

# **Auto-hypnotherapy for psychological disorders (Part 1)**

## **Therapy on fear, failure, addictions etc**

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(An asterisk (\*) sign has been placed alongside important points)

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# Preface

This is the fourth in the Holy text series on 'Hypnotherapy'. The first - 'Science of Hypnosis' - provides information on hypnosis. The second - 'Hypnotherapy for Happiness' provides theoretical information for removal of personality defects and some vices that are responsible for psychological illnesses & creating obstacles in spiritual practice. The third and fourth Holy texts provide information on how we can treat our psychological illnesses ourselves, and the fifth and sixth provide information on how to treat physical illnesses.

This Holy 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.

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 Holy text in detail. It will guide the reader appropriately in actual treatment.

## **1. Objective of compiling a Holy text on articles published in different Periodicals some years ago**

From 1984 to 1990, we (H.H. 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 Holy text is based on those articles. In 1995 I quit practicing as a Hypnotherapist and commenced spiritual practice. 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 This is akin to the modalities of spiritual practice - they are never outdated.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. Among patients, some get cured after 8 to 10 visits over a period of 4-5 months. 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 Holy 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 Holy 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 Holy 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 Holy text in parts, meaning only that section which pertains to treatment for a particular disease, read the entire Holy text; rather, the entire Holy 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'.

- Dr Jayant Athavale (3.1.2014)