

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

# Autohypnotherapy on Psychological Problems such as Fear, Failure

(English)

Compiler

**Sachchidananda Parabrahman (Dr) Jayant Athavale**  
Hypnotherapist (From 1978 to 1994)



**Sanatan Sanstha**

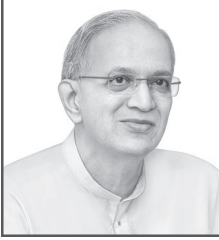
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## Introduction to the Compiler

### Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality (22.03.1999)
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 133 seekers have become Saints and 1267 seekers are progressing towards Sainthood as of 12.03.2025.
3. Unique creation of Spiritual texts on various topics
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them
7. Honoured at the French Senate with 'Bharat Gaurav Award' for His exceptional contribution to the global spread of Indian culture and civilisation (5.6.2024)

**(For complete introduction, visit - [www.Sanatan.org](http://www.Sanatan.org))**

#### **Spiritual Heirs of Sachchidananda Parabrahman (Dr) Athavale**

Sadguru (Mrs) Binda Singbal & Sadguru (Mrs) Anjali Gadgil are the Spiritual Heirs of Sachchidananda Parabrahman (Dr) Athavale. As instructed by the 'Saptarshi Jeevanadipatti', since 13.5.2020, the title 'Shrisatshakti' has been prefixed to Sadguru (Mrs) Binda Singbal's Name and 'Shrichitshakti' has been prefixed to Sadguru (Mrs) Anjali Gadgil's Name.

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**Note :** For non-English & spiritual words used repeatedly in this Text, please see Glossary at the end of the text.



The first in the 'Science of Hypnotherapy' Text series is 'Science of Hypnosis' which provides information on hypnosis. The second - 'Autohypnotherapy for a Happy life' provides theoretical information for the 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 oneself in some psychological disorders. Information on how to perform remedies on some physical ailments is given 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 the 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 previously published articles in different Periodicals**

From 1984 to 1990, we (Dr Jayant Athavale and Dr [Mrs] Kunda Athavale) published a series of articles on physical and psychological diseases in various Periodicals such as the





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 the articles which give examples of such patients. There were others who had 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 the 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)**



### **Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name**

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. These Nadipattis also mention Paratpar Guru (Dr) Athavale, Sanatan's Saints, etc. As instructed by the 'Saptarshi Jeevanadipatti', from 13.7.2022 Paratpar Guru (Dr) Athavale has been prefixed to the title 'Sachchidananda Parabrahman'. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers.