

paraliminal

PERFECT HEALTH

Align your mind and body for self-healing and well-being



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 Paraliminials 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.
- Paraliminals 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.

PERFECT HEALTH

*Align your mind and body for
self-healing and well-being*

PURPOSE

Perfect Health enhances your psychological and emotional states to positively affect your immune system, increase recovery rates from illness/injury, and improve your level of health. Direct your inner mind as a powerful ally of health to initiate your body's perfect healing abilities. Replenish your energy and revitalize yourself to enjoy a robust, joyful life.

BEFORE LISTENING TO THIS SESSION

Know the following:

- The last time you recognized a high level of wellness within
- The physical or emotional experiences in which you would like to achieve perfect health
- What your body has been trying to tell you by creating symptoms
- That you are willing to do what it takes to achieve perfect health

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

BENEFITS

- Increase faith in the integrity of the body and confidence in its perfect working order.
- Strengthen the body/mind connection as the avenue to perfect health.
- Increase patience and tolerance for what the body must do to heal.
- Connect to the universal pattern of healing, and generate high levels of wellness.
- Recover from illness with loving care and gentleness.
- Increase feelings of support and love toward your physical body.
- Overcome past feelings of frustration with yourself.
- Replenish the energy reserves of the body and mind.
- Gain optimism, peace, balance, and joy.
- Manage the challenges of life by realizing your power.

TECHNIQUE OVERVIEW

When there is an imbalance in the body, areas in the body will feel different energetically. For example, if there is too little or too much energy in an area of injury or disease, you can sense it as a cold spot or a hot spot in that area. To re-establish balance, we use the mind to facilitate the appropriate psycho-immunological response. We direct our attention to heat up cold spots and cool down hot spots.

As with all Paraliminal sessions, you must clearly establish your goals prior to listening. The session begins with inquiry into your purpose for listening in which you are asked “In what areas of your physical or emotional

experience would you like to achieve perfect health? Can you remember a time in your life when you really felt good, strong, and healthy? Has your body been trying to tell you something? If so, what? Are you willing to do whatever it takes to achieve perfect health?"

The “changework” section of the program activates the perfect healing powers within your body/mind. It guides you to imagine your physical body resting on a chair in front of you. You then stand on one side of your resting body, while your infinite intelligence, appearing as your “perfect self,” stands on the other side of your resting body.

You then hold the hands of your “perfect self” over your resting body to scan it and detect where it requires your attention and energy. Sensing the energy field of your body and emotions, you detect areas of hot and cold and give direction to the energy flowing through your body to balance it in ways most appropriate for you.

You engage deep emotional healing while you provide the impetus for profound and rapid return to physical health. Like tuning a musical instrument, you resonate more fully with all aspects of your being and direct the energy flowing into a perfect balance and alignment. Finally, you integrate all aspects of you into a perfect harmony, rhythmic order, and balance.

BEST WAYS TO USE

Listen to *Perfect Health* on a regular basis depending on your level of health and especially when you feel:

- Stress increasing.
- Symptoms of an illness coming on.
- Your health being less than optimal.
- Energy depleting.
- Upset about your physical or emotional performance.
- The after effects of strong physical workouts or heavy emotional events.

POSSIBILITIES FOR GOING BEYOND

Health is not merely the absence of illness or disease. On a scale from minus 10 to plus 10, the center point of zero is the common description of health. You can achieve a “zero to plus 10” level of robust wellness, or experience a “zero to minus 10” level of illness. *Perfect Health* supports you in realizing the positive side of the scale to plus 10.

Modern medical scientists have rediscovered what has been known by humans for thousands of years: the mind has a profound influence on the state of well-being a person enjoys. We know that the mind can be a healer or a slayer. How you use it can make the difference between wellness and illness.

It is well documented that the psychological and emotional states of people can affect their immune system, tolerance of change, and prognosis for recovery. In addition, people’s responsibility for their own health, diet,

stress management, physical fitness, and relationship to the environment can dramatically affect their health. *Perfect Health* gives you a daily opportunity to take positive steps toward recovery of your full wellness potential.

Perfect Health is designed to strengthen your connection with your mind as one of your most powerful allies in the establishment of high-level wellness. Through the right use of your imagination, you connect with the healer within and gain access to vast inner resources that can exert important influences on your health.

INSIDE SECRETS

Dr. Paul P. Pearsall's ground-breaking book *Superimmunity* inspired the *Perfect Health* Paraliminal. His book documents the power of psychoneuroimmunology, or how the mind affects the body's immune responses. It offers a roadmap that this program follows. To enhance the journey, a positive healing environment is created through a spiritually rich and supportive visualization process.

Perfect Health supports healing through positive language and imagery. The direct mental encouragement helps release the body's immune responses for healing. Those responses include complex chemical and physiological adjustments that bathe the body's tissues at the required target sites. The infinite intelligence of the body/mind does the work when given the proper impetus to do so. *Perfect Health* establishes the clear directions required for the body to do its perfect healing work.



TAP THE POWER OF YOUR MIND

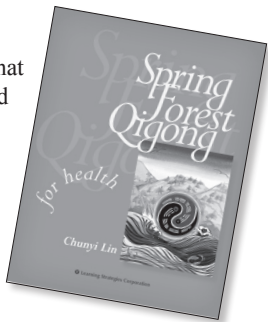
To Accomplish Greatness in Your Life

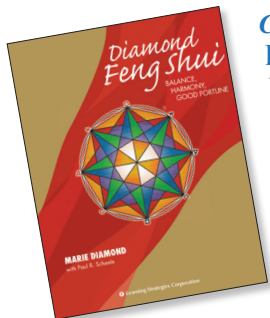
You can maximize your potential in the easiest and most enjoyable ways possible with other programs by Learning Strategies Corporation.

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.





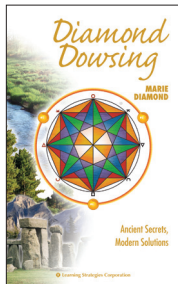
Create balance, harmony, and good fortune with **DIAMOND FENG SHUI**

Universal energy continuously flows in and around our homes and workplaces. 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.

Feng Shui master Marie Diamond shows how universal energy responds to you personally, including how a room with good Feng Shui actually stimulates your brain to access desirable alpha brain waves. You also learn how to energize your home and workplace, reduce stagnant energy, and harness a type of dynamic energy that ebbs and flows over time.

Transform the energy in your life with **DIAMOND DOWSING**

Experience the ancient secrets of energy dowsing to control the energy around you. Marie Diamond teaches you step by step how to use dowsing rods, interpret their movements, and take appropriate action so you can neutralize stressed energy and amplify positive energy for your greater success, health, and well-being.



Instantly transform your energy patterns with **SONIC ACCESS**

Access powerful vibrational frequencies to align your body's energy system and quickly create significant and lasting change in virtually every area of your life. This extraordinary program brings together Paul Scheele's unique Paraliminal technology, the cutting-edge audio frequencies of Holosync, and the energy principles and sounds of Diamond Feng Shui and Spring Forest Qigong, all wrapped up into the transformative music of Paul Hoffman.



Four unique Paraliminal Meditations offer you an amazing portal to greater success, richer relationships, balanced health, and spiritual growth. *Sonic Access* supports you energetically to help stabilize your intentions, build your internal connections, and attract the resources you need to move your thoughts into positive actions and results.

Bounce back quickly with **RESILIENCY**

Learn mental strategies to overcome adversity and thrive in most circumstances. Get both the edge to handle life's annoyances and setbacks as well as confidence to deal powerfully with cataclysmic events. Al Siebert and Paul Scheele help you build mental and emotional flexibility to turn misfortune into good fortune.

Discover the nature of awareness with
SEEDS OF ENLIGHTENMENT

Understand the natural laws that govern your existence. Spiritual master Jeddah Mali helps you discover that enlightenment is a state of being, and it is the state of being that you have been all along. Through a series of eight experiential and transformative meditations, you will feel and sense your role in generating your experiences in each moment, which can greatly affect your health and well-being.



Bring riches into your life with **ABUNDANCE FOR LIFE**

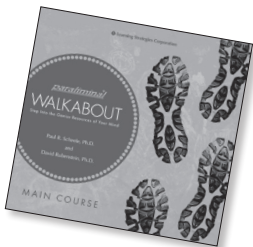
This wealth-making course will help you rewrite the script of your life for overflowing abundance. Paul Scheele takes you on a journey from your familiar world to follow your hopes and dreams. You will free up energy as you awaken anew into a world of health, wealth, power, and possibility.

Experience lasting happiness with **HAPPY FOR NO REASON**

Deep and lasting happiness doesn't depend on your circumstances. It just bubbles up from within... for no reason at all. You don't have to win the lottery, lose weight, or have happy genes. This powerful seven-step approach shows you how to experience true happiness from the inside out, naturally bringing greater success, wealth, and health, and more fulfilling relationships.

Step Into Genius with PARALIMINAL WALKABOUT

Turn an everyday walk into a profound personal growth experience. *Paraliminal Walkabout* combines the power of the Paraliminal human performance technology with specific walking and breathing strategies to help you build a mind-body connection for enhancing all areas of your life—physical, mental, emotional, and spiritual. Benefit from this super-learning state with four individual *Paraliminal Walkabouts* included with this course: *Abundance*, *Health Boost*, *Creative Thinking*, and *Quiet Mind*.

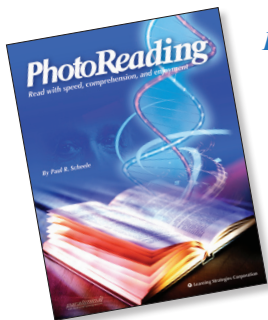


Step into your greatness with NO MATTER WHAT!

Exercise your personal power so you can experience the peace, prosperity, and happiness you deserve. Bounce back from setbacks faster, step fully into your authentic power, remove limitation, and push back any fear. Use your inner coach to make better decisions, create dynamic relationships, inspire people, and make a difference in the world—no matter what!

Overcome any challenge at will with NATURAL BRILLIANCE

Unshackle blocks that have held you back. Move from feeling stuck to achieving success with four simple steps you do in your mind. See how you might be living with the *model of failure* instead of the *model of success*.



Read super-fast with **PHOTOREADING**

Experience *how mentally photographing* the printed page turns your mind into an information sponge. Learn new ways of processing information to give you an edge in today's world where knowledge is currency. As a beginning PhotoReader you will get through your reading at least three times faster than you can now—without the stress of speed reading. Hundreds of thousands have already used the self-study course or attended the PhotoReading seminar.

The PhotoReading whole mind system allows you to get your reading done in the time you have at a level of comprehension you need. You can be more knowledgeable, improve your job skills, ease your workload, earn more money, and supercharge your memory.

Attract everything you want in life with **EFFORTLESS SUCCESS**

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.

Explore the realm of genius with **GENIUS CODE**

Your powerful inner mind talks to your conscious mind through a steady stream of images. Break the code of these messages to boost your IQ, solve any problem, accelerate learning, recognize golden opportunities, and supercharge your intuition.

Additional Powerful Programs to Maximize Your Potential...

Experience the luminous world beyond ordinary sight with AURA SEEING

Boost your memory with MEMORY OPTIMIZER

Enjoy the gift of health, balance, and energy with EUPHORIA!

Sharpen your verbal edge with MILLION DOLLAR VOCABULARY

Communicate effectively with FOUR POWERS FOR GREATNESS

Focus your goals with CLEAR MIND ~ BRIGHT FUTURE

Embrace the power of reflection with BOUNDLESS RENEWAL

Influence the flow of energy into your home with DIAMOND HEXAGRAMS

Access the abundant universe with DIAMOND QUANTUM COLORS

Live fully in every waking moment with EMBRACING FREEDOM

Tap nature's cycle of abundance with SONIC ACCESS FOUR SEASONS

Experience the truth of your being with INFINITE GRACE

Learn Spanish, French, and German with EASYLEARN LANGUAGES

Beam inside and out with the 5-minute meditations of PURE ENERGY

Affirm a happy and fulfilling life with PERSONAL CELEBRATION

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

PERFECT HEALTH

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.**

PHCDB

paraliminal

