

Text useful for the adverse times : Autohypnotherapy - Vol. 1

Autohypnotherapy on psychological problems such as fear, failure, etc.

(English)

Compiler

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level, 'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru' denotes 90% and above, whereas 'God' denotes 100% spiritual level.)



Sanatan Sanstha

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Read Sanatan's Text **Autohypnotherapy (Part 1)**

卐 ————— Preface ————— 卐

The first in the Text series on the 'Science of Hypnotherapy' is 'Science of Hypnosis' provides information on hypnosis. The second - 'Autohypnotherapy for Happy life' provides theoretical information for removal of personality defects and some vices that are responsible for psychological illnesses and for creating obstacles in spiritual practice. This Text provides information on how to perform remedies on the self in some psychological disorders. Information on how to perform remedies on some physical ailments is provided in another Text.

This Text series categorises a disease as physical or psychological depending on the symptoms; for example most sexual disorders are psychological in origin; however, they show physical symptoms and hence, are included in physical illnesses.

A patient can treat himself when the ailment is in initial stage. When a psychological illness is in an advanced stage, a patient cannot treat himself. At such times a knowledgeable and dedicated individual can study Hypnotherapy and treat him. To simplify this process, examples of treatment given in different mental illnesses are elaborated in this Text in detail. It will guide the reader appropriately in actual treatment.

1. Objective of compiling a Text on articles published in different Periodicals some years ago

From 1984 to 1990, we (Dr Jayant Athavale and Dr [Mrs] Kunda Athavale) published a series of articles on physical and psychological diseases through various Periodicals such as Sahyadri, Lokprabha, Sarvadnyani, Mumbai Sakal, Gavkari,



etc. This Text is compiled from those articles. In 1995, I quit practicing as a Hypnotherapist and commenced spiritual practice. Therefore, matter and articles of the earlier times have been included in this Text. Besides, no new techniques of Hypnotherapy and its effects have been discovered so far; hence, the old extracts have been used. This is akin to the modalities of spiritual practice - they are never outdated.

2. Selection of examples

A. 'A patient was cured after 8 to 10 visits over a period of 4-5 months' - Readers will not be able to learn from articles which give examples of such patients. There are others who have to be treated in specific ways for over a year. There is much to learn from such long-term treatment of a psychiatric patient. This Text elaborates on such long-term treatment.

B. Some of our patients had been suffering for 10 to 12 years. The success story of these chronic cases would assure other patients - 'If they can get cured by Hypnotherapy we too will in a much shorter time'. This was another reason for publishing articles about these chronic cases.

3. Study the entire series of Texts

Some aspects of the subject such as how to use this science to treat a patient or self, ups and downs of treatment, etc. have been elaborated in this Text using case studies. Though the information on treatment is disease-specific, it can be applied to any other disease. Therefore, instead of reading the Text in parts, meaning only that section which pertains to treatment for a particular disease, read the entire Text; rather,





the entire Text series. As a result, you will learn to overcome the problems that arise during the treatment.

If a patient cannot concentrate on treatment because of physical or mental disorders, it becomes difficult for him to treat himself or get treated. At such times, perform the other remedies mentioned in 'Sanatan's Text series useful for the adverse times' to reduce the severity of the sufferings and then start Hypnotherapy.

My prayer unto the Holy feet of Shrikrushna is - 'May many people develop interest in studying this mode of treatment'.

- Paratpar Guru (Dr) Jayant Athavale (3.1.2014)



Importance of good health

धर्मार्थकाममोक्षाणाम् आरोग्यं मूलमुत्तमम् ।

– Charaksanhita, Sutrasthan, Adhyaya 1, Shloka 15

Meaning : Good health is the foundation to accomplishing the four Purusharthas - Dharma, Artha, Kama and Moksha.



In Sanatan's Text series on Hypnosis

Science of Hypnosis

- ❧ Misconceptions about Hypnotism
- ❧ Uses of Hypnotherapy
- ❧ Practical suggestions about hypnosis
- ❧ Our concept of personality

