

*paraliminal*

# FRESH START

Make each moment a new beginning



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# FRESH START

## PURPOSE

Discover how every moment holds the potential and promise for a fresh start in any area of your life. This Paraliminal helps you consciously align your innermost intentions with the thoughts, feelings, and actions that will make certain their outcome.

## BEFORE LISTENING

When consciously aware in the present moment, you have tremendous power to create happiness, success, and inner peace.

This simple act of awareness builds a positive expectancy and helps you sidestep the suffering that occurs when things turn out differently than planned. All fear, anger, and related emotions fall away, allowing you to make choices that serve you. It marks a new beginning.

Before listening, take a moment to consider:

- Behaviors you would like to shift. Recall moments of frustration, disappointment, or fear, followed by reactions that do not serve you.
- Any troubling automatic or unconscious negative patterns of behavior. Think of moments when your usual ability to be positive and enthusiastic shifts to being unaccountable, weak, judgmental, or unkind.

If you could spontaneously respond to these recurring moments with greater kindness, appreciation, acceptance, or love, would you choose to?

If your answer is yes, you are willing to hold a new awareness of the present moment and make a fresh start now. You may listen to your Paraliminal or continue reading for additional insights and tips.

## HOW IT WORKS

Situations reminiscent of negative past experiences will often trigger a reaction of anger or fear. Even though the same negative outcome is unlikely, we brace ourselves for it. We repeat the same unfortunate story in our mind, and in so doing actually invite negative outcomes time and again, replaying self-defeating patterns.

With the *Fresh Start* Paraliminal you practice the art of observation to see yourself as you really are—without judgment or negative self-talk. This perspective, free of past associations, makes it easier to accept responsibility for the way your life is now. You will choose more consciously in the future, giving way to a richly satisfying life.

By gaining a conscious perspective on your feelings and actions, old unconscious patterns fall away. You feel and act with greater kindness and love. You find it easier to accept whatever happens in your day. When you accept rather than resist outcomes that are out of your control, you put an end to the suffering that results from disappointment. Soon you feel a supreme sense of gratitude for everything in your life.

With each listening session your practice of increased awareness grows deeper. The more you practice conscious awareness and exercise intentional choice, the easier you will maintain the state, and the more accurately your life will reflect what you intend.

## BEST WAYS TO USE

### **Elevating Your Response**

When you find yourself acting in ways that thwart your own best intentions, this Paraliminal can help. *Fresh Start* enables you to look objectively at your reactions to situations that frustrate or disappoint you. It teaches you to consciously witness automatic reactions that seem to take over and undo all your finest efforts.

When you see yourself overindulging in some behavior, having fearful thoughts of failing, or anxiously obsessing about some future event, listen to this session daily for a week with that particular behavior or thought in mind. Listening reinforces an elevated consciousness and an ability to generate new responses in the moment. You rise above old thresholds and begin to neutralize feelings, actions, and reactions you wish to change.

## **Facing Loss**

*Fresh Start* allows you to be more present to what you are feeling in the moment. That is why it is an especially helpful tool when grieving the loss of a loved one or dealing with the loss of a job, a home, or anything else of meaning or value to you.

Listen to this Paraliminal daily during such periods of difficulty to help emotions pass and new possibilities come to mind. This Paraliminal allows you to clear the mental traffic, be present, and see the new beginning trying to emerge. It will help you create greater appreciation, acceptance, and love within.

## **Improving Relationships**

When we feel other people do not measure up to our expectations, we often react in fear or anger. Allowing these emotions to drive our actions can sabotage our intentions.

This Paraliminal is helpful when dealing with people who stir a negative reaction within us. Often these are the people closest to us. They tend to have the greatest impact on us because we let them into our personal space and share our most intimate details with them. When their actions violate our trust, a negative reaction may spontaneously emerge.

Listen to this Paraliminal for one to three days following a difficult encounter with someone. It will help create more love and trust, generate good feelings, and improve your relationship.

You can also use this session to head off potential negative reactions with people. Listen to this Paraliminal prior to any planned meeting or encounter with someone you feel has pushed your buttons in the past.

## BENEFITS

Every moment holds the opportunity for your life to unfold anew with purpose and meaning. With your deepening sense of conscious awareness you:

- Become more skilled in the art of acceptance.
- Embrace every moment, every circumstance, and every challenge just as it is.
- Effectively sidestep the suffering your own mind can create.
- Gain the power to change a negative to a positive by withholding judgment.
- Discover the gift in every difficult moment.
- Find a new sense of enrichment and fulfillment through the choices you make.
- Enjoy a deep, abiding gratitude for all experiences in your life.

## POSSIBILITIES FOR GOING BEYOND

The practice of conscious living allows the fullest expression of your human potential. It is an ongoing process of looking deep within yourself to discover how to align your outward actions with your innermost intentions.

You can more fully achieve this conscious perspective by observing Bill Harris's *Nine Principles of Conscious Living*, the foundation of this Paraliminal.

### **1. The Principle of Letting Whatever Happens Be Okay**

Things that happen around us or to us are never the cause of suffering. Suffering is the result of our *resistance* to the way things are, and it stems from the thoughts, feelings, and expectations we attach to people, situations, or things.

When you sense resistance, meet it with *acceptance*. Tell yourself, “Everything is okay just as it is. Not negative, not positive. It just is. Whatever happens is okay.”

### **2. The Principle of Threshold**

We each have a threshold of comfort based on our own personal map of reality, our concept of who we are. When things that are happening around us force us beyond our comfort level, a feeling of chaos sets in.

Each of us has a threshold we can benefit from stepping beyond. When you feel yourself stressed beyond your comfort level, tell yourself, “This feeling of chaos is normal. It is temporary. It will pass.”

### **3. The Principle of Chaos and Reorganization**

When we move past our threshold and sense increased chaos, we naturally fall back into familiar old patterns—actually defense mechanisms—that help us resist change. This resistance sabotages our best intentions. But



when you surrender to the chaos and trust that the result will be preferable to repeating self-defeating patterns, you discover more productive, generous, kind, and wise ways of being.

Chaos is a prelude to the creation of a new, better internal map of reality. When chaos arises, tell yourself, “It is a gift. I can trust my higher instincts. They will lead to a more purposeful and satisfying life.”

#### **4. The Principle of the Map is Not the Territory**

It may feel as though chaos threatens to change the very person you are. But you are not defined by old patterns. When old patterns fall apart, you do not fall apart with them. You instead thrive as old patterns are replaced with more satisfying choices. When your map begins to fall apart, tell yourself, “I am not falling apart, but am wisely trading one ineffective tool for a better one.”

#### **5. The Principle of Responsibility as Empowerment**

Your feelings and actions are your own. Whether conscious and deliberate or an automatic reaction generated by fear or anger, you own them. By accepting responsibility for every feeling you experience, every action you take, you grant yourself the personal power to change them. Tell yourself, “I choose to feel courageous. I choose to act in alignment with my intentions.”

#### **6. The Principle of Conscious Change**

Once you take responsibility for your actions, it is impossible to consciously choose behaviors that are obviously harmful to you. To become

conscious, you must identify your favorite ways of going unconscious. These may involve obsessing, blaming, overanalyzing, spacing out before a television, overeating, or overindulging in drugs and alcohol. Pay attention to your feelings, thoughts, and behaviors with curiosity and awareness. Those which do not serve you will fall away.

## **7. The Principle of Witnessing**

When stressful situations make you want to revert to unproductive behaviors, you can mentally step back outside yourself as if to watch and witness the behavior pattern replayed so many times before. In doing so you gain clarity about your own actions.

Tell yourself, “I don’t need to pass judgment. I can just be a witness.” The act of witnessing keeps you from becoming lost in your feelings or behaviors, and it makes it much more difficult to continue suffering.

## **8. The Principle of Good and Bad Generalizations**

In our formative years, we all developed generalizations about who we are and what our relationship is to the rest of the world, and we placed those generalizations into two categories: “good” or “bad.” But these generalizations are just creations of the mind, and they can be unlearned.

When you consider events or situations as neutral—what is *is*—you break down old thinking that is not helpful. This opens up room for conscious choice that more accurately reflects your true inner intentions. Tell yourself, “I am free to be exactly the self I have always wanted to be.”

## 9. The Principle of the Neutral Universe

Everything in the universe is neutral. When everything is considered neutral, there is nothing to resist, nothing to trigger stressful thoughts.

You create your world through the meanings you choose to assign to the people and things in your life. Think of yourself as a character in a play, a character playing a role. This makes life playful and opens more choices and more satisfying experiences. It allows you to start anew in any moment as the creator of your own purposeful life.

Make your life one of mastery of these principles and you will create increasing happiness, success, and inner peace.

To obtain a free 56-page comprehensive report of the *Nine Principles of Conscious Living*, go to [www.Centerpointe.com/NinePrinciples/LSC](http://www.Centerpointe.com/NinePrinciples/LSC).

## HOW PARALIMINALS WORK

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

Through their unique application of neuro-linguistic programming and whole brain learning technologies, Paraliminicals stimulate your mind to quickly improve your life and maximize your potential—without subliminal messages.

As you listen with headphones, you will hear a variety of messages. At the very heart of the program, the voices are artfully woven together. You will

hear one voice speaking in one ear to one part of your brain and a second voice speaking in your other ear to a different part of your brain.

Your conscious mind finds it difficult to process two voices speaking simultaneously, so it shuts down, putting you into a deeply relaxed, clear-headed state—which leaves your inner mind to absorb the message at a deep level. The voices you hear gently guide your mind so that you get the results you want.

Each Paraliminal is meticulously crafted using state-of-the-art digital recording equipment to produce a soothing 3-D sound that allows music, voices, and nature sounds to project spatially in your mind in a soothing, effective, and pleasurable way.

## 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).

## USING YOUR PARALIMINAL

Paraliminals are the easiest, most relaxing personal development tool to use. Simply:

- Create a quiet time to focus inwardly. Choose an environment relatively free from distractions. Sit comfortably or recline.
- Set your purpose for listening.
- Listen with headphones. You will receive minimal benefit if you merely play a Paraliminal in the background; do not listen while driving or operating machinery.
- Many people enjoy working with their unconscious during dreamtime. You can enjoy the benefits of sleep learning by setting 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.
- To listen to more than one Paraliminal, take a 20-minute break between.

## **How Often Should I Listen to a Paraliminal?**

Refer to the *Best Ways to Use* section for listening recommendations regarding this particular Paraliminal. Your Paraliminal use will vary depending on your unique needs. Some people may notice benefits after their very first listening session, while others may experience change over the course of days or weeks during several sessions.

Some people will listen to a Paraliminal when they want to shift a particular pattern of behavior or change a belief. Others make a point of listening the night before an important activity or event.

Paraliminals are catalysts for change. They facilitate access to strengths already within you. Most changes are integrated within three days. Continued listening can reinforce continued development.

When not getting the results you want, consider changing:

- The time of day you listen.
- Whether you are sitting or reclining.
- The room where you are listening.
- The furniture you sit or recline on (listening on a sofa might not generate results if you usually use the sofa for napping).

## **Will I Still Benefit if I Fall Asleep or Am Interrupted While Listening?**

Yes, you will still gain benefit providing you clearly state your purpose for the session at the beginning. If interrupted, simply open your eyes, deal with the event, and then continue.

## How Do I Clarify My Purpose?

On some Paraliminal recordings you will be asked questions to help you focus on the benefit you desire. Pause the recording as needed.

You may also choose to write down your purpose for listening to strengthen your intention and focus. The following guidelines can help you clarify your purpose and ensure every goal you have is well formed.

### *1) State your goal in the positive.*

Your goal must positively specify what you want, not what you do not want. Instead of saying, “I want out of this boring job,” state, “I apply my creative skills and energy to solve interesting problems in an exciting work environment.”

### *2) Focus on a goal within your control.*

You cannot control how others feel. The goal, “I want my office team to be happy” is not within your control. But the following is: “I do my part to create an office environment that supports my team’s work.”

### *3) Create a goal that preserves what you value.*

Craft a goal that maintains the things you value most in your life. If you have to give up too much to have a goal, it is unlikely you will seek it. For example, earning more money may take away from family time if it requires overtime or additional schooling. Make sure the trade-offs are worth it to you.

### *4) Write your goal in the present tense.*

Write your goal as if it has already manifested. Choose phrases such as “I am...” and “I choose...” You only need to know what it is you choose to create.

### 5) *Craft a measurable goal.*

You must be able to know you have achieved your goal. To turn “I want to be happy” into a measurable goal, you must specify what happiness means to you. “I spend eight hours of quality time with my family each week” is a measurable goal.

## ACCELERATING YOUR RESULTS

- 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).)
- If you are familiar with Diamond Feng Shui, remember to face the appropriate *Best Direction* when listening to your Paraliminal. Energy flows in and around you all day long from different directions. Feng Shui Master Marie Diamond says that energy from one direction supports your Success, energy from another direction supports your Health, another direction your Relationships, and another your Spiritual Growth. These directions vary from person to person.
- Visit our online Discussion Forum ([www.LearningStrategies.com/Forums](http://www.LearningStrategies.com/Forums)) to interact with other Paraliminal users with similar intentions.



## PAUL R. SCHEELE

Paul Scheele, co-founder of Learning Strategies Corporation, is a highly trained and internationally acclaimed innovator within the fields of neuro-linguistic programming, whole mind learning, and preconscious processing. He has skillfully crafted each of the successful Learning Strategies Paraliminals. His unique expertise and collaborative genius creates a transformative experience for you.

Paul has designed and developed over fifty programs relating to personal development including PhotoReading, a unique reading system for processing the written page 25,000 words a minute. He has authored two books: *PhotoReading* and *Natural Brilliance*. His works have been translated into 15 languages.

## BILL HARRIS

Bill Harris is President and Director of Centerpointe Research Institute, which he founded in 1989. Hundreds of thousands of people in over 170 countries on six continents have used his programs—including The Holosync Solution and The Life Principles Integration Process—to improve their lives. Holosync is used in every Paraliminal, including *Fresh Start*, to induce deep meditative states, causing the brain to reorganize at higher levels of functioning.

Bill has been involved in personal development for over 35 years as a seeker, teacher, public speaker, author, musician, composer, therapist, workshop leader, and business owner. He is a certified trainer in neuro-linguistic programming and is frequently invited to speak at scientific and transformational forums and conferences across the country. Bill can be reached at Centerpointe Research Institute, 1700 NW 167th Place, Suite 220, Beaverton, Oregon, 97006, by phone at 1-503-672-7117, or online at [www.Centerpointe.com](http://www.Centerpointe.com).



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*For information on these and other courses, visit [www.LearningStrategies.com](http://www.LearningStrategies.com). You may also call us toll-free at 1-888-800-2688.*

# FRESH START

## 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.**

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*paraliminal*

