

# Autohypnotherapy for physical ailments

## Treatment on obesity, asthma, stammering etc.

### Preface

This is the fifth in the Holy text series on 'Hypnotherapy'. The first - 'Science of Hypnosis and Hypnotherapy' – provides information on hypnosis. The second - 'Autohypnotherapy for a happy life' provides theoretical information on removal of personality defects and some vices that are responsible for psychological illnesses & create 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; but, they show physical symptoms & 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. This 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 in 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 Autohypnotherapy for physical ailments 17 effects have been discovered so far; hence, old extracts have been used as they are not outdated.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. 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 on 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. Hence, instead of reading the Holy text in parts, read the entire Holy text series. Thus, you will learn to overcome problems arising 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 suffering 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)**

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