

paraliminal

RECOVER & REENERGIZE

Get your body back to feeling great



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 Learning Strategies Corporation

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RECOVER & REENERGIZE

PURPOSE

Help your body gain energy, begin healing, and recover faster from strenuous exercise and activities. This Paraliminal helps you use your mind to reestablish the natural rhythms of your body, renewing strength and vitality, restoring emotional balance and mental equilibrium.

BEFORE LISTENING

When you challenge yourself physically or work strenuously, a natural recovery and healing period in your body allows the benefits from your efforts to emerge. This Paraliminal helps you achieve a deep state of rest so you can restore the natural healing abilities within you and create a level of health greater than before.

Before listening, take a moment to establish the specific results you would like to enjoy. What is the goal or intention you would most like to experience?

For example, if you just ran a marathon you may know how you want to feel or what you want to achieve in your next run. If you completed a strenuous workout, you might know the kind of improvement you want to

see as a result. Or, if you overworked your body cleaning out the garage, you might simply desire a short rest to restore your energy so you can enjoy the rest of your day.

When you have set your intention, begin listening.

HOW IT WORKS

Anytime you engage in strenuous activities, your muscles and the systems working to maintain them are challenged. Whether you just finished a triathlon or spent hours painting your home, your body needs time to adapt and restore the natural balance of your physiology.

This is best accomplished when the mind allows space for healing to occur. Yet often after intense physical activity, the mind takes over, telling a story about the pain the body feels as it focuses on any aches and discomfort.

This Paraliminal session directs your mind to focus on the story of healing. Through deep relaxation, proper breathing, and visualization, you create an ideal of what you want, allowing your muscles to unwind, the joints of your body to expand, toxins to be carried away, and inflammation to recede.

Purposefully creating cycles of stress and recovery as a means to gaining strength and endurance can be healthy. Proper use of helpful stress, or eustress, builds strength and stamina and leads to the production of beneficial hormones that create feelings of an emotional high.

However, the opposite kind of stress, distress, damages the tissues and systems of the body and triggers the release of stress hormones known as the CANE group: cortisol, adrenaline, and norepinephrine. Repetitive distress from excessive training and overuse of muscles without adequate recovery leads to injuries such as micro tears in the muscles. Injuries can also result from disuse or inactivity and misuse from poor technique.

A wise exerciser uses moderation and maintains a consistent pursuit of fitness over time to produce the best result, paying attention to the key components of recovery: nutrient absorption, decompression of joints and tissues, micro tear repair, and inflammation reduction.

When you eat well, hydrate your body, and breathe properly, your body and mind gain the nutrients, proteins, neurotransmitters, fluids, minerals, and vitamins needed to sustain equilibrium. Rest and relaxation allow your joints and tissues to decompress and micro tears in muscles to repair. Inflammation occurs in response to protect and help heal these areas. As you oxygenate the body and facilitate circulation, waste removal and detoxification occurs, thus reducing inflammation.

This Paraliminal helps you set a positive expectation for the benefits you receive from your hard work. Even though the activity you engage in can cause you to feel worse initially, you anticipate the payoffs—the strength, endurance, agility, flexibility, and resilience you desire.

BEST WAYS TO USE

Recover from Muscle Fever

If you run marathons you are likely familiar with something called “muscle fever” or delayed onset muscle soreness (DOMS). This common condition effects runners from several hours to several days following a marathon and is thought to be caused by micro trauma to muscle fibers, which stimulates pain receptors, causing the sensation of pain. Symptoms also include stiffness in muscles, blisters, and a suppressed immune system. Another theory places blame on the buildup of calcium in muscle tissues, activating enzymes that break down muscle protein, causing inflammation and pain.

Regardless, this Paraliminal can help. Listen immediately after training for or engaging in any intense fitness challenge such as a marathon, century bike ride, or triathlon. Then listen every day until your body is fully recovered.

Recover from Strenuous Activity

You don't have to be an athlete to realize the benefits from this session. You will bounce back quicker from any physical activity that causes your body to feel tired and sore such as landscaping and home improvement projects. Listen for few days as you recover and replenish your energy reserves.

Recover from Illness, Surgery, and Accidents

Recover & Reenergize is about the choices we make to be active. Falling off a ladder or suffering an illness is not something you consciously decide

to do while going about your day. However, you can make the conscious choice to recover and return to a healthy state when those things occur.

This Paraliminal is helpful if you have had surgery or are recovering from an accident or illness. Listen to this session daily as you recuperate and regain back your health.

Listen as well after physical therapy sessions or even after a strenuous yoga workout. When you are working your muscles and joints for the specific purpose of improving your strength and flexibility, this session is ideal.

Maintain a Positive Mental Attitude

Having a positive mental attitude is critical to succeeding at anything and is especially emphasized when training for the unexpected emergency survival situation that can happen, for instance, on a mountain climbing expedition or wilderness adventure.

It's equally important in the recovery and healing process. When you are dealing with inflamed muscles, blisters, aches, and pains, it's easy to turn negative and start whining about how painful it is. Listen to this Paraliminal anytime you need to maintain a positive relationship with yourself and be your own best support system. It will help you keep your eye on the prize—a healthy body and mind.

BENEFITS

- Recover more quickly from strenuous exercise and activities.
- Guide the joints and muscles of your body to relax and gain maximum value from your workouts.
- Allow the perfect integrity of your body to reestablish natural rhythms.
- Enjoy a comforting meditative bath of rest and relaxation.
- Open the subtle energy channels in your body to restore flow and balance.
- Cleanse, replenish, and oxygenate your cells and tissues with vital energy.
- Begin healing pain, bruises, and blisters anytime you beat up your body or over-extend yourself.
- Restore emotional balance and mental equilibrium for better clarity and focus.
- Use your creative mind to accomplish your health and fitness goals.
- Unwind fully and emerge with new strength and vitality.

POSSIBILITIES FOR GOING BEYOND

Choose Health

The choice to be healthy is a conscious one that allows you to experience higher levels of awareness and emotional, mental, and spiritual well-being.

It is a choice you are making, but why? So you can embrace every opportunity that comes your way and endure every challenge. So you can

have greater strength and flexibility and more fully enjoy spending time with your children and grandchildren.

In our *Abundance for Life* course we recommend you make the commitment, “I choose physical, mental, emotional, and spiritual health.” If you are not already clear about what health means for you, ask yourself the following:

- What would it mean if I were healthy in all areas of my life?
- What would that degree of health feel like?

You will need to recognize when you have created it, so think about what it sounds like and looks like to experience health in all areas of your existence. Once you are certain of the kind of health you want, use this visualization exercise to help you achieve it:

- Close your eyes and imagine what you would notice if your goal were to manifest. Create a full sensory internal representation of the desired result in your mind. It is essential you use as many senses as possible.
- Repeat your visualization two more times. With each representation increase the number of details you imagine. The practice of repeating the representation makes your vision part of your intention and expectation, part of your life on the mental level. The physical or material manifestation follows in accordance with your clarity about the choices you have made.

Breathe Properly

Breathing well is fundamental to recovery and healing. Respiration delivers the oxygen necessary to support complex biochemical reactions in every

cell of the body, and the body eliminates the majority of toxins through breathing.

Yet many experts estimate as much as 99 percent of people, including trained athletes, breathe incorrectly—without the proper use of their diaphragm, the most important breathing muscle in the body. It remains generally inactive, says David Rubenstein, Ph.D., co-author of our *Paraliminal Walkabout* program. This diminishes the amount of oxygen in the brain and body, which can result in greater feelings of stress, anxiety, and discomfort.

Instead of “diaphragmatic” breathing, often referred to as “belly” breathing, most people tend to breath with their chest, which is called “paradoxical” breathing. The deficiency in oxygen that results triggers an increase in the production of stress hormones. These in turn increase the sensitivity of nerves to the message of pain that is sent to the brain, whether the pain stems from a headache, a knee injury, or a degenerative disease.

Humans are born to breathe naturally with the diaphragm. You may have noticed the action of this muscle when watching a baby lying on its back. Its stomach rises with each inhale and falls with each exhale. But as we age and begin spending more time seated in chairs, a relatively modern invention, our posture and breathing become distorted. The weight of the chest, back, shoulders, head, neck, and arms settle down on the diaphragm, creating pressure that makes it harder for the diaphragm to work effectively.

Do you breathe with your belly or your chest? Observe the physical sensation of your breathing. Simply breathe as you normally do while seated, and become aware of your physical body. When you breathe

improperly, you can notice a sensation of your shoulders lifting upward. When you breathe properly, you can feel your belly expanding as you inhale and collapsing as you exhale.

You can consciously choose to breathe properly, but it takes some practice at first. While it's easiest to practice while lying down, practicing while sitting will help to strengthen your diaphragm, says Rubenstein. Consider these tips from our *Paraliminal Walkabout* program:

- Sit up straight, relaxing your body and releasing any tension.
- Inhale and exhale through your nose, if possible.
- Place one hand on your belly in the area of the navel. Place the other hand on your chest.
- As you inhale, allow your belly to expand like a balloon. Imagine all the air is going to the bottom of your lungs and down into your belly. Notice how the hand on your belly is being lifted.
- As you exhale, feel your stomach muscles release, pulling your belly back in until all the air has left your lungs.
- When breathing with the diaphragm, the hand on your chest moves very little, if at all. If you feel movement in your chest or your shoulders are lifting, then you are chest breathing.

If you practice Spring Forest Qigong, you know the quality of your breathing affects the quality of your life. “It is the major source of energy that allows our body to function,” says Qigong master, teacher, and healer Chunyi Lin. “Healthy breathing is the foundation of a healthy person.”

When you inhale, says Chunyi Lin, the lung energy is divided among three areas. “The first part goes directly to the kidneys to help strengthen the life force. The second part goes to help digest the food we take in. The third part goes to help purify the blood. If the lungs get good energy, it means every part of the body gets good energy too.”

Rest Well

The majority of recovery and rebuilding of the body takes place during rest, and especially during the period of rapid eye movement when dreaming occurs, so it’s important to get quality sleep, says Rubenstein in his book, *Fitness on Purpose*.

“This process of recovery is how we become more fit. The body is designed to adapt to this type of breakdown. It will not only repair the microscopic tears, it will rebuild them slightly beyond what they were before,” he says.

In addition to strength, endurance, flexibility, and coordination, the body gains improvements in blood composition, bone density, and muscle tone and shape. Mentally, he says, pain tolerance increases, stress reduces, and the capacity to handle stress increases. Recovery also enhances mood and improves attitude, confidence, self-esteem, and self-image.

To help receive the greatest possible value from your sleep, consider listening to our *Sleep Deeply/Wake Refreshed* Paraliminal. One session helps you program your mind and body to fall asleep easily and benefit from the deep healing that occurs in sleep. The other session helps you awaken in the morning feeling alert, rested, and balanced, eager to start your day.

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, Paraliminals 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 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, visit 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 you can tune out the sound as you sleep. Waking is an indication 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.

Paraliminicals 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 Benefit if I Fall Asleep or Am Interrupted?

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 matter, 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.)

- 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 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) to interact with other Paraliminal users with similar intentions.

PAUL R. SCHEELE

Paul Scheele, Ph.D., Leadership and Change, 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, co-founder of Learning Strategies Corporation, 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 three books: *PhotoReading*, *Natural Brilliance*, and *Drop Into Genius*. His works have been translated into 15 languages.

TAP THE POWER OF YOUR MIND

If you enjoyed *Recover & Reenergize*, you will love *The Ultimate You Library* of Paraliminals. You can improve any aspect of your life in 20 minutes a day—even while you're sleeping! Career, relationships, energy, weight, procrastination, self-sabotage, anxiety, and much more.

There are over 40 titles to choose from, including *Abundant Money Mindset*, *Automatic Pilot*, *Belief*, *Deep Relaxation*, *Intuition Amplifier*, *Memory Supercharger*, *New Behavior Generator*, *Peak Performance*, *Perfect Health*, *Positive Relationships*, *Self-Discipline*, *Self-Esteem Supercharger*, *Youthful Vitality*, and *10-Minute Supercharger*.

To explore our full line of programs, visit www.LearningStrategies.com. You may also call us toll-free at **1-888-800-2688**.

RECOVER & REENERGIZE

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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