

*paraliminal*<sup>®</sup>

**BELIEF**

Strengthen belief in your abilities to achieve your desires



Paul R. Scheele

 Learning Strategies Corporation

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# WELCOME!

***Paraliminal, as derived from the Greek para (beyond) and liminal (threshold), means “beyond the threshold of conscious awareness.”***

Stimulate your mind with a Paraliminal recording to quickly improve your life and maximize your potential. More than a million Paraliminals are already in use by people all around the world.

Listen with headphones to receive a unique, multilevel communication for each hemisphere of the brain—all without subliminal messages. You'll hear a variety of messages coming into each ear in a soothing, effective, and pleasurable way.

As you listen, choose which message to attend, or float down the middle between the voices. From time to time your attention will switch, causing you to perceive the recording differently with each listening. BUT, your nonconscious mind receives and processes the entire message each time, which is part of the effectiveness and beauty of Paraliminal technology.

On a very deep level you will be *learning strategies* to help you respond differently in the world so that you get the results you want. That's the source of the name of our company, Learning Strategies Corporation.

Paraliminal developer Paul R. Scheele skillfully crafted each session. Paul is highly trained and internationally acclaimed in the fields of neuro-linguistic programming, whole mind learning, and preconscious processing. His unique expertise creates an incredible experience for you.

## TIPS AND INSIGHTS

- Create quiet time to focus inwardly. Choose an environment relatively free from distractions. Sit comfortably or recline. You will receive minimal benefit if you merely play a Paraliminal in the background; do not listen while driving or operating machinery.
- On some Paraliminal recordings you will be asked questions to help you focus on the benefit you desire. Pause the recording as needed.
- If interrupted, simply open your eyes, deal with the matter, and then continue.
- If you fall asleep while listening, you will still gain benefit providing you clearly state your purpose for the session at the beginning.
- To listen to more than one Paraliminal, take a 20-minute break between.
- Paraliminicals are catalysts for change. They facilitate access to strengths already within you. When you succeed, it's your success—not the recordings.
- Most changes are integrated within three days. Continued listening can reinforce continued development. When not getting the results you want, consider changing 1) the time of day you listen, 2) whether you are sitting or reclining, 3) the room, or 4) the furniture you sit or recline on (listening on a sofa might not generate results if you usually use the sofa for napping).
- If you practice Spring Forest Qigong, say the password, *I am in the universe, the universe is in my body, the universe and I combine together*, and go into the *emptiness* at the beginning of your listening session. Finish with the *Ending Exercise* as you would at the end of a *Sitting Meditation*. (To learn more, visit [www.LearningStrategies.com/Qigong](http://www.LearningStrategies.com/Qigong).)
- Visit our online Discussion Forum to interact with other Paraliminal users who have the same quest as you: *maximize potential!*

## PARALIMINAL SLEEP LEARNING

To enjoy the benefits of sleep learning, set your audio player to repeat one of the Paraliminal sleep learning tracks (Track 3 for Session A and Track 7 for Session B). Adjust the volume so that you can tune out the sound as you sleep. Waking is an indication that your mind had completed the process, so turn off the player at that time. Use the Paraliminal sleep learning feature as often as you would like.

## HOLOSYNC AUDIO TECHNOLOGY

Holosync audio tones, which you might hear as a hum, have been embedded in the recording to increase your ability to benefit and learn from this Paraliminal session.

Centerpointe Research Institute's Holosync audio technology, when listened to with headphones, creates the electrical brain wave patterns of many desirable states. These states include deep meditation, increased creativity, focus and concentration, and accelerated learning ability. Using Holosync creates new neural pathways between the left and right brain hemispheres, balancing the brain, enhancing mental/emotional health, improving mental functioning and self-awareness, and healing unresolved emotional problems.

A much deeper and more powerful version of Holosync can be found in Centerpointe's ongoing program, The Holosync Solution. For more information about this program and how Holosync can accelerate mental, emotional, and spiritual growth, and to receive a free Holosync demo CD, visit [www.Centerpointe.com](http://www.Centerpointe.com)

# BELIEF-A

*Strengthen belief in your  
abilities to achieve your desires*

## PURPOSE

Establish powerful self-enhancing beliefs in your capabilities that propel you to the successes you desire. Session A focuses on rewriting a self-limiting belief. It helps release the emotional binds of unresourceful states that have been the basis for your results up until now and promotes personal choice for a new, fully resourceful present and future. Session B, described later, works to install a new self-enhancing belief.

## BEFORE LISTENING TO SESSION A

Think of a belief you hold that limits you. It should be one that you

- have had for a while
- know of consciously
- find blocking your success
- know how it has served you in the past
- are willing to grow beyond

*You can now listen to your session. Read the rest at your leisure.*

## BENEFITS

- Direct your self-fulfilling prophecies by changing self-limiting beliefs.
- Encourage your imagination to accomplish your dreams.
- Change outdated, limiting beliefs that keep you stuck in old ineffective patterns of behavior.
- Gain control, self-esteem, and new emotional freedom from the past.
- Discover flexibility in seeing, thinking, feeling, and behaving to produce wonderful results in any area of life.

## TECHNIQUE OVERVIEW

A self-fulfilling prophecy is an asserted belief that comes to pass. The *Belief* Paraliminal sessions are designed to ensure your self-fulfilling prophecies reflect what you want in life.

Beliefs about what we are capable of accomplishing take hold in our lives through a series of three significant emotional events. Beliefs establish our automatic seeing, thinking, feeling, and behaving, and in turn, determine the results we create.

The first event, the initial sensitizing event, alerted your brain and nervous system that you needed to find a way to survive or cope with a challenging situation. In that situation, your choice may or may not have been successful at helping you.

The behavior producing event was the second time you encountered the same challenge. You tested a response that actually worked to handle the situation. It reduced the stress of the circumstance in some way that may have worked well then but is inappropriate now—even dysfunctional.

The third time you encountered the same challenge, the belief intensifying event, set your new pattern of seeing, thinking, and feeling as the behavior of choice in similar situations. In the case of self-limiting or self-defeating beliefs, these thoughts, feelings, and actions ended up creating the very results you now want to avoid.

*Belief-A* takes you on a journey back through time to rewrite the meaning of those early emotional and behavioral learning events from the wisdom of your current perspective. In the process, you identify personal strengths that become resources for your success. Then, on Session B, you install those resources as the basis for an improved set of positive and life-enhancing patterns of thinking and feeling.

The listening session begins with an essential series of questions to help you highlight the experience for maximum personal benefit. Take your time in considering the answers to them. A good idea would be to write your answers out as part of your preparation for listening. They are as follows:

- What belief do you hold that limits you? Choose a belief you have had for a while, want to grow beyond, and know how it has served you in the past.
- What does your limiting belief prevent you from having, doing, or being?
- What strengths and abilities will come from this new belief?
- What will these strengths and abilities enable you to achieve?
- In what situations will these personal resources be useful to you?

Examples of self-limiting beliefs that people choose to change include the following:

- Inadequacy in career as a worker, or in education as a learner.



- Inability to attract or maintain healthy relationships.
- Incapacity in handling complicated life issues such as parenthood, homeownership, business, disease, and finances.
- Dysfunction of any kind including physical, intellectual, or emotional.
- Lack of coping mechanisms in times of stress.

The listening session helps you identify life situations where your self-limiting belief is operating. To facilitate the creative use of your imagination, you are guided to imagine floating up over your experiences as if to get a higher perspective of the events of your life. From this perspective you can gain feedback and learn most effectively from the experiences along the path of your life.

You then float back through time to imagine past experiences in which your self-limiting belief operated, starting with the most recent examples and going back to earlier examples. You imagine floating down just before the event takes place and letting your increased awareness and wisdom influence the experience. You imagine how the experience could have been different given your ability to choose differently now. As a result, you gain strengths and a profound emotional shift.

Ideally, these examples approximate the significant early emotional learning events. It is NOT mandatory that you accurately identify the exact emotional events that set the original belief in place. As you listen to the session, your mind quickly learns what you want to accomplish. It will aid you in accessing the necessary thread of emotional and behavioral patterning associated with the belief you want to change.

## BEST WAYS TO USE

- Carefully consider the belief you are changing. Seek first to understand how it has supported and protected you. Appreciate that you did your best, given your awareness at the time. Changing a belief changes much of how you operate in life, bringing pervasive positive consequences. Along with greater success and personal power comes greater responsibilities. Are you willing to start living such a life based on a revised belief?
- Clearly identify the core belief underlying your current ineffective or self-defeating behaviors. The more certain you are about the self-limiting belief, the more effective this session can be.

When you hear yourself claim what you *can't* do, you are affirming a self-limiting belief about your capabilities. Such affirmations indicate what you may want to change and *can* change most effectively with *Belief-A*.

Keep in mind that the past is not a good predictor of the future. If you have not accomplished something yet, you can write your destiny this very moment. You are perfectly capable of creating a future that differs tremendously from the past. The *Belief* sessions will help boost your power to create what you want.

- Treat yourself with respect, patience, and care. Some challenges may stem from complex systems of beliefs that interfere with one another. In such cases, several listening sessions may be necessary to unravel each individual belief within your belief system. As you follow the process, nurture the changes you are creating.

- Listen to *Belief* when starting a new job, a new class at school, a project, or relationship. It will accelerate your progress to success.

## POSSIBILITIES FOR GOING BEYOND

You will find many creative uses for the *Belief* sessions when you recognize recurrent patterns of behaviors or results in your life. Examine the results you consistently produce in areas of your life you want to improve—health, relationships, career, finance, education, and others. If you don't like the way things are, you can use this to change them.

Have you ever seen yourself as a loser? Do you have bouts of feeling down on yourself? Do you ever lose patience with your inability to accomplish certain objectives? Have you ever proclaimed a weakness by finishing the sentence, “I can't \_\_\_\_\_”? These are signs of helplessness, indicating a belief that you are incapable of changing something.

With *Belief-A* you recognize you are not powerless over the circumstances of your life. You *can* find a way to move in the direction of your desires. Believing in yourself is the beginning of discovering a vast storehouse of personal resources for improvement and change.

## INSIDE SECRETS

“What if I cannot recall the origins of my negative beliefs? What if I can't remember the emotional learning events that form the roots of a self-limiting belief? Will the Paraliminal sessions still work?” Yes, absolutely.

Occasionally we receive calls from clients wondering about those questions. The *Belief* sessions give you space to discover more about yourself and how you can get to your goal. It is not important to decide on how things are ahead of time. It is far more valuable to openly explore and discover how your beliefs are limiting you, rather than approaching the session with the certainty that you “have it all figured out.” It seems that when people are curious, they grow. On the other hand, certainty often leads to frustration. Be patient with yourself and the pace of your learning.

# BELIEF-B

## *Establish powerful self-enhancing beliefs*

### PURPOSE

Session B of *Belief* continues the process of establishing powerful self-enhancing beliefs in your capabilities to propel you to the successes you desire. Unlike Session A, which focuses on rewriting the emotional history of a self-limiting belief, Session B helps install a new resourceful history of positive and effective choices.

### BEFORE LISTENING TO SESSION B

Think of a self-enhancing belief you desire to incorporate into your life right now. Identify what this belief will assist you in having, getting, or being. What new strengths/abilities will come from this new belief? What will you be giving up when you adopt this new belief? Are you sure the new belief will be worth it to you?

*You can now listen to your session. Read the rest at your leisure.*

### TECHNIQUE OVERVIEW

*Belief-B* guides you through the steps of placing appropriate new choices of seeing, thinking, feeling, and behaving into a historical sequence that mirrors the three significant emotional events from Session A. The session lets you imagine living a new initial sensitizing event, a behavior producing

event, and a belief intensifying event with resourceful, effective behaviors. This establishes a new, self-enhancing belief that becomes your new self-fulfilling prophecy of success. You can automatically create the balanced, fulfilled life you desire.

The recording guides you to imagine acting in ways consistent with the belief you want to establish. To facilitate the creative use of your imagination, as with Session A, you will float up over your timeline to gain a higher perspective of the events of your life. On this session, however, instead of starting with a recent experience, you will begin at an early part of your life.

You let your imagination locate a particular situation in which the belief you are installing could have become connected to your life. You imagine a time when this belief begins producing positive results for you and float down to that place and time just before the past event takes place. Then you experience the event unfolding as you have imagined it would. Notice making useful choices, consistent with the new belief you are forming. As you feel and use all the necessary resources to have the event turn out the way you would want it to, you are also installing behavioral choices and options as part of your mental and emotional recordings.

The session guides you to perform this exercise three times with imagined memories of an initial sensitizing event, a belief producing event, and a belief intensifying event. This sequence encodes your new behavioral choices of seeing, thinking, feeling, and acting for automatic retrieval as you need them. Your empowering belief becomes your positive new self-fulfilling prophecy of success.

## POSSIBILITIES FOR GOING BEYOND

*Belief* Paraliminal sessions have been given to participants in our Photo-Reading seminars. Having experimented with all of the titles, this Paraliminal learning session rose to the top. It put our PhotoReading participants into the ideal mindset for the radical change they were making in their life-long habit of inefficient reading. The same rationale applies for the use of *Belief* when making personal or professional changes of any kind.

Use the *Belief* Paraliminal learning sessions whenever you know you will need full access to your capabilities. The range of functional capabilities of your brain is nothing short of miraculous. In general, it is believed that people use three to four percent of their brain's capacities.

Imagine if everything we have ever accomplished in life were the result of using only a fraction of our capacities. What would our life be like if we doubled our effectiveness? Tripled it? With the advancements in cognitive science that have been used in creating your *Belief* recordings, we believe such an increase can be yours now.

When you have a need for change and the choices you now have are not working, you have to do something different. There are two fundamental attitudes that will determine what happens.

If you have a feeling of certainty, then frustration could pull you into a "Stuck State." The opposite choice is a feeling of confusion, which can easily shift into curiosity and lead you into the "Growth Cycle." Be willing to tolerate the ambiguity of not knowing a solution. Be willing to embrace the state of confusion and begin exploring. These positive learning behaviors are a few of the many ways to move in the direction of excellence.

## INSIDE SECRETS

Author Robert Dilts, expert in the field of neuro-linguistic programming, proposes that beliefs are organized in a hierarchy of six logical levels. Starting at the lowest level, we have beliefs about our environment. Then in ascending order we have beliefs about our behaviors, our capabilities, our values, our identity, and finally our mission. The *Belief* Paraliminal learning sessions focus on the third logical level—beliefs about our capabilities.

According to Dilts's model, each level of belief affects the one below it and influences the one above it. Given this hypothesis, the *Belief* sessions will make pervasive changes in your ongoing behavior and environment. They will also influence your values, but your identity and values will strongly affect your capabilities. To ensure that the effect of your identity and values is a positive one, you will be asked to be clear about what you want.

As you grow and change through life, your self-identity and many life values—outside of the core ones—will also grow and change. We encourage such changes when they are for your betterment. Change needs to be embraced, not resisted. With our world changing so rapidly in these modern times, we need to become skilled at going with the flow. That means, we need to adjust to the shifting demands of the moment. We need to make good decisions that lead us forward while preserving the best of our past.

Achieving success in the midst of change requires having clear goals and maintaining a clear sense of purpose. At every moment be prepared to answer any of the following questions: What do you want? How would what you want be of benefit to you? What is the goal behind your goal? If you can answer these, you will live your life more on purpose, and your brain will provide you the best ways and means to accomplish your goals.





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# PARALIMINALS



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**Power Thinking**—Think clearer, smarter, faster



**Prosperity**—Open the flow of abundance in your life

**Recover & Reenergize**—Get your body back to feeling great



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 toll-free at 1-888-800-2688.

# BELIEF

## HOW TO USE YOUR PARALIMINAL

- 1) Choose a quiet environment where you can close your eyes and focus inwardly.
- 2) Set your purpose for listening.
- 3) Listen with headphones.

**Please  
review this  
booklet.**

BLCDB

*paraliminal*

