

paraliminal[®]

LIVING THE LAW OF ATTRACTION

Consistently attract the good, positive, and extraordinary

Paul R. Scheele
Jack Canfield

 Learning Strategies Corporation

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Music by Paul Hoffman. www.SuccessSongs.com

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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 stereo 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.

More information on how Paraliminals work can be found at www.LearningStrategies.com/Paraliminal.

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 are one*, 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 stereo 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.

For more information on how you can use Holosync to accelerate mental, emotional, and spiritual growth, and to receive a free Holosync demo CD and a free Special Report, visit <http://www.Centerpointe.com>.

PAUL R. SCHEELE

Paul Scheele 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.

JACK CANFIELD

Jack Canfield is a leading expert in the field of peak performance and the author of *The Success Principles™*, a practical guide based on 64 timeless principles used by successful men and women. Jack has helped hundreds of thousands of entrepreneurs, corporate leaders, managers, sales professionals, employees, and educators to accelerate success, achieve dreams, and create joy in their lives.

Jack founded the Transformational Leadership Council and is prominently featured in the movie phenomenon *The Secret*. He is co-creator of the *Chicken Soup for the Soul®* series of 125 New York Times best-selling books resulting in more than 110 million sold. His numerous other books, audio courses, syndicated newspaper column, and radio show motivate individuals to take on greater challenges and produce breakthrough results. Jack can be reached at The Jack Canfield Companies, P.O. Box 30880, Santa Barbara, California 93130, by phone at 1-805-563-2935, or online at www.JackCanfield.com.

LIVING THE LAW OF ATTRACTION

*Consistently attract the good, positive,
and extraordinary*

PURPOSE

Attract what you need to make your life better and better each day by raising the vibration level of your physical, emotional, and mental energy. Align with universal laws to create results that mirror your goals and dreams.

BEFORE LISTENING TO THIS SESSION

The Law of Attraction states that you attract whatever is similar in vibration. You become what you think about, talk about, attend to, and feel deeply about, because your thoughts are energy and will attract the same kind of energy to you.

Furthermore, raising your *physical* energy brings greater health and well-being. Increasing the vibration of your *emotional* energy brings greater peace, joy, and love. Raising your *mental* energy creates more expansive success, wisdom, and spiritual growth.

Before your listening session, do the following:

- Decide the benefit you would most like to enjoy as a result of this session. Are you choosing to enjoy the benefits physically, emotionally, or mentally and spiritually?
- Think of a person who is a vibrational match to the benefits you want to create, a person who models the high vibration that you would like to experience. It may be someone you know or a person you've only seen, heard, or read about.

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

BENEFITS

- Discover an inner blueprint for effortless success.
- Enjoy higher levels of health, joy, creativity, and self-expression.
- Eliminate depressed states of stagnation, illness, and inflexibility.
- Consciously act in a consistent way to create abundant wealth in your life.
- Attract the ideas, attitudes, people, and positive resources you need.
- Use your internal and external guidance systems to support your every action.
- Raise your physical, emotional, and mental energy vibrations and live in harmony with universal laws.
- Clarify your intentions so the actions you take bring even better results.

- Learn to discern and release negative vibrations that hold you back from achieving your goals.
- Enjoy peaceful feelings of expanded awareness.
- Discover how to live with greater ease.

TECHNIQUE OVERVIEW

This Paraliminal session helps you explore how the natural world emerges and grows. When you align with this natural design, you discover your own powerful inner blueprint. You learn to trust that your true nature aligned with your intention does exactly what is needed to serve and support you.

The design of the natural world is present from the moment you were conceived. Every cell in your body resonated with the energetic vibrations around you. Your cells absorbed the energy of sound and light and touch that stimulated your growth and development. After you were born, the energy-absorbing quality of your cells continued to combine with your sensory systems as you learned from the natural world and the people around you.

As a seed contains the blueprint of a fully mature plant, you also have access to a vast storehouse of useful information and energy. This living energy is imprinted and integrated within your body and creates your genetic heritage. As you learn to consciously create your intentions, you can transcend this heritage and deliberately create any future you dream possible.

This Paraliminal session also guides you to raise your vibration by experiencing the positive growth-affirming energy of people who inspire

and move you, who motivate you to live life to the fullest. You'll create a vibrational match to your higher intentions and goals as you encounter the successful people that support and affirm your potential.

BEST WAYS TO USE

- Listen when you want the Law of Attraction to generate positive results in your life, whether specific or general.
- Listen when you want to eliminate negative thoughts about yourself or another person. Thoughts lead to feelings. When you consciously create a better thought, you raise your vibration and feel better.
- Listen when you need to address something in your life that triggers a lower vibration. This Paraliminal can help clarify your intentions and spark your creativity.
- Listen when you're feeling a victim of circumstances. This session helps you gain control of your thoughts and take charge of your life.
- Listen when you want to acquire a new behavior or attitude. Listening helps open a place in you for those new behaviors and attitudes to develop.
- Listen when you find yourself feeling "less than" in comparison to another person. Often this means that you need to learn something important from that person. Listening helps you instill a deep appreciation for your gifts and talents.

POSSIBILITIES FOR GOING BEYOND

As you experience life each day, ask these questions. How can I get better at living my life today? How can I express greater joy, greater personal power, and creativity?

Learning to attract successful people who already do what you want to do is extremely beneficial. When you interact with these people, you develop the same positive qualities quickly, deeply, and naturally.

Successful people are models of dynamic self-expression and intention. They demonstrate profound joy and gratitude through the sound of their voices, the movement of their bodies, the power and grace of their gestures. As creative thinkers and innovators, these spirited leaders represent new forms of expression, expansion, and service.

They experience high levels of health, joy, creativity, and self-expression with an expansive and high-vibrational energy. Also, they know how to identify, experience, and release depressed states of stagnation, illness, and inflexibility.

All of us experience both expansive and contracted energy states. The important thing to remember as you learn to align with the Law of Attraction is that you possess two important feedback systems to help discern when you are contracted and when you are expansive.

Using Internal Feedback

You effectively manage your energy levels by paying close attention to your “internal guidance system.” Your emotions are an important feedback

system that shows up as a visceral response in your body. Your body generates clues to your current vibrational state of contraction or expansion.

In a state of contraction, you feel depressed, stressed, fearful, lonely, or angry. Physical feelings of contraction take you off course and away from your highest good. When you pay attention to your emotions and your body, you can switch gears, improve your thoughts, and change your vibration. As a result, you feel joyful, peaceful, and happy. You are in a state of expansion.

From this place of expansion, you automatically create a vibrational match for the experiences and opportunities you want to attract. You effortlessly manifest your goals and experience a profound level of joy, gratitude, and love.

Using External Feedback

In addition to internal signals, you also receive external feedback in the form of messages from the universe that tell you whether or not you are on the right track and in alignment with your true desires. This feedback consists of the subtle and not-so-subtle signals from people, situations, and events in your life.

For instance, you know when things seem to effortlessly go your way, when everything just “clicks” for you. You feel supported in your actions, clear about your direction, and grateful for your experiences. This external feedback communicates that you are on track with your intentions.

There may be times, however, when you meet resistance at every turn, when no matter how hard you try nothing seems to go your way. This is the universe signaling the need for a course correction. Listening to this external feedback can help you quickly reevaluate your attitudes, thoughts, and actions to get you back on track.

Listen carefully to both your internal and external feedback systems. They will guide you to create in harmony with the Law of Attraction.

INSIDE SECRETS

There is much more to the Law of Attraction than simply “ask, believe, and receive.” Visualizing and hoping and dreaming don’t magically produce everything you want. You need to activate another important principle of the Law of Attraction, “act as if.”

Believe with every fiber of your being that what you want is truly possible. Think, feel, and “act as if” you already have what you want, that it’s your reality.

From this expansive place you mentally and emotionally claim your intention with pure trust, faith, and imagination. Clearly visualize it to create the vibrational match for what you want to attract in your life... and then act.

The last six letters of the Law of Attraction spell action!

When you are taking action, it's a statement of your belief. You believe that the action can produce the result. You respond to the opportunities that "asking" generates. You ask, believe (and act!), and then receive the results in a state of gratitude.

If you are familiar with Diamond Feng Shui, remember to face the appropriate "Best Direction" when listening to this Paraliminal.

TAP THE POWER OF PARALIMINALS

Self-Growth for Busy People



If you enjoyed *Living the Law of Attraction*, you will love *The Ultimate You Library* of Paraliminals. This popular collection of the original 22 Paraliminal CDs is enhanced with “Holosync” audio technology to create the most receptive brain state for personal transformation. *The Ultimate You Library* will help you quickly get results, whether you want to boost self-confidence, eliminate procrastination, or shed a few pounds.

Just think of what you want, sit back for 20 minutes or so, and drift into a peaceful world of relaxing music, nature sounds, and words. Your mind will immediately—and gently—begin learning how to serve you best.

Paraliminal learning sessions increase your personal power by activating your “whole mind” through their unique application of accelerated learning, preconscious processing, and neuro-linguistic programming technologies. Each CD, carefully scripted by Paul R. Scheele, stimulates your genius mind to generate immediate and long-lasting results. Truly, nothing gets results like a Paraliminal.

PARALIMINAL CDS



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



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

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



Memory Supercharger—Strengthen your memory and concentration

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

New History Generator—Transform emotions and memories that block you

New Option Generator—Resolve issues with new solutions and choices

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



Sales Leap—Perform with the winning attitude and skills of the best



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



Simplicity—Uncomplicate your life for more freedom and joy

Smoke-Free—Effortlessly cut back and give up smoking

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

For more information or to order, visit www.LearningStrategies.com.
You may also call us toll-free at 1-888-800-2688.



TAP THE POWER OF YOUR MIND

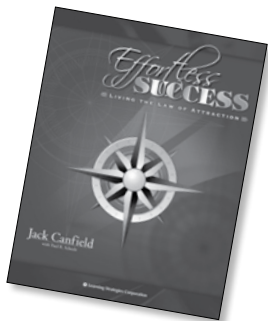
To Accomplish Greatness in Your Life

You can maximize your potential in the easiest and most enjoyable ways possible with other programs by Learning Strategies Corporation.

Attract everything you want in life with EFFORTLESS SUCCESS

The mega-hit phenomenon *The Secret* reminded millions of people around the world about this ancient truth: “We create our lives, with every thought every minute of every day.” The keys are to ask, believe, and receive.

Best-selling author and transformational leader Jack Canfield translates these general principles into specific daily practices to help you create the life you want now. He guides you in three powerful courses. In *Activating the Law of Attraction* you learn how to get from where you are to where you want to be. In *Integrating the Law of Attraction* you discover how to deal with obstacles that stand between you and your dreams. In *Applying the Law of Attraction* you create breakthroughs in your health, relationships, personal growth, and success.



Control your financial life with
EFFORTLESS ABUNDANCE DVD

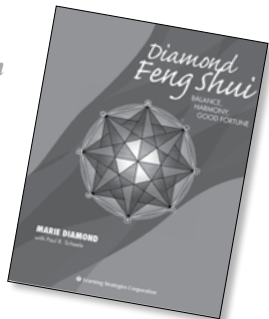
The secret to wealth is knowing where your true power resides. Most people try to build wealth through conscious efforts. Paul R. Scheele, master of the mental makeover, says, “stop it” and shows you how to step out of the limited conscious mind’s feeble attempt to control your life. He helps you access a powerful—yet seldom used by everyday people—way of thinking that produces miraculous results. This empowering DVD program, which includes more than a dozen special features that work directly with your genius mind, helps you break free of self-imposed limitations so your infinite intelligence can create the abundant life you choose.

Create balance, harmony, and good fortune with
DIAMOND FENG SHUI

Harness the energy of your environment and direct it in phenomenal ways. Learn to attract positive energy and deflect negative energy so that you experience fortune and happiness in the four main areas of living: success, health, relationships, and spiritual growth.

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www.LearningStrategies.com.

*You may also call us toll-free at **1-888-800-2688**.*



LIVING THE LAW OF ATTRACTION



Paul R. Scheele,
Paraliminal Developer



Jack Canfield,
America's Success Coach

“Harness the power of the Law of Attraction to create the life of your dreams. Allow the universe to help you attract everything you need. Experience the joy of living your dreams and celebrating each moment. Discover the satisfaction of a life filled with gratitude, abundance, and vitality.”

Review this booklet before listening