

**Anxiety  
and  
Hypnotherapy**



**Dr. Manish Patil**

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## Anxiety 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

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the senses are numbed. This is a state when the sub-conscious is ready to receive suggestions and impulses from the self or others.

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

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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.

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

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

### The Three Forces of God

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

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

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

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

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

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

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

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

### **The truth behind meditation**

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

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

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

### **Meditation a state of mind**

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

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

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

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

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

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

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

### The Seven Chakras

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

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

The seven main chakra or energy fields are as below-

#### THE MULDHARA CHAKRA

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

#### THE SWADHISTHANA CHAKRA

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

### **THE MANIPURA CHAKRA**

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

### **THE ANAHATA CHAKRA**

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

### **THE VISHUDDHA CHAKRA**

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

### **THE AJNA CHAKRA**

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

### **THE SAHASARA CHAKRA**

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

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

### **Meditation of Silence**

Dear Readers after reading my posts [The truth behind meditation](#) and [Meditation-a-state-of-mind](#) many of you have asked me to give a practical technique to practice meditation, I am of the

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opinion that and I have stressed that before that meditation is a state of mind and it is not advisable to get into habits of any kind and to practice meditation in a way which is most comfortable to you, herein below I will explain what really is meditation and how it is advisable to practice it.

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

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

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

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

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

### 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

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cannot be hypnotized. **How ever acceptance and implementation of the given instructions is very necessary to get benefited.**

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

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

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

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

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

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

### **Will Hypnotherapy make me act strangely?**

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

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

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

You can change the way you think about yourself and even change your physical health and appearance through directed hypnotic methods. Have more confidence, lose weight, or stop smoking 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!

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## **Anxiety and Hypnotherapy by Dr. Manish Patil**

### **How do your Hypnotherapy audio sessions work?**

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

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

### **How long are your Hypnotherapy sessions?**

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

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

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

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

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

### **Are your Hypnotherapy sessions suitable for children?**

Your child should benefit from regular use of our Hypnotherapy products. In fact children will often respond even quicker than adults do, mainly because they have highly active imaginations and the 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 be for ordering any Hypnotherapy session.

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## **Anxiety and Hypnotherapy by Dr. Manish Patil**

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

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

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

**Repeated listening is the key to success with our self hypnosis sessions.** We recommend you listen to our Hypnotherapy audio sessions everyday preferably twice or at least once for the first three weeks. We then suggest you listen only once every day for the following three weeks or longer for maximum positive benefit. After this you should listen to the Hypnotherapy audio session if and when you feel the need. You will probably enjoy the creative hypnotic relaxation so much that you will want to continue to benefit by listening regularly.

### **Why do I need to listen more than once if they're so effective?**

The regular concentrated use of our Hypnotherapy audio sessions means that the suggestions and information within the session are much more likely to be accepted by your unconscious mind. This means you are much more likely to fully benefit from their use.

### **Can I listen to a Hypnotherapy audio session more than once a day?**

Yes, twice a day is fine. Anymore might just be 'too much too soon'.

### **Can I use more than one Hypnotherapy session at once?**

Yes of course. Some of our Hypnotherapy sessions complement each other very well, such as 'super self confidence' and 'boost your self esteem' or 'anxiety release' and 'stop worrying'. However, some issues are more complex and we would recommend caution in trying to tackle separate issues at once. For example weight loss and stopping smoking are very difficult to achieve at the same time, and it could be better to concentrate on each issue at different times. We also don't recommend you listen to too many different sessions over the same period which is why we limit purchases to 10 sessions.

### **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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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## **Anxiety and Hypnotherapy by Dr. Manish Patil**

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

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

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

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

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

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

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

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

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

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

Every Hypnotherapy audio session we give is recorded by the name of the beneficiary provided in the order form. It is made to benefit that person only. If any other person uses it he will/may not get any benefit as all the instructions are given by that beneficiary name. Also it is legally prohibited as the session is made for your and only your personal use. This is intended to protect our intellectual 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**

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## **Anxiety and Hypnotherapy by Dr. Manish Patil**

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.

### **Hypnosis Myth #1 – Hypnotists/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.

### **Hypnosis Myth #2 – Hypnosis/ 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.

### **Hypnosis 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.

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

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

### **Hypnosis Myth #5 – Hypnosis/ 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.

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### **Hypnosis Myth #6 – You can get stuck in hypnosis 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.

### **Hypnosis Myth #7 – You’re asleep or unconscious when in hypnosis.**

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.

### **Hypnosis Myth #8 – You’ll become dependent on the hypnotist/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.

### **Hypnosis Myth #9 – In hypnosis you’ll be able to recall everything that’s ever happened to you.**

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

### **Hypnosis Myth #10 – Hypnosis/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

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## **Anxiety and Hypnotherapy by Dr. Manish Patil**

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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## Anxiety and Hypnotherapy by Dr. Manish Patil

### Anxiety Release

**With the help of hypnosis you can overcome the feelings of anxiety!**

Do you suffer from the agonies of anxiety? Can you feel your heart pounding when you walk into a room? Do your hands shake when you're forced to speak to someone you don't know? Do you find it hard to catch your breath when feelings of dread roll over you like a thick, suffocating fog?

**You are not alone. Millions of people suffer from anxiety** and some even resort to taking prescription medications to control the condition. Of course these prescriptions might work for some people, but they don't get to the root of your anxiety - and can often just mask the problem. Instead of fixing the problems causing the anxiety, some prescription medications sweep them under the rug until they work their way back out again.

**Do you want to control your anxiety naturally?** Do you want to put an end to the feelings of unfounded fear and uncontrollable panic you have been experiencing?

**There is a way that you can control your anxiety quickly, safely and naturally.** By using the power of **hypnotherapy** and your unconscious mind, you can begin to take control and release yourself from anxiety and the constant fear of being afraid.

**Change comes from within you** - and the anxiety release hypnosis helps promote your natural ability to adapt and change.

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

- Go out in public without the fear of having an anxiety attack.
- Get up in front of a group of people without feeling any fear.
- Get through a day without a single instance of uncontrollable panic.
- Let go of your anxiety as easily as releasing a balloon into the wind.

**The Anxiety release hypnotherapy session will safely and comfortably guide you into a state of creative relaxation / hypnosis.** Many emotional problems originate in our minds at a deeper level, so it makes sense to direct any change work where the problem lies and where it is presently maintained. Regular creative relaxation opens the 'door to change' and can influence the mind at much deeper levels.

With regular, repeated listening, the Anxiety release hypnotherapy audio session will deliver many positive messages to your mind which can help you **live a life free of unfounded fears and anxiety**. These messages help you to develop and learn **new ways of thinking, feeling and behaving**. This powerful hypnotherapy session includes visualization, suggestion, metaphor and advanced hypnotherapy and NLP techniques all packaged safely to help support you in your change work.

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## Anxiety and Hypnotherapy by Dr. Manish Patil

**Don't be a prisoner of anxiety - use Hypnotherapy!**

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

### Being Yourself Socially Means Being Less Self-conscious

**Use hypnosis to learn how to relax in company and enjoy yourself more**

Why do people like people who are spontaneous? Maybe it's because they're funny, maybe because they make you relax, or maybe it's because they seem honest; like they're not hiding anything

Whatever the reason, people who can 'be themselves' socially often seem more attractive. And what's more, you can be sure they're really enjoying socializing too.

**But just what is 'spontaneity'? What does it mean to 'be yourself'?**

Well let's take a look at the opposite to see if that clears things up for us. When you are being very self conscious socially, you are more anxious and aware of yourself, and consciously monitoring everything you say

So, when you are feeling spontaneous, you feel more relaxed, are aware more of others than yourself and allow your communication to 'flow' and you trust yourself

And this last point is really the most important. The ability to trust yourself allows you to relax and really enjoy social situations, without having to watch everything you say, guessing how others will react, and whether it is funny or not.

The **Being Yourself Socially Hypnotherapy audio session** will help you retrain your unconscious responses to social situations so you are able to:

- Relax socially
- Let your communication flow without having to think about every word
- Be yourself and so attract others who like 'the real you'

**Buy Being Yourself Socially Hypnotherapy audio session** and just watch as your social enjoyment increases... with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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## Anxiety and Hypnotherapy by Dr. Manish Patil

### Stop Blushing

#### Relax and learn how to stop worrying about blushing

As if having your face go red wasn't enough, people who blush usually suffer from an additional problem - **the fear of blushing**. And the worst thing of all - someone noticing your blushing face or neck and commenting on it!

#### Three problems to avoid instead of one

So then you have 3 problems - how to stop blushing, controlling the fear you are going to blush and overcoming the fear of someone else bringing it to everyone else's attention.

And of course this makes blushing **more** likely to occur because these thoughts make you more self-conscious instead of less so.

- be more relaxed in stressful situations
- be unconcerned about blushing
- cool down quickly even if you do blush

#### A common mistake: "I must stop blushing"

Now most people who blush think that the cure for blushing is to never blush again; but just how realistic is that?

Facial blushing is a natural process that happens for a reason; yes - it can be made worse by the worry about it happening, but it is unreasonable to think "I have to know I will never blush again".

A more realistic and attainable goal is to become less bothered if you do blush. If you can blush and not really care, then do you really have a problem? And the amazing thing is; when you start to care less whether you blush or not, you blush less and less.

#### Stopping worrying about blushing leads to less blushing

To stop worrying and start blushing less, buy the **Stop Blushing Hypnotherapy audio session** now. All you need to do is pop on your headphones at your computer, or plug into your CD or mp3 player. You will listen to a short introduction designed to shift your thinking about blushing, and then experience a wonderfully relaxing hypnotherapy session that will teach you how to keep cool.

**Buy Stop Blushing Hypnotherapy audio session** and it will lead you through a powerful hypnotic rehearsal, preparing your mind and body to respond the way you want with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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## Anxiety and Hypnotherapy by Dr. Manish Patil

### Discover Emotional Calm

#### Find emotional serenity with the help of Hypnotherapy!

We all have stressful days from time to time. But sometimes past issues and daily demands pile up on us and disturb our natural balance. **Growing frustrations can gnaw at your desired state of harmony** and more often leave you losing your cool.

During these unbalanced emotional states we may get nervous, angry, sad or just fed up. Whatever the case, our ability to keep a stable sense of emotional calm can often get tangled up in what feels like an unmanageable mess.

But it is manageable. Yes, even though the kids are begging for attention, the house is a mess, your boss has unreasonable expectations, and your partner is in a bad mood - **you can discover an inner sense of emotional calm.**

Life today is so filled with external stresses that our natural harmonious state is constantly being bombarded by negativity. **Yet within each of us is the ability to fend off this outward chaos.** No matter how difficult it may seem to believe right now, you are in control of your emotional experience. Stability isn't a compilation of outside forces. It's a private exercise in strength, balance, and self-control.

**Hypnotherapy can help you restore this sense of balance**, no matter what is going on around you. All it takes is the willingness to find a quiet place to relax and just listen. As you enter hypnosis you will begin to feel a sense of calm wash over your body and mind.

Your unconscious actually craves emotional tranquility and **Hypnotherapy is a natural way of achieving the serenity you desire.** We all get out of balance once and a while. Hypnotherapy helps us acknowledge our emotions while providing relief from these overwhelming feelings.

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

- Feel inner peace in the face of external chaos!
- Learn to keep your cool in times of stress!
- Discover your natural state of emotional calm!

Through deep relaxation, visualization, and other advanced hypnotherapy techniques you can discover emotional calm. Hypnosis allows you to access your unconscious mind, where our reactionary brain responds to emotional situations.

**Emotional calm Hypnotherapy audio session** can help you **learn what it feels like to be in control of your emotions again**, and carry it with you through everyday life. Things get tough sometimes, but within you is a natural ability to remain calm, cool, and collected.

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## Anxiety and Hypnotherapy by Dr. Manish Patil

Discover emotional calm with the help of hypnosis!

Buy **Emotional calm Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Instant generalized anxiety disorder treatment

Use hypnotherapy as a generalized anxiety disorder treatment and you can feel calm today

Are you often overwhelmed by worry and anxiety, even when there is no major cause for concern in your life?

Do you wonder where all those nebulous stomach churning fears spring from and how you can stop them?

Constant worry is debilitating and exhausting. Whether you are fretting about real and pressing problems that you have to solve or whether your mind is full of fears and fantasies about what might go wrong, the effect is the same. You can't think straight, you feel tense and stressed, your digestion plays up, you can't sleep, you feel sick and there seems no way out. It's a nightmare.

### The state of 'red alert'

People often compare the state of generalized anxiety to being on constant 'red alert'. It feels as if there is an immediate 'threat' out there. You are constantly on the lookout, even though you don't know what you are looking for, or what you will do if you find it. The comparison is a good one. It's as if your 'danger sensor' has been set to trip at too low a point. Everything starts to feel threatening.

### The vicious spiral of worry

And of course the human danger sensor is not a piece of digital equipment that you can just reset with the flick of a switch. It has an internal feedback mechanism that's regulated by your emotions. So the more you worry... the more you worry. It's a vicious spiral. But not irreversible.

Because the good news is that this feedback loop works both ways. The less you worry... the less you worry. The spiral becomes virtuous.

But how do you get the feedback to go the other way?

### Hypnotherapy can help you quickly and easily calm those fears

**Generalized anxiety disorder treatment** is a hypnotherapy audio session created by psychologists who are experts in anxiety treatment. From the very first time you listen to it, you will notice that you

- feel more relaxed than you have felt in a long time or ever
- experience a growing sense of calm in your mind and body

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- begin to develop a new perspective in your mind
- find it easier to deal with what needs to be dealt with
- become more able to set concerns aside and enjoy life
- learn how to prevent excessive worry from returning

**Buy Generalized anxiety disorder Hypnotherapy audio session** and get those worries out of your life with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop that nervous cough in its tracks

**Hypnotherapy can help you get rid of an irritating nervous cough and generally feel more relaxed**

Have you become self-conscious about coughing or clearing your throat when there is no real reason to?

Do you find that it feels impossible to stop doing this merely by effort of will?

*First, it is very important to check with your medical professional whether there is any physical or medical condition underlying this behavior before considering psychological approaches.*

So called 'nervous habits' tend to develop without our noticing them. It's as if our bodies and minds autonomously generate an external 'response' to certain situations. We are most unlikely to notice the very first time we respond in this way. Or the second time. Or even the tenth time. But sooner or later we realize (all too commonly because someone else makes a comment) that this habit has become fixed.

### Why it doesn't help to look for the 'cause' of a nervous cough

Many people get anxious when they become aware that they have acquired, without any conscious decision, an unwelcome automatic response like a nervous cough. They start looking for deep psychological explanations and think that, if only they can 'get to the root of it', they will be able to 'sort it out'. This is rarely a useful approach. Even if you know exactly what the initiating 'cause' was, this won't help you stop.

This is because unconscious behavior like this is generated in the 'unconscious' part of the mind. The conscious mind can shout all it likes that 'this must stop', the unconscious mind will continue on stubbornly with its patterns unless a change is made *at the unconscious level*, where the pattern started.

So how would you do that?

### Using hypnotherapy to deal with unconscious responses

The best way to access, and modify, unconscious patterns is through the state in which they were generated. That is, hypnotherapy.

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You may not have realized you were 'hypnotized' into producing this automatic response, but this is in fact a very good way to understand what happens. Something in the initial situation (it doesn't matter what exactly) created an automatic 'emotional link' between that sort of situation and this response. So now, whenever you unconsciously sense that you are in a similar sort of situation, you produce the response.

And with hypnosis you can successfully 'unlink' this connection again.

### Hypnotherapy is the best and fastest way to change nervous habits

*Stop nervous coughing* is a hypnotherapy audio session developed by psychologists specifically to help you comfortably 'de-program' unwanted automatic habits.

This highly focused session will teach you how to interrupt the automatic pattern before it gets going and replace it with a much more comfortable way to handle those previously 'triggering' situations.

As you listen regularly to your download, you will notice that you increasingly

- feel more relaxed about life in general
- have a greater sense of control
- experience more and more times when the cough simply doesn't happen
- begin to forget that you ever had a problem

**Buy Stop nervous coughing Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop nervous laughing from landing you in embarrassment

Do you tend to laugh at inopportune moments? Does a fit of giggling seem to just descend on you when serious matters are afoot? Do you find that the presence of certain people turns your normally straightforward manner of speaking into a sort of juvenile hysteria? Have other people told you that you 'always giggle', when you yourself are unaware of it?

#### What is nervous laughter all about?

Nervous laughter is a *physical* reaction to stress, tension, confusion, or anxiety - just like sweaty palms or a raised heart-rate. It's not something you *consciously* choose to do. Nervous laughter has nothing to do with your sense of humor, and can overcome you at the unfunniest of times. Those are the most embarrassing times, too, naturally.

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### When nervous laughing becomes a habit - you're in trouble

Of course, anyone can be caught off guard and find themselves laughing inappropriately at something that everyone else is taking seriously. But when it becomes a habitual response - something you *always* do - it becomes more than a one-off aberration that you can safely ignore. It can get in your way socially and professionally, and leave you feeling uncomfortably unsure of yourself.

What can be done to overcome a tendency to inappropriate laughter?

### Getting control of nervous laughter and getting rid of the giggles

Well, the first thing is to take a good look at the sorts of circumstances that set you off. Is there a pattern to them? Is it always with certain people? Or perhaps when you feel required to 'perform' in a particular way? Are there occasions when you know it definitely *won't* happen? What's different about those times?

When you start to think about the matter in this way, you can stop just labeling yourself as 'a giggler', and begin to make some choices about changing the way you think about (and respond to) 'challenging' events. You may want to look at ways of boosting your self-confidence, or you may consider changing how you interact with the individuals who seem to trigger you.

### Using Hypnotherapy to stop nervous laughing - and build self-confidence

In addition, you can set to work on modifying the *habit* of responding with nervous laughter. Habits are not easy to change by will-power alone, as they are *unconscious* behaviors that have become deeply embedded. If you really want to change an unconscious behavior pattern like nervous giggles, you need to use tools which work at the unconscious level - like hypnosis.

**Stop nervous laughing Hypnotherapy audio session** is an audio hypnosis session which has the combined benefit of improving your self-confidence *and* helping you eradicate unwanted patterns and replace them with more useful behaviors.

Repeated listening to **Stop nervous laughing Hypnotherapy audio session** will get you feeling a deep inner calm that will enhance your life in many ways. You will learn how to relax around stress-rousing situations. And you'll discover that ingrained habits that you thought unchangeable can melt away - leaving you free to live your life how *you* want to.

**Buy Stop nervous laughing Hypnotherapy audio session** and begin to enjoy a great new sense of freedom and control with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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## **Anxiety and Hypnotherapy by Dr. Manish Patil**

### **Overcome Grief**

**Let go of grief with the help of self hypnosis / hypnotherapy.**

Losing someone we love is likely the hardest experience any of us will ever face. The pain and the void it leaves us with can be overwhelming and immeasurable. Everyone experiences grief in their own way and on their own schedule, but for some of us it can be hard to move beyond this.

**The emotions we feel during times of grief are numerous and varied.** Sadness, anger, fear, appreciation, loneliness, denial, acceptance - all of these feelings seem to exist simultaneously and then suddenly not at all, replaced by the monumental emptiness that is our loss. At times it can seem like things will never feel normal again, but they can.

**Death is an unfortunate part of life.** It cannot be avoided. It is hard to appreciate this painful part of our existence, but inside each of us is the ability to let loved ones live on through the memory and connection that is our love. Once we are able to process our grief we can begin to feel this connection once again.

No matter what your personal beliefs are, **you can connect with the love of a person even after their death.** You can learn to experience this closeness and let your grief begin to subside.

You can see them at peace and celebrate their spirit while honoring the relationship you had with them when they were alive. **It is a difficult process, but one you have the strength to survive.**

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

- Stop the suffering and let the healing process begin!
- Feel the connection of love in your heart forever!
- Let go of your grief and appreciate life again!

**Hypnotherapy is a form of guided relaxation** that allows you to access your creative unconscious (subconscious) mind. By listening to this **Overcome grief Hypnotherapy audio session** you can learn to appreciate the cycles of life and understand their need to co-exist.

**You can begin to replace your grief** with an even stronger connection to your love for the person you lost. In time you will experience a renewed passion for life and be at peace with the balance of nature.

**You can overcome grief with the help of hypnotherapy!**

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## Anxiety and Hypnotherapy by Dr. Manish Patil

### Overcome Guilt

**Don't let unnecessary guilt prevent you from a happy and healthy existence!**

Do feelings of guilt nag at you when you are trying to focus or go to sleep? Is your stomach often tied up in knots because you can't let go of mistakes or misguided actions? Do you judge yourself so harshly that you have forgotten what it is like to experience self-love?

**Guilt is a difficult emotion.** It's a combination of feelings, each so personal and so wrapped up in the next, that it sometimes has no end and no beginning. **Maybe you feel guilty about a decision, an action, or a passing thought you had.** It's possible that the source of your guilt is unknown, but the reality of the pain it is causing you is very real.

When we feel guilty, we tend to punish ourselves with negative thoughts. Many of us relive the experience over and over in our heads, even though it makes us cringe and feel worse every time.

The thoughts associated with guilt likely come wrought with anger, embarrassment, shame, sadness, and remorse - **none of which are good feelings.** Yet we continue to beat ourselves up internally, often with little cause or reason for doing so.

Why are we so hard on ourselves? Many of the things we feel guilty about are truly insignificant and unlikely to have life changing impacts. Even if we have erred in some way, does feeling guilty about it do anything to change the facts?

The only outcome of our guilt is self-loathing and negativity, neither of which produces any positive benefits. **It's time to let go of this pattern of guilty behavior and feel good again.**

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

- Let go of past mistakes and free yourself of unwanted thoughts!.
- Feel healthier, more energetic and enthusiastic about life again!.
- Stop punishing yourself and bring self-love back into your life!.

**Hypnotherapy** allows us to get in touch with our unconscious (subconscious) mind, where the root of our guilt resides. In this deeply relaxed state we are able to **open the door to positive thinking and create permanent change.**

This **Overcome Guilt Hypnotherapy audio session** will walk you through letting go of your guilt and allow you to say goodbye to your overly judgmental ways.

**With the help of Hypnotherapy you can quiet your inner critic, forgive yourself and be free!**

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### Overcome Panic Attacks

**Put an end to panic attacks with hypnosis and live free!**

It can feel as though the world is crashing down around you. The pressure in your chest makes it hard to breathe as your heart pounds faster than you ever thought possible. You start to sweat as waves of panic wash over you, each one stronger than the last. What is the cause of this horrific fear? Why do you feel so overwhelmed and out of control?

**Panic attacks do serve a purpose.** They are actually an integral part of our body's natural defense mechanism. **There was a time when this fight or flight response would have saved your life.** Unfortunately, when imminent danger is no longer present it only serves to frustrate you and throw your life off track. These episodes may have begun in response to an actual high stress situation, but they can continue to resurface long after the incident has passed.

This intense experience does not only appear as a result of a physical threat; **our minds can create the same response as the result of an overload of stress.** You might not even notice you are under so much pressure. Sometimes we get so busy we don't even realise the level of emotional exhaustion we are facing until our bodies react in this exaggerated response. It definitely gets your attention.

With the help of hypnotherapy you can learn to recognize the feelings that precede your panic attacks and **release the hold they have on your life.** There is a safe place in which to face these things. A place where you can go any time you wish and truly relax.

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

- No longer be paralyzed by fear and panic.
- Learn to relax and let go of stress.
- Have a stronger mind-body connection.

At the onset of a panic attack, your mind signals to your body to react physically to some sort of perceived threat. **Self hypnosis can allow you to take back control by helping you to recognize and regulate your response.**

With the help of **Overcome Panic Attacks Hypnotherapy audio session** you can feel more at ease on a daily basis and have a better understanding of the impact stress and anxiety has on your body. This **Overcome Panic Attacks Hypnotherapy audio session** has been designed to help put an end to these horrifying episodes and give you back your life.

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### Stop Panic Attacks

**Learn how to be relaxed in everyday situations, quickly and naturally**

Having one panic attack is bad enough, but for most people, it's the fear of the next one that is the scariest thing.

The problem with panic attacks is that once you have had one, you:

1. Worry that you are going to have another one
2. Can sometimes get a 'conditioning effect' that triggers panic again when you return to a similar situation to where the first one happened
3. Tense up even if you only feel slightly anxious

These 3 factors make it more likely that you will have another panic attack.

**Hypnotherapy can get rid of the biggest, most important factor in panic**

The 'conditioning effect' of panic is the most difficult to deal with because it happens unconsciously, and you have little conscious control over it.

**Stop Panic Attacks Hypnotherapy audio session** uses a powerful hypnotic technique to remove this effect, effectively 're-educating' your unconscious mind that the situation where you experienced panic, is not a truly dangerous one. As people often experience a panic attack in an everyday situation like in a supermarket or on public transport, it's important to re-learn at a deep level that it's safe enough to get on with your life without having to be on constant high alert.

You can control your anxiety levels much more easily and;

- stop worrying about having another panic attack
- lose the unhelpful emotional connection with the place you had the panic attack.
- generally be more relaxed and less anxious.

All you need to do is pop on your headphones at your computer or plug into your CD or mp3 player. You will listen to a short introduction designed to shift you thinking about panic attacks, and then experience a powerful hypnosis session that will stop you worrying about a future panic attack and be less anxious generally.

**Stop Panic Attacks Hypnotherapy audio session** also relaxes you very deeply, reminding your body and mind how to feel that way, and helping you stay more relaxed, more of the time.

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Buy **Stop Panic Attacks Hypnotherapy audio session** and get control back over panic with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome Shyness

**Shake your shyness with the help of Hypnotherapy!**

Meeting new people can be extremely difficult when you suffer from shyness. **Not all of us can talk to total strangers with ease.** Shyness can leave us tongue-tied and struggling to keep the conversation going. Because of shyness we sometimes assume everyone is bored or not listening. The truth is that shyness affects more people than you might realise. The person you admire may not necessarily be as socially active as you think.

So how do they seem so comfortable and calm? How are they able to communicate so effectively? What makes them seem sincere and interesting? They aren't automatically smarter than you are and they may not have a ton of experience making friends either. What they have is self confidence. They radiate this throughout the room when they speak. They listen, nod, make eye contact and generally make others feel comfortable. **Fortunately for you, these skills can be learned.**

But you still have to get over that initial fear, the fear that leaves you standing in the corner at social gatherings staring into your drink. This fear has you making small talk from time to time, but never building lasting relationships. How long have you suffered in silence and spent Saturday night alone? **If you want to overcome your shyness and shed your inhibition, you can.** You can be the life of the party and let your personality shine through.

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

- No longer avoid social gatherings!
- Make conversation and friends with ease!
- Be the shining star of the party!

**Hypnotherapy can help you overcome shyness and social anxiety.** This deeply relaxing technique uses your creative unconscious (subconscious) to open your mind to new ways of thinking. You can let go of whatever it is that prevents you from being the relaxed, confident person you know and want to be.

**Overcome shyness Hypnotherapy audio session** can help you find the confidence you need to overcome shyness. Shyness can be a thing of the past.

**You can overcome shyness with the help of hypnotherapy!**

Buy **Overcome shyness Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Overcome Shyness and Social Anxiety

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## **Anxiety and Hypnotherapy by Dr. Manish Patil**

**Hypnotherapy can provide an invisible security blanket allowing you to develop social ease and overcome shyness**

It's really frustrating to see people around you enjoying themselves, easily talking and laughing with each other, and to feel completely out of it. Shyness and social anxiety can affect anyone, and it can really make social occasions difficult. It can make you feel tongue-tied and awkward, lost and inadequate. You may long for the ground to swallow you. Or for a magic wand to transform your shyness into confidence and ease.

### **Does social ease really exist?**

Social anxiety is much more common than many people realize. Even people who look very confident and outgoing can be feeling terrified inside. They may just be better at hiding it. Which begs the question - is there really such a thing as true social ease? Are all those happy laughing people 'just pretending'? Is the solution to social discomfort just to get better at acting confident?

### **Putting on a social 'act' to overcome shyness**

Well, it is true that acting 'as if' you already felt confident and at ease can help you handle social situations and work situations more comfortably. This is known as the 'fake it till you make it' approach, and it is quite effective. If you model yourself upon someone you know who is socially skilful, and do what they do, you will find that it gets easier for you too.

For some people, improving their 'act' will be enough to carry them into genuinely feeling at home in company. For others, there may still be a residue of discomfort and anxiety behind a competent social exterior, which may detract from real social enjoyment. This generally comes from having learned the right behaviors, but still being caught up in the old attitudes.

### **Why shyness seems to cling to some people**

You see, to be truly at ease and comfortable associating with other people, in all sorts of different situations, you need to feel that you are on a par with everyone else. You have as much right to be there, and to speak and be heard and enjoy yourself, as anyone else. If you notice that you more regularly feel the 'odd one out', or convinced that no one could like you or be interested in you, it indicates that something is amiss.

### **But what?**

Shyness is a natural part of growing up, which most people eventually come through as they mature into more confident adults. But the high emotions surrounding socializing when you are young can have a 'conditioning' effect which can make you respond to social events with fear instead of excitement and pleasure. Over time, this response becomes automatic and can start to feel as if it is part of your 'identity' - and fixed.

But it isn't fixed.

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### Shyness is how and not who - and so it can be changed

Responding to social situations with anxiety or shyness is not 'who you are', but only what you have 'learned to do'. It feels 'normal' to you not because it is part of your identity, but because it is what you regularly do. In short, it has become a habitual behavior. And although habits can *feel* as if they are hard to change, your brain is actually adept at updating such apparently instinctive patterns.

### Using hypnotherapy to overcome shyness successfully and easily

**Overcoming shyness and social anxiety Hypnotherapy audio session** is an audio hypnosis session which uses the power of hypnosis to help re-educate your unconscious mind (the part which holds instinctive, patterned behaviors).

Listening to **Overcoming shyness and social anxiety Hypnotherapy audio session** will allow your unconscious mind to let go of old, unhelpful socializing patterns and adopt new and fruitful patterns which will make your social life immensely more enjoyable and rewarding. Using hypnosis, shyness can melt away, creating new patterns which will enable you to experience real social ease and go beyond just putting on a good performance.

Each time you listen to **Overcoming shyness and social anxiety Hypnotherapy audio session** you will notice that

- you surprise yourself with your spontaneity with other people
- you feel so much more relaxed in all kinds of social situations
- your old anxiety just doesn't seem to happen any more
- you really start to enjoy socializing

**Buy Overcoming shyness and social anxiety Hypnotherapy audio session** and start enjoying being with other people with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

## Rapid Stress Relief

### Get fast and easy stress relief with Hypnotherapy!

Stress is a fact of life; there's no denying it. What is debatable is to what degree we let stress affect the quality of our lives. Believe it or not, we do have control over how deeply we let things get to us. If we seek out relief and ways of minimising our stress we can experience fuller and richer lives.

**When things start to get overwhelming we have to do something about it.** But how do we do that? How do we just let go? Life has many demands. Whether it's work, school, family, or relationships, each of these carry with them a certain responsibility. And with responsibility comes stress.

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Then there are the real curve balls that seem to come out of nowhere to knock us off our game. Health issues, the loss of a loved one, money problems – all of these things can be unpredictable and overshadow our enjoyment of life. Reducing our stress during times like these is extremely important to our well being. **Any doctor will tell you that too much stress can be seriously detrimental to your health.**

Hypnotherapy is an excellent relaxation and stress-relieving tool, even when you have little time to spare. Within just a few minutes **you can melt away hours of stress** and start feeling better immediately. Of course hypnosis can't make all of life's issues disappear completely, but it can give you the reprieve you need to make it through the day.

**Don't you deserve to breathe a little easier?** Wouldn't it be nice to release some of that tension you've been carrying around? The results are certainly worth a few minutes of your time.

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

- Rapidly relieve stress and recharge your day!
- Take time out for yourself and find a bit of peace!
- Feel calmer and more prepared to live your life!

Hypnotherapy is a form of deep creative relaxation and is ideal for stress relief. The **Rapid stress relief Hypnotherapy audio session** was specifically created to give you a **quick and easy way to restore balance to your mind and body**. With a clear head and a cool demeanor you'll be a better and happier person all around. Now isn't it time you tried Hypnotherapy?

**Experience rapid stress relief today with hypnotherapy!**

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### How to overcome self consciousness and enjoy socializing

**Train your brain to keep your focus off yourself in social situations so you can relax and enjoy it.**

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## Anxiety and Hypnotherapy by Dr. Manish Patil

Being self conscious is horrible. That nasty feeling that everyone is watching you, judging you and you are the unwanted center of attention.

Of course we can all have some awareness of what others might think of us at least some of the time. If we didn't have this natural consideration we would be antisocial. But to always be self conscious around others mean that we become afraid to speak our minds, to innovate or to enjoy ourselves fully.

Self consciousness stops you:

- Enjoying yourself
- Behaving naturally
- Learning or performing as well as you could
- Making new friends
- Focusing on other people and getting to know them

### Thinking styles of self conscious people

Self consciousness makes you think in very black or white-all or nothing terms. 'They hate me!' or 'I'm making a total fool of myself!' These type of internal statements are extreme because they are driven by the emotional brain.

### Hypnosis helps you calm down

When you begin to calm down then your thinking becomes less extreme and more moderate, you stop assuming other people are thinking the worst of you? Why? Because you stop thinking so much or, I should say 'imagining' so much about other people's perceptions and focus on your own instead.

**Stop Being Self Conscious Hypnotherapy audio session** will get you feeling super relaxed and less fearful of what you *imagine* other people are thinking about you.

### Misuse of the imagination

If you are self conscious you are basically making stuff up in your head and believing it-just because you made it up!

Self conscious people use their own imaginations against themselves. They assume they can mind-read what others must be thinking. And they assume their assumptions are correct.

In fact, of course, most people are thinking about *themselves* more than they are thinking about you. But that's not the point - you might *know* that intellectually but this session will get you *feeling* that.

**Buy Stop Being Self Conscious Hypnotherapy audio session** and start living your own life with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

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## Anxiety and Hypnotherapy by Dr. Manish Patil

### Overcome Social Anxiety Phobia

**Use hypnotherapy to ease social anxiety and help you live your life!**

Social anxiety can certainly hamper a person's life. Do you find yourself turning down invitations to social gatherings for fear of feeling ill at ease? Or is it more severe than that, with just the thought of being in a group of people giving you heart palpitations and nervous perspiration? Do you fear be judged by others when you walk into a room? Is it limited to strangers, or do friends and family sometimes leave you feeling anxious too?

**It's impossible to avoid social situations entirely if you want to lead a normal life.** So you endure anxiety, sweaty palms, butterflies, and even nausea everyday as you go to work or school. Maybe even going to the grocery store makes your stomach turn. As result, you may be holding back from making connections, sometimes retreating to the corner of the room or any quiet place you can find to get relief. This isolation can lead to loneliness and depression that only serves to make matters worse as your self-esteem plummets even further.

It's hard to say where it started. Maybe a childhood embarrassment or a publicly traumatic experience caused you to withdrawal from social interaction. Or maybe it came on slowly without any explanation at all, or possibly you've just always been somewhat of a "loner". **Whatever the case, there is a solution that can aid you in getting your life on track.**

Hypnotherapy can help ease your anxiety and help you find the confidence you never knew you had. Hypnotherapy allows you to begin to explore social situations without ever leaving the comfort of your own home. **Deep relaxation, visualizations, and other advanced hypnotherapy techniques** can provide the relief from social anxiety that you so desperately seek.

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

- Walk into a room without fearing judgment
- Attend gatherings with ease and make real connections
- Experience a social life free from anxiousness and worry

Treatment for social anxiety phobia can range from traditional therapy to medical prescriptions and even to unhealthy forms of self-medication. But **hypnotherapy targets the creative unconscious mind** - the part of you that motivates your emotions and behavior. Nobody can force change from 'outside'. Our aim is to help you create change from the inside.

Listening to this **Social Anxiety Phobia Hypnotherapy audio session** can give instant benefits in the form of deep relaxation and hopefully a sense of personal control over your condition.

**Release yourself from social anxiety phobia with the help of hypnotherapy!**

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### Get motivated to socialize using your unconscious mind

#### Use hypnotherapy to boost your enthusiasm and excitement about socializing

Overwork, changed circumstances, depression or loss of self-esteem can all lead to you neglecting your social life. Yet good social connections are vital to your wellbeing. It's great to be comfortable with your own company but too much isolation is a risk factor for developing psychological problems and also, it seems, physical health problems.

#### Health dangers of loneliness

Loneliness and social isolation is toxic. This is confirmed by insurance statistics and many research studies. One such study featured 972 medical students and classified them into different personality types. Thirty years later the former students health was tested. The results? The students classified as 'loners' had 16 times more cancer than the people who were more socially connected.

It seems that suicide, alcoholism and mental and physical illness rates are much higher among people living alone *if* they don't have a good social support network. Researchers found that it's not just a question of the mentally healthy being able to form more quality social ties but that the quantity and quality of social ties themselves act as a preventative to developing poorer mental health.

#### Modern life and social connection

In the United Kingdom single households are increasing and there are increasingly more single parents going it alone. The extended family has often splintered meaning that more people have less contact with their families who may live hundreds of miles away. Many activities are solitary such as working on a computer. The popularity of social networking websites show how important it is for people to feel socially connected but they cannot replace the specific benefits engendered by actually seeing people.

#### Letting your social life slip

It's easy to forget that maintaining social life takes some effort and commitment. Regular contact needs to be maintained with people and there need to be regular dates to meet. Just relying on others to contact you won't do it.

And the better your social life becomes the more you'll be able to focus on work and other activities *because the social side of your needs as a human being are taken care of*. Having a healthy social life means you have more 'spare capacity' to function better in other spheres.

#### Improving things

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This hypnotic session *Socializing Motivation* will use the gentle power of hypnosis to motivate you to nurture and maintain your social life to maximize its benefits for you physical and mental good health. Download Socializing motivation below and feel energized to get out there!

(1) A massive study of 4,725 randomly selected residents of Alameda County in California found that those with the fewest close friends, relatives and social connections had mortality rates that were two to three times higher than those with high levels of social connectedness. Also, life expectancy tables show a difference of nine years between people with very poor social connections and those with very good ones.

(2) More single households - between 1998 and 2003 single households in the UK grew by 8.7% and over the period to 2008 the number of single households are forecast to grow by a further 7.4% - meaning that single households are the fastest growing segment of households in the UK. This is a result of the growing number of 15-29 year olds; the growth in the number of people choosing to live alone; and couples starting families later or not having children at all. Source: Labour Market Survey, Office for National Statistics

**Buy Socializing Motivation Hypnotherapy audio session and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### How to be comfortable speaking in groups

**Use hypnotherapy to re-program your mind to feel completely at ease speaking in groups**

Do you find yourself getting a bit edgy when you're with more than one or two people?

Are social get-togethers or business meetings uncomfortable situations where you don't find it easy to express yourself?

Most of us find it relatively easy to interact with one or two other people, especially if we know them well or are on good terms with them. We can talk, or be silent. We can say what we want, and not worry about how it comes across. If we say something amiss, it's usually easy to sort it out with a quick explanation or apology, without too much awkwardness.

But somehow, when the numbers go up, it can all get to be a different story. People have different thresholds where discomfort kicks in. You might be okay with three people, or with four, or with ten. But once it goes over your personal threshold, the tension starts to creep in. You might get sweaty palms, or feel your heart racing. Your throat might feel tight. You might find it difficult to concentrate.

**Why is it sometimes uncomfortable speaking in groups?**

And for why? Because suddenly it feels like some kind of spotlight has been switched on, and any moment now it's going to shine on *you*, and people will be looking to see *how you do* under the spotlight, and the whole thing starts to feel like it's some kind of a performance, with audience, and critics, and ratings, and who wants a family gathering to be like *that*? Certainly not you. So you stay quiet.

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It might not be a family affair, or a social event. It can equally well happen at work. It's normal in the business world to have to go to meetings of one kind or another, and these can have the same sort of effect. You can just feel as if, when there's so many people present, you're just not free to be yourself and put across your views as you might in a one to one setting.

### Is discomfort with speaking in groups a fixed part of character?

The consequences of such inhibitions don't show up immediately, but over the long term your work colleagues might conclude that you're more passive than you really are, or not interested in the company's goals. Or your friends might come to think of you as a bit of a wall-flower, so that you end up feeling rather out of it all.

You might (and plenty people do) conclude from such experiences that you are just 'not a group person', or that you have 'social anxiety disorder', or belong in some other pop psychology 'box' that provides a suitable label, and think that you 'just have to live with it'. But what you have to remember is that sociability is actually a *spectrum*, not a fixed, unchanging attribute.

This means that, even though you, like everyone else, has a typical level of sociability and ease with other people where you feel most naturally comfortable, you can *move along the spectrum* in either direction if you so choose. If you decide that you would like to improve your social skills so that you can feel at ease with a larger group of people than currently feels comfortable for you, this is definitely possible.

### How to go about feeling more at ease speaking in groups

There are practical steps that you can take, of course, like just stretching your comfort zone little by little, by resolving to speak up more the next time you are in a group that is only a *little* bit bigger than your current threshold. Say one or two more people. Just allow yourself to feel the slight tension, and *speak up anyway*, without criticizing yourself about it.

After a few such experiences, you will find that you already feel more comfortable, and that other people are beginning to treat you a little differently. You can then build on that at your own pace.

### Hypnotherapy can quickly help you get comfortable speaking in groups

And if you would really like to speed up the process, you can make yourself feel much more comfortable much more quickly by using hypnosis to help you make the inner changes you need to move along the spectrum nearer to where you want to be.

**Speaking in groups Hypnotherapy audio session** is an audio hypnosis session developed by psychologists which uses the power of targeted hypnosis and deep trance to help you 'reprogram' your mind's automatic reactions to group situations.

Taking the time out to relax and listen regularly to **Speaking in groups Hypnotherapy audio session** will enable you to almost effortlessly change what you may have thought to be permanently fixed aspects of how

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you relate to others in a group. The more you listen, the more firmly you will embed the new patterns. And the more you will

- notice how much more comfortable you feel speaking with different numbers of people
- generally feel more relaxed and at ease in yourself
- look forward with anticipation to meetings and social gatherings
- feel good about participating in whatever way suits you
- enjoy all the benefits of interacting more easily with others

**Buy Speaking in groups Hypnotherapy audio session** and start to really enjoy yourself more when with a number of other people with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### Stop Worrying

**Hypnotherapy can help you stop worrying!**

It's okay to look for solutions to the issues we face in daily life. How else could we survive? It's another thing completely though, when we let those thoughts run through our minds repeatedly. You know you've crossed the line into worry when you've thought of every possible scenario and there is absolutely nothing you can do bring about immediate change, yet it still consumes your thinking.

**Unfortunately, worrying solves nothing. It can't pay the bills, or fix the sink.** Worrying can't resolve conflicts, or provide security. Obsessing about an issue does not give you a resolution, only more frustration and defeat. Plainly put, most things that we worry about are not worth the energy. Worrying takes a lot of effort and can be very distracting, which may actually prevent us from finding the solutions that we seek.

**But how can we stop worrying?** We get so used to our heads being filled with 'what if' scenarios that letting go of them feels almost irresponsible. Of course, that could not be further from the truth. **Worrying does not really solve anything** because it is more a process of reveling in negativity than seeking a path to solution. Unfortunately, knowing this is not always enough to put an end to our conditioned behavior. Sometimes we need to go a little deeper.

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

- Learn to identify the issues you can resolve!
- Stop dwelling on things that are beyond your control!
- Let go of negativity and be free of senseless worry!

**Hypnotherapy is a form of deep relaxation** that provides a way to release your stress and finally be free of your worries. Your unconscious (subconscious) mind needs balance and life is so often full of ups and downs. This **Stop worrying Hypnotherapy audio session** can help give you the stability you need to deal with issues as they arise and learn when to let them go.

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**Stop worrying with the help of Hypnotherapy!**

**Buy Stop worrying Hypnotherapy audio session** and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

**Please note:** Worrying is not the same as anxiety, because anxious thoughts can often overtake our lives on a much more serious level. However, worrying can still prevent us from enjoying life to the full. If you feel your worries are a symptom of anxiety, then please see the 'anxiety release'.

### Stress Management

**Hypnotherapy for stress management - learn to relax, naturally!**

We can't avoid stress. It's always there. Stress is at the office, in the car, and in our homes. Stress follows us out with friends and comes along on holidays. Stress robs us of our energy and our piece of mind. Even when we think we have finally found relief it lurks just beneath surface, threatening to break us and send us back into misery. **Stress, it just won't go away!**

The physical demands we place on our bodies catch up to us eventually. **There are tension headaches, backaches, sleepless nights and the ever-present lack of energy.** Overexertion has become so commonplace that we accept these things as part of life and forget what it is like to feel physically at ease. **Imagine how much more productive you would be if you had less stress physically.**

Then there are the mental stresses. The bills to be paid, the piles of work on your desk, and the gaps in between what we desire for ourselves and what is reality. **Our minds become so filled with stress and worry that we have difficulty concentrating.** It's hard to think clearly when you are stressed. If we could just get a break from all these issues, maybe just maybe, we could resolve a few things.

Emotional stress can be sticky. Losing a loved one, a troubled relationship, or our past history can all leave us feeling taxed emotionally. These are tougher to ignore and tend to blend in with other types of stress. **In the end we are just drained, physically, emotionally and mentally.** While we cannot eliminate stress completely, hypnotherapy / hypnosis can provide us with much needed stress relief.

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

- Wake feeling rested and energised each day!
- Feel healthier, calmer and more connected!
- Enjoy less stress and happier relationships!

**Hypnotherapy is a form of creative relaxation** that allows you to let go of stress and recharge your batteries. Your unconscious (subconscious) mind seeks balance and this **Relax Properly Hypnotherapy audio session** for stress management provides the tools it needs to create internal harmony.

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With the help of hypnosis you will be better able to face all of life's challenges and learn what it is like to feel stress free. Give your mind, your body and your heart the attention they need to function at their peak.

**Learn how to relax properly with the help of hypnotherapy!**

**Buy Relax Properly Hypnotherapy audio session and begin to enjoy life in ways you never thought possible with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.**

### Fill those uncomfortable silences with... comfortable silence

**Learn to relax in conversations using this hypnotherapy audio session.**

What do you do with those uncomfortable silences which can bedevil human interactions? Those 'tumbleweed' moments, those 'angels passing', those thoroughly awkward vacuums in the conversation where everybody looks at the ground and hopes like crazy that someone else is going to step in? Or else suddenly starts blurting out anything that comes to mind just to get rid of the silence?

### Never hearing the sounds of silence

For some inexplicable reason, we generally find silence difficult to handle. We feel more comfortable when there is a fairly constant stream of sound, and our culture has developed remarkable ways of ensuring that we practically never experience real silence for any length of time. Everybody is listening to radio, watching TV, or got a cellphone (or an mp3 player) to their ear. Even the mall plays constant music at you.

And this sense that sound should be continuous is carried over into conversation. Once we've started talking with others, we seem to feel the need to 'keep talking' without a break until the conversation is formally ended. Quite a few people even find 'ending the conversation' hard to do - because it invites silence.

### How to get more comfortable with silence

But whatever the reason for our cultural preference for sound over silence, it is perfectly possible to get more comfortable with handling silences that occur naturally (or purposely) in interactions with other people. They don't have to be uncomfortable silences (unless you actually wish to make them so, which is a valid objective at times!)

The first thing to do is think about the *role* of silence in communication. What is it *for*? As soon as you ask yourself this question, you see that silence creates a *space*, an opening, where something can happen. The 'something' might be processing of what has been heard. Or reflection. Or just a rest. Or the opportunity for the conversation to go in a new direction. Or it might give emphasis to what comes next.

If you *always* immediately rush to fill those uncomfortable silences with more words, before any of these things can happen, the quality of communication declines. We actually *need* time to take in what is being said to us.

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We need space to think about our response to what we hear. Good communication will always include good silences. Allowing for silence, *practicing* it, will improve your communication.

### **Using hypnotherapy to feel at ease with talk and no talk**

The second thing to do is deal with the uncomfortable feelings that have become associated with gaps in conversation - the feelings that make us label these times as *uncomfortable* silences. Such associations develop unconsciously, and the best way to modify them is *through* the unconscious.

**Be comfortable with silence Hypnotherapy audio session** is an audio hypnosis session which takes you into a state of profound mental and physical relaxation and bypasses conscious analysis to let you experience how you can change your mind without even noticing it - that is, unconsciously.

In the theatre of your unconscious mind, you will de-couple the old associations of silence and discomfort, and rehearse what it will be like to feel just as comfortable with quiet as with flowing words. This will enable you to establish a new behavior blueprint which will automatically kick in when you are communicating with others, allowing you to feel at ease whether speaking or silent, and whether others are speaking or silent.

Buy **Be comfortable with silence Hypnotherapy audio session** and enjoy a new freedom and power in your communication with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### **Get a work life balance and enjoy both more!**

#### **Learn to set and maintain boundaries on your time using relaxing hypnotherapy.**

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

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

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### How work takes over life

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

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

### Achieving work-life balance

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

### You can balance your life!

Life is full of challenges. **Finding balance between our work and home life can be particularly difficult.** It may be that your drive toward a successful career has left little time for a social life. Or maybe your work is suffering as a result of too much stress on the home front. Do you find it difficult to separate the two? **Does work life balance seem like an impossibility?**

It starts simply enough. A phone call from one of the kids at work, a few work emails while at home. Before you know it, you're focused on your quarterly report during dinner and making grocery lists in meetings. **There never seems to be enough time to get everything done** and you hardly feel present while doing anything these days. It happens to the best of us. And while being stretched thin may seem like the norm, do we really want to live like this? **There must be a better way.**

There is. No, the answer isn't to quit your job. And yes, you do deserve to have a personal life. The power to get it all done and find the time to enjoy yourself lies within your unconscious (subconscious) mind. **We can learn to prioritize and organize our lives** in such a way that neither suffers as a result of the other. It sounds difficult, but with hypnosis it's much easier than you think.

**The physical and mental demands** this back and forth has on our bodies and minds will catch up to us eventually. We may become short with loved ones as a result of the stress, or perform poorly on the job. Even our sleep suffers as our minds race to sort through the day and prepare for the next. **Hypnotherapy offers the opportunity** for deep relaxation we need in order to find work-life balance and **put an end to these destructive activities.**

Imagine what it would be like to:

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- Feel focused on the task at hand!
- Accomplish more at home and at work!
- Experience balance in all aspects of you life!

We are capable of living in balance; **sometimes we just need a little help**. This **Work Life Balance Hypnotherapy audio session** for work life balance provides guidance to building internal and external harmony. **Hypnotherapy is not an overnight cure**, but a process of self-discovery and personal empowerment. Let hypnotherapy bring you to the balance you seek.

**With the help of Hypnotherapy you can live in balance!**

**Buy Work Life Balance Hypnotherapy audio session** and start living the kind of life you want with the help of Hypnotherapy! Visit [www.hypnotherapy.eorg.in](http://www.hypnotherapy.eorg.in) now.

### 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.

**You don't consciously decide to worry**

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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 hypnosis 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 download, 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

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# Live anAnxietyfree life

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- Cauliflower/ Gobi recipes
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- Chili recipes
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- Chinese recipes
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- Cookies recipes
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- Diwali sweets
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- Drinks
- Egg recipes
- Frozen Desserts
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- Fruits dishes
- Ganesha Festival recipes
- Gazpacho recipes
- General basic condiments
- General desserts
- General recipes
- General salads
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- Onam Festival
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- Pasta salads
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- Pies recipes
- Pilafs recipes
- Pizza recipes
- Polenta recipes
- Potato dishes
- Potato salads
- Potato recipes
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- Pulses & Lentil recipes
- Punjabi recipes
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- Raksha bandhan special Indian sweets
- Rice recipes
- Risottos recipes
- Salad Dressings
- Salads
- Salsas
- Sandwiches
- Sauces
- Seafood
- Shakes and Sips
- Snacks
- Snacks recipes
- Soups
- South Indian nonveg recipies
- Stews recipes
- Stocks recipes
- Stuffed vegetables
- Stuffings recipes
- Tofu recipes
- Tomato recipies
- Variety breads
- Veg Gravies
- Veg rice Varities
- Veg rotis & parathas
- Vinegar recipes
- Yeast breads (made by hand)