

paratrainal

DEEP RELAXATION

Enjoy profound and rejuvenating relaxation



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.)
- 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 the Paraliminal sleep learning track (Track 3). 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.

DEEP RELAXATION

*Enjoy profound and
rejuvenating relaxation*

PURPOSE

Deep Relaxation guides you to become physically, mentally and emotionally peaceful on a very deep level. It's like taking a refreshing nap—equivalent to an hour and a half of deep restful sleep. Enjoy calm clarity of mind as you vanquish anxiety, eliminate fatigue, and revitalize the physical body.

BEFORE LISTENING TO THIS SESSION

Decide on your purpose. Know how you want to feel when finished listening.

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

BENEFITS

- Replenish your energy reservoirs to handle daily life with ease and poise.
- Get in tune with the real power within, gracefully and effortlessly.
- Release stress from your body and enjoy excursions into the deepest relaxation possible.

- Go to that heavenly place of relaxation and discover the most remarkable vacation you can imagine.
- Develop peace within your mind, body, and emotions.
- Overcome the negative effects of insomnia.
- Immerse yourself in a deep realization of the marvelous talents you possess, and enjoy days that flow with ease.
- Gain access to naturally existing resources of enhanced creativity, boundless energy, sizzling enthusiasm, expansive joy, deep peaceful calm, and more.
- Eliminate jet lag.
- Go to sleep when you want to, and gain greater benefit from the time you sleep.

TECHNIQUE OVERVIEW

Deep Relaxation provides the deepest possible relaxation of the physical body, a calming and quieting of the thinking processes, and a gentle settling into peaceful feelings at an emotional level.

At the beginning of the session, you are invited to decide your purpose. You are asked how you want to feel when you are finished. You are also asked if you will continue relaxing after the session is completed or if you will immediately return to an outwardly directed state of awareness feeling refreshed.

Three important processes weave together producing the lovely whole-body/mind effects you enjoy. The first process is physical relaxation. To accomplish this, you assume a physical posture for resting and begin observing your breathing. Breath is the link between body and mind. As you calm your breathing, you calm both the body and the mind. A “progressive relaxation” exercise guides your awareness through the major muscle groups starting at the top of the head and following downward to the bottoms of the feet. Bringing your attention to each muscle group with the thought of relaxing allows the body to release tensions.

The second process is mental relaxation, beginning with focusing your awareness in the present moment, rather than on concerns about the past or anticipation of the future. Gathering your attention into your “now” awareness, including your breathing, releases thoughts that create all prior anxiety, worry, fears, resentments. Taking charge of your thinking in this way trains your brain to switch from the “busyness” of your active mind to a lower, slower, quieter rhythm in which you have more choice. Similar to switching channels on a television or radio, you are learning to change frequency ranges of brain activity to the “relaxation channel.” If your mind wanders off, you bring it back to the relaxation process.

The third process is working directly with your emotions. You learn to let go of feelings of tension and thoughts that produce negative emotions. This frees you to choose peace and tranquility, which will support you in achieving the level of relaxation you are ready to enjoy.

To facilitate your relaxation, imagine entering a quiet peaceful place in your mind. A long count down from 10 to 1 introduces the dual-voice Paraliminal experience and takes you inward to a deep level you feel comfortable experiencing. Two separate periods of silence in which the dual voices stop and the ocean waves continue to roll provide a lovely opportunity to help the mind to quiet down further. In these quiet times your mind is free to enjoy the deeply restful, relaxed state in different ways that are right for you. Your brain may momentarily enter into the delta rhythm brain waves associated with deep sleep. These brain waves offer the equivalent of a reboot switch or circuit breaker for the brain and produce a complete revitalization of the mind and body upon returning.

The positive, affirmative phrases associated with the *Deep Relaxation* Paraliminal are all created to enhance your personal choice to feel in charge of your life, energy, feelings, and thoughts. You remain in full access of your personal strengths to accomplish what you set your mind to achieve. In addition to receiving the benefits of a deeply relaxed time-out, you also gain greater access to your inner resources for success.

The ending gives you the option to remain within or to bring yourself to an outwardly directed state of awareness.

BEST WAYS TO USE

- Drink at least a half glass of water before listening.
- Give your body a little stretch prior to settling back for relaxation.
- Give yourself permission to let go and be on vacation for 30 minutes. Allow yourself to “do” nothing but enjoy relaxing.

- Release any thoughts, problems, fears, anger, resentments, doubts, or anxieties. Give yourself the pleasure of this calm, peaceful time within.
- Be in an environment conducive to relaxation: quiet, dimly lit, and free from distractions. If listening on an airplane, consider wearing a light-blocking mask over your eyes and noise canceling headphones. If you are at work, you may elect to use the *10-Minute Supercharger* instead, because of its short duration.

POSSIBILITIES FOR GOING BEYOND

Living an active, focused, productive life requires energy. We can increase our capacity for energy output by maintaining a balanced diet, getting proper exercise, and allowing time for effective rest. *Deep Relaxation* is the perfect way to quickly create a restorative session of effective rest. When a good night sleep is not an option, *Deep Relaxation* can be a lifesaver.

When we strain against life's pressures, we draw from our reserves of adaption energy—those reservoirs of energy that let us adapt in the moment to the rapid-fire challenges that come our way. Rest replenishes the body's adaption energy reserves. If we are too busy to create rest time, and lack other effective strategies for minimizing our response to daily pressures, burnout is on its way.

Deep Relaxation helps to cope with pressures and thrive in hectic times. Whatever your symptoms, consider a session with this powerful Paralinimal session and discover the immediate benefits awaiting you. Not only will you achieve fast results, but you simultaneously train yourself to receive additional long-range benefits. Here are several common examples:

Trouble sleeping?

Most often, sleep problems result because the mind is too active to settle down. Let's face it, after a crazy, hectic day, the only quiet time all day long is often when you finally lie down in bed. In these sacred "finally the-rest-of-the-world-is-off-my-back" moments, your brain can freely roam any way you choose. That is fine, up to a point. If you don't know when to stop the mind chatter, your brain will just keep on roaming, long after the point of diminishing returns. Ideally, give yourself 30 to 45 minutes of roaming time. Then, focus on resting. Even if you do not fall asleep immediately, lying down will give you what you need as you rest with your eyes closed.

If you have not trained yourself to switch off your mind at will, your *Deep Relaxation* will show you how.

Waking in the night?

If you wake in the middle of the night, no problem! Most people panic and begin affirming all the worst outcomes. In truth, it's a grand opportunity to benefit tremendously. Replay the *Deep Relaxation* Paraliminal to capitalize on this quiet time alone with your thinking. Before listening, gently affirm the outcomes you want, returning easily back into sleep and awakening in the morning refreshed.

Suffering from jetlag?

Listen to the *Deep Relaxation* Paraliminal on the plane and after you land. It has an amazingly restorative effect, whether you fall asleep to it or not.

Too much to do and stealing from your sleep time to get it done?

Taking breaks are necessary. Without dreams and sleep, the mind becomes psychotic. The brain needs down-time to review new information, sort it, discard what is not important, and integrate what is important. Without a break your body will use up its energy reserves to help you cope. At some point, you need to replenish those energy reserves. The 34-minute *Deep Relaxation* Paraliminal gives an astoundingly deep, rest-filled session to fully recharge and revitalize your physical and mental energy. In a pinch, a single *Deep Relaxation* session has provided people with what they felt was the equivalent of 90 minutes of highly restful sleep. Clearly you will need to sleep eventually, but when you are “burning the candle at both ends,” *Deep Relaxation* will let you rest efficiently and recharge your energy reserves.

Tired from a big day at work and still have a big evening ahead?

Deep Relaxation can put the perfect “buffer-zone” between a busy work day and your other interests. Tell yourself upon beginning the session that you will “integrate all your day’s experiences at a level below your conscious awareness and have fresh solutions and insights to implement when you awaken tomorrow morning.” You will have a lovely, restorative rest, enjoy a bright mind and energetic body through the evening, and sleep restfully upon retiring for the night.

Woke up feeling exhausted after a full night's sleep?

It will never happen again once you use the *Deep Relaxation* session. Get in the habit of giving your mind positive, affirmative directives about how you will awaken in the morning.

Drowsy and need to get revitalized?

Deep Relaxation is the solution, if you have 34 minutes to spare. If you need to get a quicker supercharge, use the *Ten Minute Supercharger* Paraliminal.

Forced to take a leave of absence due to health issues, but carrying the stress into your time-off?

Train yourself to switch off your overactive, meddling conscious mind so that the perfect workings of your mind/body can restore you to health. Set aside time each day to take a “nap” using this Paraliminal. Then, create time to think positive, uplifting thoughts that support you.

INSIDE SECRETS

When my son Ben was a little boy, he often listened to Paraliminal sessions to help him calm his active/alert mind before sleep. They helped him feel good about himself and taught him to direct his creative imagination in beneficial ways. One night he asked me, “Dad, can you make me a Paraliminal that doesn’t wake me up at the end?” Up until that point, every Paraliminal recording always finished with “...and now 5! Wide awake, alert, revitalized and in tune with life, really feeling good!”

Deep Relaxation was the very next recording I made, which was the first Paraliminal to not “wake” you at the end. Instead, this recording guides you to a choice point, where you can decide to “awaken” to a fully alert state, or remain peacefully relaxing for as long as you like. If you choose to set an intention to remain in a relaxed state until morning, the recording serves as the perfect vehicle to begin a calm, restful night of beneficial sleep. The fact that you begin sleep in a relaxed state instead of being in a state of exhaustion, means that you gain more benefit from the time you sleep.

Sleep time

Known by researchers as “the twilight state,” the minutes prior to sleep and immediately upon awakening can transform your life—either positively or negatively. Used properly your sleep time leads to a healthy, happy life.

The twilight state is one of physical relaxation, mental clarity, and high suggestibility. It is that delicate zone between wakefulness and sleep. It can also occur in the middle of the night upon awakening for any reason. What

you say to yourself in the twilight state will be taken in and acted upon by the mind. *Deep Relaxation* is the perfect training vehicle to help you develop the habit of using the twilight state effectively.

Here are three key examples of using the twilight state:

- If you affirm when going to sleep, “I am dreading tomorrow, it’s going to be an awful day,” then your mind will act upon that thought. Why not change that thought to support what you want to create? For example, “Tonight I will rest comfortably and feel refreshed upon awakening, ready to do my best and succeed at all the tasks I encounter.”
- If you affirm upon awakening in the night, “Oh no! It’s 2 a.m.! I’m never going to get back to sleep! I’ll be exhausted all day,” then you can count on it happening. Change those thoughts to ones that support what you want to create. For example, “Excellent! I’m now able to give my mind additional directives to ensure my success tomorrow morning. In the time I have remaining in the night I will rest deeply and receive the equivalent of an extra eight hours of sleep. When I awaken at 6:00 a.m., I will be well-rested, refreshed, and ready for a great day.”
- If you affirm in the morning, “Ugh! I feel awful. I’m going to be miserable all day. I can’t wait until I finally get home and can go back to bed,” it is guaranteed that is what you will create. Change your affirmation to what you want to create. For example, “My body is relaxed and at peace. My mind is clear and calm. I can create my day however I choose. I choose to live this day fully, feeling great, at the top of my game. I now awaken feeling refreshed, revitalized, and in tune with life!”



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To accomplish Greatness in Your Life

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Improve your health with **SPRING FOREST QIGONG**

For thousands of years the Chinese elite have known that controlled breathing techniques combined with focused concentration and simple movements can significantly improve one's health. They call this practice Qigong (pronounced "chee-gong").

Chunyi Lin, a Qigong master, teacher, and healer, has demystified this ancient practice and made it practical for today. His Spring Forest Qigong course guides you through learning simple, easy-to-follow exercises for a vibrant sense of energy and well-being. With the practice of Qigong you can take away stress, pain, and sickness at speeds that will amaze anyone... leaving you with more energy.

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PARALIMINALS



Abundant Money Mindset—Move beyond limits and build financial strength

Anxiety-Free—Gain freedom from fears and project strength

Automatic Pilot—Eliminate negative self-talk and vaporize self-sabotage

Belief—Strengthen belief in your ability to achieve

Break the Habit—Free yourself from addictive behaviors

Creating Sparks—Ignite fun, attraction, and romance

Conscious Time—Get the most out of every minute

Deep Relaxation—Enjoy profound and rejuvenating relaxation

Dream Play—Profit from remembering and using your dreams

Focus & Concentration—Accomplish more in less time with *focal point* thinking

Fresh Start—Make each moment a new beginning

Get Around To It—Eliminate procrastination and succeed by design

Happy for No Reason—Build an unshakable inner home for happiness

Holiday Cheer—Feel love, peace, and joy toward yourself and your world

Ideal Weight—Reach and maintain your ideal weight—naturally

Instantaneous Personal Magnetism—Turn on poise, charm, and sex appeal

Intuition Amplifier—Bring clarity, trust, and power to your inner knowing

Letting Go—Gain emotional freedom from what holds you back

Living the Law of Attraction—Consistently attract the good, positive, and extraordinary





Memory Supercharger—Strengthen your memory and concentration



New Action Generator—Make choices, take action, and succeed



New Behavior Generator—Neutralize unwanted behaviors & take on new ones



New History Generator—Transform emotions and memories that block you



Peak Performance—Fire up your motivation for superior results



Perfect Health—Align your mind and body for self-healing and well-being



Personal Genius—Accelerate your learning abilities



Positive Relationships—Create strong, beneficial, and lasting relationships



Power Thinking—Think clearer, smarter, faster

Prosperity—Open the flow of abundance in your life

Recover & Reenergize—Get your body back to feeling great

Self-Discipline—Follow through with consistency and determination

Self-Esteem Supercharger—Gain profound confidence & feel great about yourself

Sleep Deeply/Wake Refreshed—Gain rest, healing, creativity, and energy

Success Built to Last—Create a life that matters

Talking to Win—Communicate with ease, present with authority

You Deserve It!—Gratefully receive life's abundant gifts

Youthful Vitality—Enjoy the creative energy and vitality of youth

10-Minute Supercharger—Energize your body and mind in minutes



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DEEP RELAXATION

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.**

DRCDB

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