

Awake, Arise, Shine!

Your Life can be much more effective. Your performance in your work place can be tremendously enhanced. You can have a much better and happier family life and social life.

You do not need hours and hours of counselling. You do not have to reveal all your secrets.

It is not magic, not any spell, mantra, or spiritualism. You can strengthen your self-confidence, enhance your potentials make your life brighter with some simple psychological techniques of NLP (Neuro Linguistic Programming). It is like a guided meditation. You do not have to learn anything. The therapist will take you through the process. He will not do anything against your will. It is totally safe.

You can also get over any of the following problems:

1. Recurring thoughts of any recent or past event.
2. Any phobia or unreasonable fear. (fear of being alone, fear of falling, fear of open space, fear of insects etc.).
3. Any bad habit, mannerism or any unwanted behavior (nail biting, scratching the head, smoking, drinking, using bad language, over-eating etc.).
4. Any false, unhealthy or limiting belief, persecution mania etc. ("All are against me," "I am not good looking," "Nobody likes me," "I am a failure," "I will never succeed." "I am not a good communicator," etc.)
5. Stress, depression or any emotional problem (getting easily upset, angry, anxious, nervous, feeling jealous, etc.).
6. Any psycho-somatic illness (actual illness caused by psychological reasons) such as peptic ulcer, high blood pressure, asthma, eczema, headache, back ache, neck pain etc.)
7. Any traumatic experience of the past which is affecting your life and relationships.
8. Sexual problems, Homosexuality.

NLP (Neuro Linguistic Programming) is a new scientific process to bring about behavioural change. Thoughts cause emotions. Emotions release neuro-chemicals into the blood stream which activate the neurons in the nervous system to make us act in a certain way. This process underlies our behaviour. Emotions can be altered by working on the structure of thought and ultimately the behaviour is changed.

Advanced drunkenness, alcoholism, drug addiction and certain sexual habits like masturbation will not come under this as these need a different kind of treatment.