious limitations

But you've probably heard that old line "When your only tool is a hammer, all problems look like nails." The threats we face in modern times are not usually dangerous animals. It's more likely to be a bullying boss. Or a cheating partner. Or financial worries. Black and white thinking is really no help in dealing with things like that, because the threats involved are not instant life or death choices.

Not only is it no help, it can lead us into depression. And depressed people are even *more* likely to think in these extreme terms than those who are not depressed. So a vicious circle gets set up.

When you're facing a complicated problem, like noticing that you're not getting promoted and wondering if it's because a work colleague has taken a dislike to you and has been turning your boss against you or because you're not doing the job very well, you need a different way to think about things. You need to be able to see many aspects of a situation, and weigh them all up, and come to a considered conclusion.

But how do you get out of a habit of seeing everything as stick or snake?

### Hypnotherapy can help you overcome excessive black and white thinking

*Stop all or nothing thinking* Hypnotherapy audio session is an audio Hypnotherapy download developed by psychologists that will help you get a measure of control over your brain's automatic habits so that you can *choose* an appropriate response.

As you repeatedly relax and listen to your download, you'll notice some deep changes beginning to happen by themselves. For example, you'll find that

- you feel generally calmer and less 'fazed' by life's challenges
- you see things more rationally and clearly
- you find it easier to take account of more factors when you have to make decisions
- emotions don't seem to get in your way so much
- you can respond appropriately to different situations that arise

**Buy Stop all or nothing thinking Hypnotherapy audio session** and make sure you can see everything that matters with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Thinking skills and Hypnotherapy by Dr. Manish Patil

### Stop thinking so much and overcome analysis paralysis

Singer songwriter Paul Simon wrote a great song called 'Maybe I think too much' which must resonate with anybody who spends a lot of time in their head trying to *think it all out*. You've probably noticed that spending too much time *thinking* results in not a lot of *doing* - or even *being*. But once you've got in the habit of analysing everything, it can be tricky to get out of analysis paralysis.

#### Thinking can be very useful

It seems obvious at first sight that thinking about things in depth and detail is a useful thing to do. What else are brains and minds for? Surely if you want to understand the world, you have to think about it? Surely if you want to understand people, and what they say and do, you have to analyse what their words and actions *mean*? And, of course, this is true - *up to a point*. Just not always and everywhere.

#### But too much thinking can be counterproductive

Our brains have other ways of comprehending and responding to the world than analytical thought. If we don't, for whatever reason, use these other modes of comprehension, and come to rely purely on analytical processing, we run into the problem of diminishing returns. This means that, past a certain stage, the *more* you think, the *less* benefit you get. It becomes counterproductive, even though it still *feels* useful.

#### The costs of over-thinking can be high

Too much thinking eventually makes it very difficult to take decisions. Too much thinking gets in the way of taking *action*. Too much thinking can take the heart out of relationships. Even just normal everyday interactions with other people, work colleagues or friends or family, can become a minefield of uncertainty and ill-feeling if too much worrying, dissecting and analysis goes on unchecked.

#### How do you go about 'changing your mind'?

But even if you are fully aware of the downside of over-thinking, *changing* a long established pattern of worry and analysis can seem a pretty daunting challenge. After all, your brain will have become set in its patterns of thought, and you can't just *tell it* to start behaving differently (though no doubt you've tried).

Interestingly, you really have to use the *other* parts of your brain to bring about this change. The 'analytical' part itself (what they call left-brain thinking) has already played its role by alerting you to the existence of the problem, but the *solution* will come from the *non-analytical* part (the right brain). Of course, this left/right dichotomy is an over-simplification, but it serves the purpose here.

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### Accessing other modes of thinking

How do you gain access to your non-analytical, non-rational mind? It's easy enough to do this by going to sleep. Every night, when you dream, it is the unconscious, non-rational part of your mind which generates your dream life. Dreams have been shown to be the mechanism by which the brain establishes and maintains instinctive responses, and processes the effects of emotional arousal in the mind/body system. (1) Going to sleep, beneficial as it is, is not quite the answer here, however. What's required is a way to activate 'dream function' in the brain, and to use it in the waking state. And the best way to do this is to use Hypnotherapy.

### Hypnotherapy can help you overcome analysis paralysis

*Stop analysis paralysis* Hypnotherapy audio session is an audio Hypnotherapy session designed specifically to activate and utilise the unconscious processing power of your brain. When you sit back and listen to it, you will notice a sort of 'stereo' effect. That is, as a highly analytical person, you will find that you are aware of listening *analytically* on the one hand, and also absorbing a new perspective holistically, or *synthetically*, on the other.

This approach has been used deliberately in *Stop analysis paralysis* Hypnotherapy audio session to make it easier to 'get' the deep change of perspective on life that it generates. You will find it both enjoyable and deeply relaxing to listen to, and the more regularly you listen, the more comfortable you will feel about letting go of excessive analysis, while knowing that your analytical tools remain available whenever they are truly required.

(1) See *Dreaming Reality: How Dreaming Keeps Us Sane, or Can Drive Us Mad*, by Joe Griffin and Ivan Tyrrell

**Buy Stop analysis paralysis Hypnotherapy audio session** and let your life really take off with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### It's not as bad as you think

#### Use deep relaxation and calm to give you distance and perspective on your worries

Are you putting off dealing with something that you know really needs your attention?

Are you secretly worried that disaster is about to strike?

The poor old ostrich gets a bad press. He's the guy who's famous for burying his head in the sand when trouble looms. Ostriches don't actually bury their heads. If they can't run away from trouble (they are very fast runners), they may flop down on the sand with their necks stretched out. As their necks are a light color, this helps them camouflage themselves. Because the body is visible, it *looks* as if they have buried their heads.

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### Hypnotherapy can help you see clearly and take action

Humans don't bury their heads either (obviously). But we use the ostrich myth to describe a very common human behavior - shutting our eyes and ears to trouble that we don't want to or are not ready to face up to. We call it putting our heads in the sand. We tell ourselves that "everything is okay, really" or "it's bound to turn out alright" and we try to ignore the anxiety churning away in our guts.

This behavior is nowhere near as effective at protecting us as the ostrich's camouflage strategy. The ostrich's attacker may be effectively deceived and they may wander off in search of other prey, leaving the ostrich to get on with life. But we know very well that there is no 'attacker' out there whom we can hide from and all will be well. At some point, we will have to deal with whatever the 'trouble' is.

### Your imagination deceives you - it's not as bad as you think

So why do we do it? Especially as, in so many cases, putting off the evil moment can actually make a 'trouble' worse than it needs to be? There are two answers to this. Firstly, our over active imaginations build the problem up into something overwhelming and scary - a bogeyman. We don't want to face him. Secondly, our optimistic self talks feels comforting and gives us a let out. "I don't actually need to do anything."

But, as you've undoubtedly noticed, it's hard to properly enjoy life when you've got your head 'in the sand'. The strain of keeping that worry at the back of your mind and not letting it get to the front is wearing and stressful. And, as anyone can tell you, when you lift your head up and look squarely at what's in front of you, the bogeyman invariably shrinks.

So clearly it's a good idea to get out of the habit of pretending things are okay when they're not. But if this has been your usual way of dealing with difficult stuff, it can feel pretty difficult to deal with itself!

Is there any way to make it easier?

Yes.

Hypnotherapy is an effective way to develop a more realistic approach

It's not as bad as you think Hypnotherapy audio session is an audio Hypnotherapy session specifically designed by psychologists to help you adopt a more effective approach to dealing with the challenges in your life - easily and comfortably.

The powerful targeted hypnotic suggestions will get you

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- relaxing very deeply and connecting with your unconscious mind
- focusing on what's really important to you
- calming down your unwarranted worries so that you can think straight
- looking at the facts calmly and clearly
- working out good action plans for whatever you need to deal with
- feeling very good about yourself as you take action

Buy It's not as bad as you think Hypnotherapy audio session and face your challenges with confidence with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

Open up that closed mind and get more out of life!

### Let Hypnotherapy retrain your unconscious to be more open-minded

Have you been told that you have a closed mind?

Do you automatically say no to things more often than you say yes?

There's a fine line between knowing your own mind and being closed minded - so fine that it's rather easy to cross the boundary without even noticing! As an infant, you don't have any 'opinions' and will try anything that comes your way with (sometimes too) eager curiosity. But you quickly discover that not everything in the world pleases you, and you will strive to avoid those things that you didn't enjoy the first time around.

### The open minded child

If we stuck to the infant's non-judgmental approach, we'd have a reasonably good working model for getting the best out of life. When something new appears, whatever it is, try it. If you don't like it, you needn't do it again! But you will still be prepared to try something else that you haven't tried before, and you will discover many things that bring you all kinds of different pleasures, satisfactions, and understandings.

The trouble is, as we grow up, we can easily lose that child-like readiness to experiment with the new - new foods, new places, new people, new ideas. We accumulate a sort of portfolio of 'things I like' and 'things I think' and start to operate within it. Of course, it's good to work out what your own opinions and tastes are - that's part of becoming a mature individual, and why shouldn't you stick with what you know you like?

### The high cost of a closed mind

But when you effectively fence yourself off from anything that has not already had your seal of approval, you may gain a certain sense of security and comfort, but you pay a high price. Two, in fact. Firstly, you start to become rigid as a person and stop changing and



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developing. And secondly, you bar yourself from a huge range of potentially pleasurable and stimulating experiences that you have a right to enjoy.

Is there any way back across the boundary into open space? Any way that you can become more open-minded again without sacrificing your hard won individuality?

### Hypnotherapy can help you open up again

*Stop being closed minded Hypnotherapy* audio session is a powerful audio Hypnotherapy session developed by psychologists that offers you a truly mind-expanding experience. As you allow yourself to relax repeatedly to your download, the carefully crafted suggestions will embed themselves deeper in your unconscious.

- You'll quickly begin to notice that you
- experience a deep, calm, unassailable sense of who you are
- feel a joyful sense of 'opening up' to what life offers you
- are more sharply aware of the 'big picture' of your life
- enjoy discovering how much more fun you can have
- really look forward to new experiences, even those that challenge you

**Buy *Stop being closed minded Hypnotherapy audio session*** and make sure you don't miss out with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Stop comparing yourself to others and be yourself

### Learn to free your mind from the relentless pressure to be like other people

Ever heard of 'comparanoia'? OK, it's a made up word, but how beautifully it captures the rather crazy nature of our tendency to compare ourselves obsessively with other people!

Of course, comparing yourself to others is a very human trait, and has been with us since the dawn of time. We can be sure that even stone age people had a form of 'keeping up with the Joneses'. In its place, such social comparison can even be beneficial, and where would 'fashion' be without it? Whole industries depend on you continuing to compare yourself with other people!

### When comparing yourself to others becomes detrimental

Although it's true to say that comparison with others has always been around, it's also true that nowadays we are much more actively encouraged to engage in this comparison, and given many more opportunities to do so. Just look at the news bulletins, the newspapers, the magazines, and all the advertising which surrounds you.

And this is where the trouble starts.

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You look around at other people, and it seems that they have it all. They have the money. The smart clothes. The fast cars. The exciting careers. The glamorous holidays. The fancy houses. There's no mistaking the message: "You *should* be just like them!". You can soon begin to feel as if you're some kind of failure if you are not totally focused on getting all this for yourself.

### The effect of too much comparison

And while striving to improve your lot in life is admirable, if your sole goal is to "be like so-and-so", you risk missing out on something really important. You risk missing out on really **being yourself**, following your own unique path in life, expressing the individuality that is you. Would you really want to give up your uniqueness to become a clone? Wouldn't you rather enjoy your own life rather than someone else's?

### Breaking free of the pressure to compare yourself with others

*Stop comparing yourself to others* Hypnotherapy audio session offers you a way to **free your mind** from the relentless pressure to use other people as your yardstick. You will learn to see through the hype and understand why imitating others is a false dream.

*Stop comparing yourself to others* Hypnotherapy audio session will help you rediscover the true value of your unique path in life - and be ready to defend it.

**Buy Stop comparing yourself to others Hypnotherapy audio session** and reclaim the unique gift that you are to the world with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Improve your critical thinking skills today

### Hypnotherapy can help you train your brain to think more effectively

Do you find that you've often misunderstood things, or come to the wrong conclusions?

Are you looking for ways to boost your critical thinking skills and not get caught out so often?

We all take our ability to think rationally for granted, and we all tend to believe in what we believe. That's to say, if you have an opinion, of course you believe that your own opinion is right. We don't often question our own opinions. But the truth is that thinking, although it is indeed a natural ability, is also a *skill* that we need training in, that we need to consciously *practice*, if it is to be really useful to us.

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### Critical thinking skills are analytical skills

'Critical thinking' is not such a great name for this skill, because it really has nothing to do with 'criticizing' in the sense that we normally use it. What we're really talking about is *analytical* thinking, where we *take apart* thoughts, opinions and assertions in order to understand exactly what they are made up of, what they are based on, before we accept or reject them.

### School is not a great place to learn critical thinking skills

If you think back to your schooling, 'how to think' is unlikely to have featured on your class timetable. Some schools teach philosophy even to very young children, and those kids are lucky, because philosophy really does help you learn how to think and not to unquestioningly accept whatever you are told - or even your own opinions. But most of us didn't get philosophy classes and we have to figure it out for ourselves.

Which is pretty daunting. Of course, you can find and join a philosophy class or club for adults and that would be a great way to expand your thinking abilities. But it can feel rather scary to put yourself in a situation where other people might be a lot better at this than you (although, let's face it, if you want to learn something, it's best to learn it from someone who *is* better than you).

### Hypnotherapy can really enhance your critical thinking skills

However, there is a powerful and effective way that you can prime your brain to think more effectively for you. And that is with the help of Hypnotherapy.

*Improve critical thinking* Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that uses Hypnotherapy to access your unconscious mind so as to develop powerful new 'templates' for how you think and act.

As you regularly listen to this Hypnotherapy audio session you will effortlessly absorb the key psychological principles that underlie truly effective critical thinking. The more you listen, the more proficient you will become at entering a powerful learning state and further enhancing your skills.

You'll notice that you

- develop a profound sense of calm detachment that keeps your mind clear
- are more ready to question statements and opinions
- give yourself time to consider things from several different angles
- become less susceptible to emotional influence in your thinking
- get better at distinguishing the logical and the illogical

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Buy Improve critical thinking Hypnotherapy audio session and get a better grasp on life with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

**Stop feeling let down and learn to deal with disappointment gracefully**

**Develop a flexible mind that easily 'manages your expectations' using Hypnotherapy**

Disappointment - the feeling we get when reality fails to match up to our expectations - is an unpleasant experience we've all known. And sometimes it can seem as if life is nothing but a long series of disappointments, one after the other. Our standard reaction to this is to feel hard done by. A victim. There's nothing we could have done to prevent it, after all, is there? But actually it *is* possible to significantly reduce the frequency and intensity of disappointments in your life. And you don't have to wait for all your dreams to come true to enjoy greater freedom from disappointment.

### Disappointment is no coincidence

It's important to understand how disappointment differs from the regular slings and arrows of life. Misfortunes may come to anyone, and be quite beyond our control. Physical, social and economic difficulties may beset us. Sometimes, of course, our own actions contribute to such problems, but we can also be quite innocent victims. But disappointment is *always* connected with our own behavior and beliefs.

And that means we *can* do something about disappointment.

### How we set ourselves up for disappointment

We feel disappointed when something that we *expected* to happen does not happen. I'm not talking about, for example, *hoping* that the sun will shine for the picnic, and then feeling upset when it's cold and damp on the day. The sun has no commitment to shine for us on a particular day, and although we might mind when it doesn't do so, we can hardly claim that the sun 'let us down', or 'disappointed' us.

I'm talking about those situations where we build up in our minds a detailed picture of how a future event, or relationship, or process, is going to turn out - and then *believe* that this is *actually* what will happen. When it doesn't, we feel like we've been smacked in the face. But what we have done here is construct a fantasy. Why *should* any fantasy match reality?

### The importance of positive expectation

Does this mean you should renounce working on positive visualization of future outcomes, which every life coach and therapist claims is essential for success in life? Far from it! We need the boost that positive expectations bring us to motivate us into action. And we need to create powerful images of future success to enable us to persevere in pursuit of our goals. What we don't need is to lose our sense of proportion.

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### The art of managing expectations wisely

The key is to learn to 'manage our own expectations'. It helps to remember that our expectations start from within. And we need to look closely at what we base them on, to see if they are realistic. And then we need to remember that life is full of unexpected twists, so our future fantasies must include dealing with situations which turn out differently from what we imagined. In other words, we must *build in* flexibility.

Tall order?

### Using Hypnotherapy to help you deal with disappointment

Not only can you become a master of your expectations, but you can do so much faster than you might think. *Dealing with disappointment* Hypnotherapy audio session is an audio Hypnotherapy session which utilizes the power of your unconscious mind to fast track you through powerful life-changing processes.

With the help of *Dealing with disappointment* Hypnotherapy audio session you will learn how to relax and clear your mind in ways you would never have imagined. This will allow you to enter a powerful learning state in which your brain can quickly and easily establish neural pathways to support and sustain new beneficial patterns of behavior.

**Buy Dealing with disappointment Hypnotherapy audio session** and experience the difference today with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Tame your inner critic

### Use Hypnotherapy to train your inner voice to be constructive not destructive

Do you have a loud-voiced critic living inside your head? Are you forever putting yourself down and finding fault with everything you do, even your successes?

There's a saying that you should cherish your enemies, because they are the only people guaranteed to always tell you the unvarnished truth about yourself. We give a wry smile when we hear that, because we see the truth in it.

But it's not the whole truth. In reality, someone who hates you is just as likely to be biased by their emotional view of you as someone who loves you.

### Getting too close to your inner critic

What has this got to do with those negative internal voices that tell you you're useless, that the excellent piece of work you turned out is not nearly as good as people say it is, that you'll never amount to anything, and so on and so on?

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Well, when you listen too attentively to that stream of criticism, and give it too much credence, you are 'cherishing your enemy'. And losing sight of the fact that those nasty 'truths' that are getting dished out to you may not just be emotionally biased, they may literally be 'untruths' by any objective measure.

Now if you have a very active and sharp inner critic, as many people do, you will hear them denouncing this idea as ridiculous, and warning you that anything affirmative you might hear would only give you an over-inflated and quite false sense of your own importance and value.

Indeed, if you only *ever* listened to praise and appreciation, you would naturally come to think that you are a jolly fine fellow (or fellow-ess, if there is such a word) without a fault to be found in you.

### Constant self-criticism doesn't help you to be a better person

A few moments of sober reflection reveal that this is a classic 'black or white' trap. It's true that you shouldn't *always* and *only* listen to appreciative voices. But it's also true that you shouldn't *always* and *only* listen to fault-finding voices. In both cases, you will end up with a skewed and ultimately unhelpful view of yourself.

However, as you are reading this, you have clearly come to the realization that your inner detractor has become an inner dictator - and has completely gagged and bound your inner supporter. *All* positive input is barred, rejected or ridiculed. And while it may feel as if all that condemnation is 'really true', you can also see that, far from helping you be the person you want to be, it is only hurting and hindering you.

But how do you get it to pipe down so you can get a more balanced view?

### Hypnotherapy can help you bring some civilization into your mind

*Tame your inner critic* Hypnotherapy audio session is an audio Hypnotherapy session created by experienced psychologists that will empower you to wrest back control. As you repeatedly relax and listen to your Hypnotherapy audio session, powerful hypnotic processes will work on you at the conscious and unconscious levels and you will notice that you

- rapidly begin to develop a more measured and balanced view of yourself
- start treating yourself more fairly and acknowledging your good points

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- feel a calmer sense of trust in yourself
- learn how to combine the inputs of both critic and supporter to benefit from both
- find life very much more enjoyable and rewarding

**Buy Tame your inner critic Hypnotherapy audio session** and truly civilize the inner workings of your mind with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Learn how to learn from mistakes and stop repeating them

**Let your unconscious mind help you learn from the best teacher there is**

Do you wonder why you keep falling into the same traps and repeating mistakes?

Is your life a series of unpleasant re-runs starring yourself?

Everybody's heard of vicious circles, but it's a horrid shock to realize that your own life has become a vicious circle. Unpleasant though it is, it's important to remember that this realization is actually good news. How so? Because it means that you now have a chance to change things.

**To learn from mistakes you have to know that you're making them**

You see, until you *wake up* to the fact that you are living through the same things over and over, and that it is *your own actions* that bring this about, you are doomed to keep going round in those circles. We all know somebody of whom we say "Why on earth are they doing that *again*? Can't they see where it's headed?!" But it's much harder to notice when you yourself are doing something very similar.

Of course, not all bad things that happen in your life are your fault. Bad luck happens, and other people do not always treat you as well as they might. But being able to see the difference between an unfortunate circumstance that could have happened to anyone and an unfortunate circumstance that is the result of your own choices and actions is the essential first step to getting off that merry-go-round.

It's not the only step. You have to learn how to spot the traps you lay for yourself. You're probably not used to looking for them, and we are all prone to deceive ourselves, so it's no easy task. And it's not just a question of avoiding those traps - you have to develop a strategy for what to do when you find yourself in one. It can all feel like a lot of effort... But help is at hand.

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### Hypnotherapy can help you quickly learn how to learn from mistakes

*Learn from your mistakes* is an audio Hypnotherapy session developed by experienced psychologists to help people break free from the vicious circle of endlessly repeating errors. As you repeatedly relax and listen to your Hypnotherapy audio session, you'll notice more and more that, consciously and unconsciously, you are

- learning a simple yet powerful method to be your own best teacher
- getting better at recognizing your own slips and faults
- able to call to mind just why a particular course of action is not right for you
- developing appropriate ways to respond differently, earlier
- making much better choices for yourself in your life and enjoying the benefits

**Buy Learn from your mistakes Hypnotherapy audio session** and discover the new life that's waiting for you with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Long term thinking - your future is yours to keep!

#### Escape the limitations of short term thinking with this professional Hypnotherapy audio session

Do you live for today with little care for tomorrow, next week or even next month?

Do you often look back and wish you'd thought a bit harder about what your choices would ultimately lead to?

Why is it when you look back at what actually happened, it seems so *obvious* that certain actions and choices were *bound* to lead to the consequences that indeed followed them. And why, in spite of all our knowledge and wisdom, do we persist in mostly operating within a very short time horizon without taking the long view?

#### Long term thinking powers have only recently evolved

And it is 'we' who do this. All of us, not just you. You are not a uniquely flawed person who can't see further than the end of your nose. You are one of us human beings, mortal physical creatures who engage with our world by means of our five senses and our emotional responses to what those senses tell us. Our senses operate strictly in the now. Moment by moment, sight, sound, smell, taste, and touch guide what we do. Now.

In this, we are pretty much like every other creature on the planet. But there is one very important difference between us and the rest. Our brains have evolved the capacity to think ahead. And not just five minutes ahead. Or an hour. We can think days, weeks, months, years - even centuries - ahead.



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We are capable of thinking through not just the immediate impact of a particular choice, but the long term effects.

Why don't we do it all the time?

### Your brain and what it does to think ahead

Scientists have discovered that we use different regions of the brain to make short and long term decisions. Short term decisions are processed in the part of the brain that handles emotions. This system evolved a long time ago, and is dominant. Long term decisions involve cognitive analysis, which takes place in the part of the brain that handles abstract thought. It evolved much later than the emotional response system.

Because the emotional response system is dominant, it tends to kick in first when you have a decision to make. Unless the cognitive analysis system gets fired up by something, and starts joining in, the emotional response system rules. The good news is, you can *deliberately* fire up that cognitive analysis system - your inner long term thinker.

And here's how.

### Hypnotherapy can help you instinctively consider the long term

*Long term thinking* Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists that pulls together the latest research on human decision making and combines it with powerful hypnotic techniques to get you taking a long view. Using powerful metaphors, it helps you develop the skills to plant the seeds and allow them to grow over time to become the forest that creates the timber house for your children.

As you relax and listen repeatedly to your download, you'll be effortlessly training your brain to

- go rapidly into a state of calm, clear, 'bigger picture' awareness
- regularly reinforce the neural pathways that control operations in the frontal cortex so they are as flexible and responsive as possible
- proactively engage long term analytical assessment using a proven technique
- and as a consequence (long term!) you'll find that you
- instinctively make wiser, more life-enriching decisions
- enjoy all the benefits that making better decisions can bring to your health, wealth and general happiness.

**Buy Long term thinking Hypnotherapy audio session** and take the long view on life with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Thinking skills and Hypnotherapy by Dr. Manish Patil

### Stop negative thinking now!

#### Learn powerful hypnotic techniques to stop negative thoughts before they start

Negative thinking can make all sorts of things incredibly difficult.

It is like a leak in your confidence bucket - constantly drip-drip-dripping away your confidence and **self-esteem**.

We all know that we should *think more positively*, or avoid too many *negative thoughts*, but it is notoriously difficult to stop. Negative thinking can be useful to help assess the possible pitfalls in a potential plan of action, but you need to be able to turn it on and off at will. Otherwise, negative thoughts will **sabotage** your **self-belief**, your confidence and your achievements.

*Stop Negative Thinking Hypnotherapy* audio session teaches you a model for assessing the effects of your thoughts and changing them, plus it helps you on an unconscious level by showing you how to let negative thoughts drift by without taking any notice.

After all - you can think anything as long as it doesn't have an emotional impact on you.

**Buy Stop Negative Thinking Hypnotherapy audio session** and plug the leak in your confidence bucket with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Be more objective - subjective blinkers hold you back

#### Rise above unhelpful emotional reactions and see the bigger picture

Modern western culture encourages subjectivity. The focus is always on the personal, the emotional. A reporter interviewing a witness to some dramatic incident will not ask them to 'be objective'. They will be asked: 'Tell us how you feel!' Feelings, of course, are completely subjective.

While it's a good thing to be able to express your real feelings, and not feel obliged to repress or hide them, focusing purely on subjective responses can bring problems when you really want to know what's going on.

#### What happens when you are not objective?

When you are highly emotionally aroused about something, whether in a good way or a bad way, you will find it difficult to think clearly. This is because emotions 'hijack' your neo-cortex, the 'thinking' part of your brain, and make you rely more on the amygdala, the 'emotional' part of your brain.

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'Emotional thinking' is characterised by a black-and-white, all-or-nothing approach. There is no room for subtlety. It is often accompanied by a very powerful feeling of conviction - the sense that 'this is absolutely right' - that brooks no argument.

### Emotional subjective thinking has its place

There are times when this 'emotional' approach is useful. It is essentially a life-saving mechanism. In situations of immediate threat and danger, where you have to take action at a moment's notice, it's easy to see that a powerful sense of absolute certainty that drives you into action can make the difference between life and death.

Better to jump aside and discover later that it was only a stick than to pause to consider the likelihood of this being a snake and getting bitten while you were thinking about it.

### When it would be more useful to be objective

Human psychological and emotional evolution has not caught up with the pace of social change in our world. For most people in western society, the 'threats' we face come not from external physical dangers but from interactions within our own social groups, our own families, our own workplaces. However, the *feeling* of threat triggers emotional subjective responses. But now our reactions can become counterproductive.

### Complex situations need objectivity

In the complex situations that are characteristic of social groups, the ability to see the bigger picture and not get swept away by emotion is crucial. If you can stay calm, and help others to calm down, it becomes much easier to analyse situations of every sort clearly, and determine options rationally rather than emotionally.

This means that the decisions you make are likely to be much better, more effective decisions.

### How to master the waves of subjectivity and become more objective

*Be more objective* Hypnotherapy audio session is a hypnotic session with two objectives (pun intended). It aims to make it easier to resist the social pressure towards increased subjectivity. And it will also make the practice of calming yourself down in the face of emotional arousal a natural response.

After you have listened to *Be more objective* Hypnotherapy audio session a few times, you will notice both a *general* calming in your feelings about all sorts of things happening around you and a *specific* improvement in your ability to handle stressful or complex situations.

And you can be sure that whatever response a situation seems to call for from you, whether subjective or objective, you will be able to react appropriately and with confidence.

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Buy **Be more objective Hypnotherapy audio session** and make yourself master of your emotions with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Organize scattered thinking and get your mind in shape!

**A Hypnotherapy audio to help you focus your mind and ignore distractions**

Not being able to focus and deeply concentrate means that your life won't be what it could be. When you can organize and collect your thoughts you become master of your own focus of attention. You stop becoming so easily distracted by TV, phone calls or the dictates and demands of your own emotional mind.

#### Modern life scatters focus of mind

Fast cutting TV, constant phone calls, texts and emails, demanding people all vie for your attention and fracture your focus. If you lead this kind of busy life you may find that when you *do* have a quiet hour to concentrate on what you want to achieve, your mind, having been 'trained' and conditioned by constant distraction, starts to distract your flow of thought.

There are many traditional eastern mind training systems designed to train people to master the contents of their minds and to be able to focus at will. From Chinese calligraphy to the Japanese tea ceremony and Indian meditative techniques, the tradition for purposefully organizing the chaotic contents of consciousness is long established. But only recently have we in the West started to explore the possibilities of starting to command our own minds.

#### Shepherding your mind

With all the stimulation around, thoughts can race about in your mind and it becomes difficult to slow down enough to focus. Yet if we think for a moment of a shepherd on a hillside, he has to collect, organize and direct all the different sheep so that they all go in the same direction. If you are trying to concentrate but become constantly distracted by random thoughts, concerns, ideas or memories then, like the shepherd with scattered undirected sheep, you'll end up wandering but not actually getting anywhere.

#### Hypnotherapy and thought

This session is here to get your mind in order - to more easily put away unnecessary mental distractions so you can more easily direct your mind to success. Hypnotherapy is the ultimate focusing tool.

Buy **Organize Scattered Thinking Hypnotherapy audio session** and get your mind in shape with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Thinking skills and Hypnotherapy by Dr. Manish Patil

### Be more decisive with regular relaxation

#### Regular Hypnotherapy can calm the mind enough to make decisions easily

How do you make a decision? How do you determine, when you get up from your chair to go somewhere, which foot to move first? How do you make up your mind which coffee to order at the coffee bar? What makes you go on reading this screen instead of going for that coffee now? Or doing something else? Questions like this can make your head hurt!

#### Some decisions are so easy you don't notice you're deciding

Modern brain science has revealed much (although far from everything) about how we navigate the endless flow of decisions that life faces us with. Most of our 'functional' decisions, like breathing, heart-rate, blinking, and which foot to move first when walking happen 'automatically', and out of our awareness. You are unlikely to sit in your chair dithering Left foot? Right foot?

Life-saving decisions probably don't give you much trouble either. If a taxi suddenly careens up the sidewalk towards you, you won't stand there wavering whether to jump to the left or the right, you will just find yourself having done one or the other without even thinking about it.

#### Decisions? Here comes trouble!

It's the higher level decisions which cause all the difficulties. What makes a decision 'higher level'? These are the decisions where your cerebral cortex is engaged - where you use your powers of reason to compare alternatives, predict outcomes, and minimise risks. Until the cortex gives the go ahead, your functional response to these choices is held in check. If no signal comes, you are stuck.

#### Why you have more decision making problems than your ancestors

This wouldn't be too much of a problem if it only happened once in a while. The trouble is, the free-market, web-linked, 24 hour instant access, multiple choice world we suddenly find ourselves in is a far cry from the simpler world, with far fewer choices, in which our rationalising powers evolved. Gone are the days when 'big decision' meant 'who shall I marry' or choosing to be a hunter or a farmer.

#### What kind of shampoo suits my hair?

Singer songwriter Joe Jackson summed our modern dilemma up beautifully in *It's All Too Much*:

*I hate this supermarket  
But I have to say it makes me think  
A hundred mineral waters*

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## Thinking skills and Hypnotherapy by Dr. Manish Patil

*It's fun to guess which ones are safe to drink*

*Two hundred brands of cookies*

*87 kinds of chocolate chip*

*They say that choice is freedom*

*I'm so free it drives me to the brink*

I'm sure I am not the only one who has stood helplessly in the aisle at the supermarket in front of the range of laundry products that promise me whiter, brighter, color safe, biodegradable, skin friendly, non-biological, bleach free, elderflower scented tablets, powder, liquid, gel with added softener and wondered whether anybody still makes a product which just cleans your clothes.

### The overwhelmed brain comes to a stop

The sheer number of possible choices now laid before us overwhelms our brains. The cerebral cortex can go into overdrive, exploring options, looking for the 'perfect' decision, unable to make a distinction between choices that really do matter and need to be considered carefully and slowly and what dressing to have with your take-out.

Jackson's song starts with the words *Some days I can't get started*, and it's no wonder, when we *feel* as if we are making life-changing decisions all the time, even when we aren't. We become exhausted, drained, fatalistic. Unable to decide what to do, opportunities pass us by. We're stuck.

### How to get unstuck from indecision

The scientists will tell you that the state of indecision is a matter of imbalance between important brain chemicals, and that the balance has to be restored for you to be able to take action. Fortunately, you don't need brain surgery or medication to begin adjusting the balance. You can start by deliberately activating the part of your brain which has been pushed into the background by all this cerebral over-activity.

*Overcome indecision* is an audio Hypnotherapy session designed to 'kick start' right brain activity - your creative, intuitive, instinctive brain. It is this part of your brain which makes all those 'automatic' decisions mentioned above. And this part of your brain, while not fully within your conscious control, is not fully outside of it either. Which means *you can directly access your unconscious resources* and target them where you want.

*Overcome indecision* Hypnotherapy audio session will teach you how to relax really deeply. We all make better decisions when we are calm, relaxed, and clear-headed. You will find yourself developing a wide new perspective on the challenges that face you. And you will be able to reconnect with the instinctive resources which your ancestors evolved for you so that you can make good decisions.

**Buy Overcome indecision Hypnotherapy audio session** and put that dithering behind you - for good with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

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## Thinking skills and Hypnotherapy by Dr. Manish Patil

### When you stop feeling paranoid, the world becomes a friendlier place

Paranoid feelings, where you have the sense that other people are out to get you, or are not to be trusted in any respect, are deeply distressing. They make you feel anxious and insecure, and like you must always be watching your back. It's uncomfortable to feel like this even when there is good cause. But it's even more frightening when you realise that your fears and suspicion are - in reality - unfounded.

#### Where paranoid feelings come from

Paranoia can have various contributory causes. It's a symptom of some psychiatric disorders, for instance. If you experience other distressing symptoms with it, such as hearing voices, it's essential to get professional help as well as seeking to help yourself by using our *Stop being paranoid* download.

You don't have to have a psychiatric problem to experience paranoid feelings, however. All of us are susceptible to paranoia to some degree, and it helps to understand why this is.

#### The role of emotion in generating paranoid feelings

When we are anxious and insecure, for whatever reason, it puts us in an emotionally aroused state - as if we are permanent 'hyper alert'. In such a state, we are 'on the lookout for trouble'. This means we pay attention to *anything* which looks like it might be evidence of 'trouble', and tend to ignore things which indicate that we don't really have anything to worry about.

It's like having a kind of tunnel vision, where you can only see trouble.

#### Occasional paranoia

If you think back over your own experience, you will have noticed times when you got worked up about something, and interpreted matters in an overly negative way. Later, when you had calmed down, you realised that you had over-reacted. This common experience shows how important it is to be able to calm your emotions so that you can objectively assess what is going on and react appropriately.

#### Overcoming paranoia can transform your life

When you can calm your emotions and stop feeling paranoid so often, you will notice an improvement in your relations with other people. You'll find it easier to make allowances for them and to appreciate the ways in which they can respond positively to you. This will allow you to feel much happier and calmer in your dealings with others.

#### Finding that calmness within to defeat the paranoia

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## Thinking skills and Hypnotherapy by Dr. Manish Patil

*Stop being paranoid* Hypnotherapy audio session will help you master the art of calming yourself down really deeply, both physically and mentally. This, in itself, will help you feel so much better.

After you've listened to *Stop being paranoid* Hypnotherapy audio session a few times, you will understand a great deal more about how paranoia can affect your life, and what you can do about it. It will also teach you how to use a simple but powerful metaphorical analogy to help keep yourself on track in future.

**Buy *Stop being paranoid* Hypnotherapy audio session** and recover your peace of mind with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Be more lucky with built-in positive thinking.

**Develop the habit of seeking out the best in a situation and be more objective about set-backs or weaknesses**

Do you want to be luckier in life? Do you want to feel better and live longer?

You'll see questions like these from people trying to sell you a magic pill that will take away all your woes and make you happy ever after. But even though the pill is a fantasy, there really is a way to improve your ability to spot and grab opportunity - also known as luck - and improve your overall health and well-being.

It's called positive thinking.

### Thinking is a skill

We are not talking about shutting your eyes and pretending that everything is okay when it's not. Nor about the so-called 'law of attraction' that tells you to put yourself in the 'right' frame of mind and you can have pretty well anything you want (that's just another 'magic pill'). We're talking about mastering the *skill* of identifying and utilizing whatever can be turned to your advantage out of *any* situation.

Of course, we are always trying to make the best of our circumstances, but we don't always go about it very effectively. We may have learnt certain negative habits of mind from our families or our society, or we may have a personal bent in our own character, that blind us to the real opportunities and possibilities open to us. But these attitudes are not unchangeable. You can *learn* to be more positive in your approach.

### Hypnotherapy can help you develop a more positive approach to life

*Positive thinking* Hypnotherapy audio session is an audio Hypnotherapy session created by experienced psychologists who understand exactly how the brain sets up new patterns of responding to the world and how you can use this information for your own benefit.

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As you relax deeply and repeatedly to the powerful hypnotic suggestions, you will find yourself almost effortlessly responding rather than just reacting to events and circumstances acknowledging your real strengths and building on them noticing more and more opportunities around you developing a calm persistence in the face of setbacks feeling naturally more positive about your life

**Buy Positive thinking Hypnotherapy audio session** and generate some real magic in your life with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Become a highly creative problem solver and brain stormer

Creative problem solving is one of those skills that just won't be forced. The harder you try, the poorer your creative problem solving skills become.

The evidence is plain - how did Einstein come up with his theory of relativity - by bashing his head against a wall? No! In a daydream where he imagined surfing along a light beam!

And modern research backs this up - the more stressed you become and the more time pressure you feel, the worse you are at solving problems creatively.

But in today's workplace, those who can generate the most effective creative ideas are often the best rewarded; so how can you improve your creative problem solving skills without getting stressed about it?

### How Hypnotherapy gives the ultimate creative boost

You are at your most creative when you are relaxed. Your most incredible creativity occurs when you are asleep - when you dream. At these times, your brain creates three-dimensional, multi-sensory experience in real time! Imagine you had to do that while awake!

And this is why Hypnotherapy is so effective for boosting your creative problem solving and brainstorming skills. You can access that dream state to order! Just have a good think about the problem you're trying to solve then switch on your *Creative Problem Solving* Hypnotherapy audio session and let your unconscious mind take care of the rest. Try it now - you'll be astounded...

**Buy Creative Problem Solving Hypnotherapy audio session** and give yourself the best possible chance to live with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Thinking skills and Hypnotherapy by Dr. Manish Patil

### Become your own Self Talk Coach

#### Use Hypnotherapy to train your brain to talk to you like a real friend and mentor

Is your self-talk angry and critical or kindly and supportive?

Do you beat yourself up more than you encourage yourself?

It's natural to have a negative reaction when things go wrong or when you make a mistake over something important. After all, nobody's going to *like* it, are they? It's normal to turn the air briefly blue with a swear word or two, or allow the sting of disappointment to get through to you. But it's what you do *next* that really counts, particularly what you *habitually* say to yourself when it's all gone pear-shaped.

#### Telling yourself off is not helpful

If your head habitually fills with negative comments on your origins, skills, abilities, intelligence and potential, to the point where you can hardly think of anything else, you feel down and your self-confidence and motivation is damaged. This is not the best state of mind to be in to put things right or make any other kind of progress in life.

People can fall into a habit of putting themselves down for many different reasons, and understanding the reasons for it is not as important as understanding that this damaging habit, like any other, can be *changed*. And when you do change the habit, and begin to encourage and support yourself, and give yourself good advice rather than a telling off, it can have a really positive transformative effect on your life.

What is the best way to coach your-self in the art of positive self-encouragement?

#### Hypnotherapy can help you get better at encouraging and motivating yourself

*Self-talk coach* is an audio Hypnotherapy session developed by psychologists with wide experience in the field of personal motivation and development. Using the power of Hypnotherapy to reach the unconscious mind, regularly listening to this session will soon get you

- relaxing very profoundly and accessing a powerful learning state
- feeling more detached and calm about the ups and downs of life
- developing a deeper, more nurturing relationship with yourself
- learning how to assess yourself more objectively
- encouraging yourself constructively and positively in all situations

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**Stop being a control freak and make life easier for everyone - especially you!**

**Use Hypnotherapy to learn how to stop being a control freak and become a master of true control - self control**

Is it nearly impossible for you to tolerate people doing things differently from how you would do them? Does this make you always insist on your own way?

Do you feel the need to check up on people all the time to see that they are doing what you want, or that they are not engaged in something you don't like?

If you tend to believe that you generally know what is best for you and those around you, and that it is important to ensure that people - your spouse or partner, your colleagues, your friends, your children - don't do anything that you don't approve of, or that you think would work against what is 'best', you may engage in several strategies to bring this about.

For example, you might:

find yourself giving a lot of 'orders', even about small things, and losing your temper if you are crossed, so that others soon learn to conform if they don't want trouble constantly give advice to others, even when you've not been asked, feeling sure that you know best try to ensure that they don't mix with people who might 'infect' them with different opinions

Criticize their interest or involvement in anything that you aren't interested in.

**Control is important - but being a control freak is risky**

Such behaviors bring a sense of security, a feeling of being 'in control'. Wanting to be 'in control' is not inherently bad. In fact, having some sense of control in our lives is one of the fundamental human needs that we have evolved to nurture and satisfy, for the benefit of our overall emotional and mental health. But excessive pursuit of control can be seriously detrimental to other - equally important - fundamental needs. And the most serious casualty of over-controlling behavior is our need for intimacy and connection with others. The physical world, with its highly structured laws and predictability, is already pretty difficult for us to control. But other people, highly unpredictable as they are and with their own fundamental needs to meet, are essentially impossible for us to control in any meaningful way.

This means that attempts to control others and get them to do what you want generally require some form of coercion. And coercion sooner or later kills relationship, connection and intimacy. Stone dead.

## Thinking skills and Hypnotherapy by Dr. Manish Patil

You probably wouldn't be reading this if you hadn't become concerned about how this is playing out in your own life.

### What you can do to stop being a control freak

But what can you do about it? Letting go of the need to control others can feel like the most scary thing you've ever contemplated in your life. When control has played such a fundamental part in who you are and how you lead your life, giving up even a little of it can feel - dare we say it - like throwing yourself under a bus. Who will you be after that?

Paradoxically, the answer lies not in giving up control altogether, but in shifting the locus of control so that, instead of focusing on controlling what is 'out there' - i.e. other people - you focus on controlling what is 'inside' - i.e. managing your own emotional states in a balanced way. When you do this, you cease to be driven by an uncontrolled emotional need and take control of yourself. So you actually have more control.

And the easiest way to begin to make this change is using Hypnotherapy.

Hypnotherapy can quickly help you stop being a control freak

Stop being a control freak Hypnotherapy audio session is an audio Hypnotherapy session developed by experienced psychologists. It uses deep trance states and highly focused hypnotic suggestions and processes to allow you to access your core identity - that part of you that truly seeks and promotes what is highest and best for you - and make beneficial changes.

As you listen repeatedly to your download and hypnotically rehearse a powerful new set of strategies for managing your relationship with the world and with other people, you will find that you perceptibly begin to

- discern the true boundaries of control
- identify what you can appropriately influence
- feel relaxed and calm about what is outside your control
- feel more in control of yourself and your emotions
- choose more appropriate areas to channel your energies into have more rewarding relationships with others

Buy Stop being a control freak Hypnotherapy audio session and discover a whole new freedom in life with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Thinking skills and Hypnotherapy by Dr. Manish Patil

### Stop daydreaming and get into action now

**Use Hypnotherapy to help you stop daydreaming and focus on what you really need to do**

Do you often find yourself getting lost in thoughts and fantasies when you know you should be 'getting on with things'?

Are you always thinking about the future or dwelling on the past to the detriment of the present?

Humans have two amazing abilities. They can vividly recall what happened in the past. They can do this so effectively that it can seem to them that it is all happening *right now* events, emotions, everything. And they can vividly imagine what *might* happen in the future just as vividly as they can recall the past. These two skills are among the most important factors in human progress.

### Why would anyone want to stop daydreaming?

When you remember what happened, you can prepare for what to do when similar circumstances arise in the future. And when you imagine the future, you have the power to consider and choose between any number of alternatives. You are not destined to repeat the past. You can plan to do something that has *never been done before*. So spending time remembering and spending time imagining are both *good things*.

But. (There's always a but.)

### What happens if you can't stop daydreaming

Daydreaming about the past or the future is very seductive. We can get really carried away by the vivid scenarios that we can conjure up. We can get so involved in what is going on in our heads, and our emotional reactions to it, that we don't engage as much as we should in what is actually happening *in the present*. This can lead to problems. We can miss important opportunities, or fail to complete necessary tasks.

So, although we need to be able to use our imaginations creatively to shape our lives, we also need to be able to snap out of daydreaming mode and actively engage in the life decisions and responsibilities that face us. However, if you've fallen into a pattern of habitual daydreaming, it can feel surprisingly difficult to pull yourself out of it. Surprisingly, the answer is more daydreaming!

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### Use Hypnotherapy to help yourself stop dreaming and take action

*Stop daydreaming* Hypnotherapy audio session is an audio Hypnotherapy session created by experienced psychologists that uses that very same power of your mind to creatively imagine the past and the future to teach you a new way to daydream.

As you repeatedly let yourself be guided into deep Hypnotherapy through listening to this Hypnotherapy audio session, you'll experience an intriguing series of changes, such as

- feeling in control of your daydreaming rather than at its mercy
- becoming very clear about what matters to you
- sensing a growing determination and commitment to your goals
- instinctively snapping out of daydreaming mode when appropriate
- spending much more time engaged in concrete actions

**Buy Stop daydreaming Hypnotherapy audio session** and put your life on the right track with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### How to stop worrying - today!

**Relax your mind with Hypnotherapy and stop worrying about nothing (or even something)**

Are you a born worrier, a proper 'worrying wart'?

Do you get yourself worked up stressing about all the things that *could* go wrong, and how hard it will be to deal with?

Joe Walsh's 'Worry Song', from the very first verse, sends up just what we are like when we are worrying ourselves silly over things:

*Well, I worry about my present situation  
My bookie says my odds are next to none  
But I'd worry if my chances were improving  
I got ulcers from the worrying I've done –  
And they worry too!*

We can all recognize ourselves in that.

**The purpose of worrying**

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But is it *really* pointless? Surely such a widespread behavior must have some evolutionary value, or there wouldn't be so many of us doing it? The answer is, of course it does. We humans have some capacity for predicting the future, and this enable us to foresee problems in advance and find ways to overcome or circumvent them. That's what worry is for.

So when people tell you that you should 'stop worrying', this doesn't mean that you should stop caring about how things might turn out and preparing yourself as best you can for future situations. What it means is that you shouldn't fret *so much* about things that you actually paralyze yourself into inaction.

### Worrying is misuse of the imagination

Your imagination is nature's tool to get you envisaging better futures and new possibilities. Worrying is the misuse of this powerful tool. When you overdo it, you are effectively making bad stuff up, believing it and then feeling bad!

And worriers all think in the same way, in all or nothing, black or white terms: "This is going to be a *total disaster*, a *catastrophe*, a *complete nightmare*, I will be *totally ruined*"

### How do you learn to stop worrying? Is there a cure for it?

*Stop worrying* Hypnotherapy audio session is an audio Hypnotherapy session which taps into the *very same* processes that 'hypnotize' you with overblown fears and anxieties over what might happen to deflate these concerns and 'bring them down to size'. Instead of getting worked *up*, you will find yourself naturally relaxing *down*, feeling deeply calm and peaceful. All the same 'issues' might still be there - but you feel quite different about them.

As you listen repeatedly to your Hypnotherapy audio session and instill these new patterns deep in your mind, you'll notice that you

- feel a lot better day-to-day and achieve more
- stop second-guessing the future and assuming bad things
- feel relaxed about not knowing how things will turn out
- assume that whatever happens, you'll cope
- enjoy yourself a whole lot more.

**Buy Stop worrying Hypnotherapy audio session** and let go of all that excess anxiety with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Thinking skills and Hypnotherapy by Dr. Manish Patil

### Don't let superstition rule your life any more

Many people who don't think of themselves as particularly superstitious will still cross their fingers for luck. Or find a four-leaf clover and feel sure good things are about to happen. Or 'touch wood' when they have just expressed a hope for a happy outcome. Or go out of their way to walk around a ladder, even if it would actually be safer to pass underneath.

These little rituals of magic are so much part of our culture that we hardly notice them - or question them. But superstitious thinking can rule - and wreck - your life.

#### The origins of superstition

Many superstitions are very ancient, and this fact itself seems to give superstition a kind of 'authority'. We quite commonly think that if people have believed something for a long time, it's probably true. This is false logic, of course. The magical thinking that underlies superstitions came out of the ignorance of ancient societies, as they tried to make sense of the world, and gain some control over what happened in the world.

As time went on, we have learned much about the laws of cause and effect, and many old beliefs have been laid aside and replaced with a more scientific understanding. But beliefs are more than just rational decisions. There is always an *emotional* aspect, and especially so when it comes to beliefs about our own fate. This is why so many superstitious practices survive, in the teeth of evidence.

#### The trouble with superstition

Life is a challenge and presents us with many seemingly insuperable difficulties to overcome. Our anxieties about how we will cope make us susceptible to magical thinking, which seems to offer relief from our worries. Just perform this magic ritual, just avoid this or that type of event, and all will be well.

But superstitious thinking like this leads you to attribute both your successes and your failures to something outside yourself. It means you are held back from developing your own inner strengths, abilities, and confidence. And that means, in effect, that you are held back from achieving and enjoying what could be yours.

#### Overcoming superstition will take you forward in so many ways

When you understand how superstitious practices are *really* affecting your life, and learn to act independently of these non-scientific notions, you will be able to enjoy a much greater confidence in yourself. You will also become calmer and more objective generally.



## Thinking skills and Hypnotherapy by Dr. Manish Patil

*Overcome superstition* Hypnotherapy audio session will help you to really relax around the uncertainties of life (which you share with every other human being). You will learn how to easily and calmly review your past behavior and establish a new and independent blueprint for how you want to be.

**Buy Overcome Superstition Hypnotherapy audio session** and free yourself from outmoded thoughts and ideas with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop Thinking the Worst

**Hypnotherapy can help you put a stop to thinking the worst and give you a calmer perspective on life**

Are you always imagining things are going to turn out badly?

Is your first response to any event or plan to focus on how it could all go terribly wrong?

Cassandra is a well-known figure in Greek mythology who had the gift of prophecy but was cursed by the god Apollo so that nobody would believe what she said. Famously, she prophesied that the Greeks would defeat Troy with the help of a horse. Nobody would listen to her. But she was right. You've heard of the Trojan Horse, haven't you?

What has this got to do with thinking the worst?

Well, in a way, when we focus on how something could end in catastrophe, we are 'prophesying' that it's all going to go wrong. And we can really believe that it's true. We can see it in our mind's eye, and feel the awfulness of all the bad consequences. But, unlike Cassandra, we don't actually have the gift of prophecy. It is our own imaginations that create the doomy future. And we listen to ourselves all too readily.

#### The pros and cons of thinking the worst

Of course, being able to imagine things going wrong is quite a useful talent. It means that you can make contingency plans, and adapt to different situations. This enables you to problem solve difficulties even before they happen, so that you are prepared to deal with them if they do arrive. Very useful. If you could just stop there, there wouldn't be any problem.

The trouble is, the human imagination is quite a powerhouse of creative fantasy, and it can run away with itself. Instead of just laying out alternative possibilities for you to consider, it makes a great theatrical drama out of it. Pictures! Sounds! Emotions! Before you know it, you are drawn into the drama and feeling as if it is all happening right here, right now. And your body responds, quite appropriately, with fear and anxiety.

## Thinking skills and Hypnotherapy by Dr. Manish Patil

This makes for a stressful life and tends to give you a negative outlook. If someone doesn't answer their phone when you call, you immediately conclude that they've decided to end your friendship. If your boss is a bit abrupt you start worrying you are about to be fired. If someone is five minutes late you start wondering if they've been run over.

And instead of being a flexible problem solver, you become fatalistic. If it's all going to end in disaster, what's the point of trying to do anything?

### Hypnotherapy can help you focus positively on the future

So how can you bring your imagination under control and make it work for you rather than against you?

*Stop thinking the worst* Hypnotherapy audio session is an audio Hypnotherapy session created by psychologists that will help you quickly tame the wild horses of your imagination and stop them from bolting away with you.

As you listen regularly to your Hypnotherapy audio session, you'll find that

- your reactions to events and people become more measured
- you are more ready to 'wait and see' before drawing conclusions
- you are aware of positive possibilities as well as what might go amiss
- you are more willing to try things even though the outcome is uncertain
- you can trust yourself to handle things well whatever happens
- life is more fun!

**Buy *Stop thinking the worst* Hypnotherapy audio session** and make the most of life's opportunities with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Think for yourself

### Develop your independence of mind and individuality deeply using Hypnotherapy

Do you think for yourself or do you simply reflect the views of others?

What difference would a more independent approach make to your life?

We humans are a funny lot. On the one hand, we exhort each other to "Think different!" and "Be your own person!", and on the other, when you look round, what do you see? Conformity in every direction. "Fit in!" "Be like the others!" "Don't step out of line!" "Belong!"

And the truth is that you'll hear far more horror stories about what happens to people who try to be different than you will about people who make sure that they blend with the group.

## Thinking skills and Hypnotherapy by Dr. Manish Patil

When did you last hear anyone say, "The trouble with so-and-so is that they just fitted in too well"?

We *like to think* that we are all individual, all different, and that this is a good thing, but our behavior consistently shows that we tend to find being different so uncomfortable that we go to great lengths to minimize our differences from others.

### The pros and cons of thinking for yourself

This isn't necessarily, or always, a bad thing. It makes sense to blend sufficiently with those around us for everyone to feel comfortable and safe. You want to be able to relax, and not always have to be facing a challenge. And so does everyone around you.

But.

Conformity and safety isn't everything. It can stifle you, and restrict you, and block you from realizing your full potential. It's not very satisfying to be no more than a mirror to others, never able to express your own individuality. On the other hand, if you've been going along with blending in as your 'default setting', it's not easy to know how to strike out effectively and carve out an authentically independent approach.

### Hypnotherapy can help you develop a more independent approach

*Think for yourself* Hypnotherapy audio session is an audio Hypnotherapy session created by experienced psychologists that will enable you to stop vaguely yearning for independence and begin to establish your unique position.

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

- you can detach yourself from your personal (and collective) history
- you begin to develop a wider, more flexible perspective on what is possible
- you recognize but no longer feel totally constrained by social forces
- you enjoy testing out some of your own ideas and approaches, adopting those that work and discarding those that don't
- your life begins to feel more spacious and free

Buy the Hypnotherapy audio session and make the most of your individual take on life.

**Buy Think for yourself Hypnotherapy audio session** and give yourself the best possible chance to heal with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

## Thinking skills and Hypnotherapy by Dr. Manish Patil

### Get rid of victim mentality

Do you sometimes feel like a victim? As if whenever a bully comes on the scene they automatically pick on you?

Do you feel that you might be sending out signals that somehow encourage others to victimize you? That you might have a '*victim mentality*'?

Well you could be right.

#### How bullies find victims

There always seem to be people around who victimize others. These bullies often 'test' potential victims to see whether they can be pushed around. If they come up against a 'solid wall' that clearly shows that this person is not for victimizing they will continue to seek the person they *can* push around until they find them.

To stop being a victim you need to stop *looking* like a victim.

The way you use your eyes, the way you hold your head and the way you walk all speak volumes about your sense of personal respect and power.

Passive body language is the classic victim mentality stance with the hunched shoulders and avoidance of eye contact.

Non-victims stand upright but in a relaxed manner, they look people calmly in the eyes. To do this you need to start *feeling* more confident and this is how this session is going to help.

#### Even muggers read body language

Muggers will choose a victim who looks like a victim, who doesn't walk with a sense of purpose, looks down, doesn't have a strong look in their eye etc. In short the kind of person who doesn't *look* as if they would put up much of fight.

Professor Geoff Beattie, a body language expert from the Manchester University in the UK, states street robbers are great at analyzing body language to identify potential victims. He says: "They're looking for people who, in their words, 'look clueless', who will go along with their demands," he explains.

You may not have a problem with muggers but people can 'mug' you in the office or in your personal life by being rude, putting you down and inflicting psychological pain.

Your body language needs to signal personal power even if you are not physically strong.

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## Thinking skills and Hypnotherapy by Dr. Manish Patil

So being a victim is as much about *your* attitude as the attitude of those who victimize you. This does not mean that it is your fault if someone tries to victimize you.

### Imagine the difference when you lose the victim mentality

Imagine feeling more powerful, tough, firm but still fair and approachable.

Your attitudes emanate from you and communicate to the subconscious minds of those around you. It's amazing how many bully victims we've helped change their attitudes and then they've reported that people who used to victimize them no longer do because they just seem to sense something different - some line they can't cross any more.

**Buy Victim Mentality Hypnotherapy audio session** and get on your own side with the help of Hypnotherapy! [Visit www.hypnotherapy.eorg.in now.](http://www.hypnotherapy.eorg.in)

## Stop worrying about others

### Calm your fears with Hypnotherapy

Are you forever worrying about others?

Does bad news from friends or family send you into a spin of anxiety?

Being concerned about what happens to other people is an indicator of your feelings for them. It's natural and normal that we should care about the well-being of the people we love and everyone close to us. This is the basis of family and community life, the 'glue' that holds us all together. It encourages us to look out for and help each other, and so further strengthen the bonds between us.

### When worrying about other people is a good thing - within limits

And of course when something really difficult happens to people we love, like a serious illness, or a job loss, or a major bereavement, or some other painful event, we are going to focus on the person concerned much more than usual. We will talk about them, visit them, try to find ways to help and generally spend considerable time and energy devoting ourselves to their trouble, sometimes at considerable cost to ourselves.

This is a good thing.

But sometimes concern for other people can tip over into *over-worrying*. This can happen when your emotional responses, your own feelings, hijack your natural urge to protect those you care about and actually swamp you. Instead of focusing on actual, practical concerns, you get swept up in a tide of anxiety, imagining all sorts of "what if's?" that help neither you nor the person you are worrying about.

## Thinking skills and Hypnotherapy by Dr. Manish Patil

### You don't consciously decide to worry

This isn't something you deliberately *decide* to do. It's an unconscious, irrational response. Just telling yourself not to do it, or even having someone else tell you not to do it (you can hear them now, with their "Stop worrying!"), doesn't seem to have any effect.

So how can you calm down all that emotional arousal so that you can think clearly again?

### Hypnotherapy is a highly effective way to calm down excessive worries

*Stop worrying about others* Hypnotherapy audio session is an audio Hypnotherapy session developed by psychologists experienced in the treatment of anxiety. It uses powerful hypnotic suggestions to reach directly into your unconscious mind and calm the fears.

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

- the anxious feelings begin to dissipate all by themselves
- the worrying thoughts lose their power over you
- you can think more clearly and take practical action if required
- the quality of your close relationships improves
- you enjoy life much more

Buy it and take life as it comes.

**Buy *Stop worrying about others* Hypnotherapy audio session** and give yourself the best possible chance to heal with the help of Hypnotherapy! **Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

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- Anxiety and Hypnotherapy
- Bad habits and Hypnotherapy
- Be More Sociable by Hypnotherapy
- Clinical Hypnotherapy
- Communication skills and Hypnotherapy
- Confidence issues and Hypnotherapy
- Cure addiction by Hypnotherapy
- Depression help with Hypnotherapy
- Enjoy life with Hypnotherapy
- Fun Hypnosis
- Health issues and Hypnotherapy
- Healthy eating by Hypnotherapy
- Hypnotherapy and anti-aging
- Hypnotherapy and emotional intelligence
- Hypnotherapy and Parenting skills
- Hypnotherapy and Relationship problems
- Hypnotherapy and weight loss
- Hypnotherapy for children
- Increase interpersonal skills by Hypnotherapy
- Increase job skills by Hypnotherapy
- Increase personal productivity
- Increase personal skills
- Increase sports performance by Hypnotherapy
- Learning help with Hypnotherapy
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- Manage personal finance by Hypnotherapy
- Motivation-inspiration by Hypnotherapy
- Overcome fears and phobias by Hypnotherapy
- Pain relief with Hypnotherapy
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- Stress management by Hypnotherapy
- Thinking skills and Hypnotherapy

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- Diwali sweets
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- Fruits dishes
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- Okra/Bhindi recipes
- Onam Festival
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- Stuffings recipes
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- Tomato recipies
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- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
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