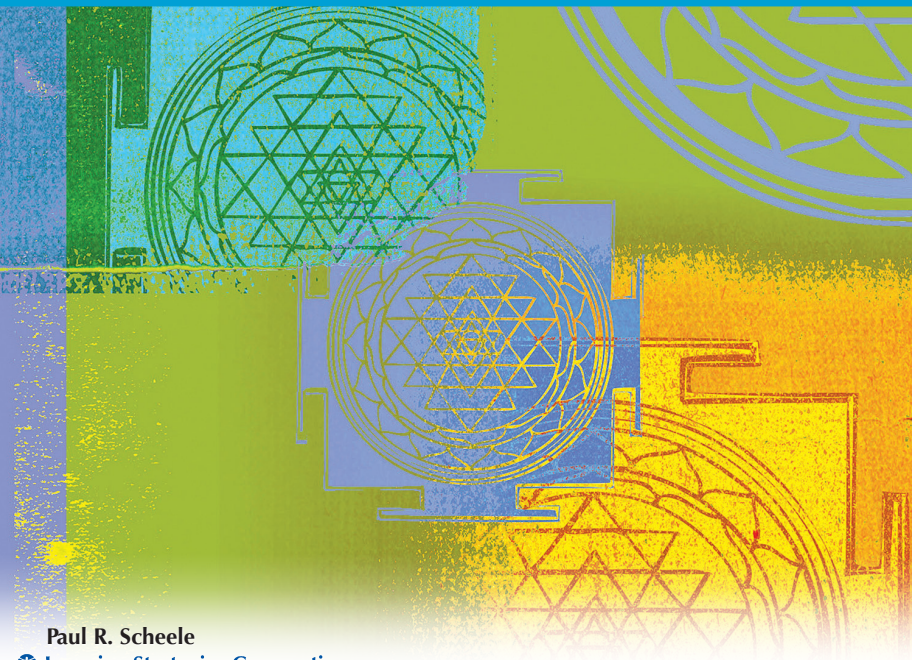


paratrnal[®]

ANXIETY-FREE

Gain freedom from fears and project strength



Paul R. Scheele

 Learning Strategies Corporation

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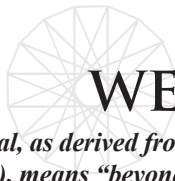
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WELCOME!

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 one of the Paraliminal sleep learning tracks (Track 3 for Session A and Track 7 for Session B). 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.

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.

ANXIETY-FREE—A

*Gain freedom from fears
and project strength*

PURPOSE

Transform anxiety into positive energy. Many people use their imagination to turn anxiety into stifling and debilitating fear. It is time to be free from anxiety's control and prepare yourself for future optimal performance.

BEFORE LISTENING TO SESSION A

Think of an anxiety. What is it trying to tell you? What physical and mental preparations do you need to properly handle a future event with which this anxiety may be connected? (You may need to listen to this session multiple times over multiple days to overcome stronger anxieties.)

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

BENEFITS

- Break free from past limitations of worry and hesitation. Step boldly forward to claim the goals you desire.
- Express the full range of abilities you possess in any situation where you want to perform optimally.

- Take risks to achieve goals with greater safety, security, and self-confidence.
- Discover the tremendous positive power of emotions when you channel them properly.
- Achieve more with less stress, greater ease, and more joy.
- Feel self-esteem and internal strength when making important decisions.
- Infuse your mind and body with strategies for breaking through resistance to overcome obstacles and increase access to your own great potential.

TECHNIQUE OVERVIEW

The *Anxiety-Free* recordings, in the simplest way of thinking about them, help you overcome self-imposed hindrances to success. *Anxiety-Free* increases your intelligent use of emotion and thought for the accomplishment of desired goals.

Part of our brain wants to avoid the physical or emotional discomforts of possible negative future situations. And until your brain knows you will be safe, it will operate to either fight with the source of that discomfort or flee from it. There is no way to move toward our goals if we are too busy backing up to avoid future harm. Something must be done to create a sense of security. That is how *Anxiety-Free* can help you.

Anxiety-Free steps you into your imagined possible future, past the events you want to encounter successfully. It immerses you in successful conclusions. Then, you associate into the situation, that is, experience the events with all your internal senses, enjoying all the positive emotional

benefits of your successes. You flood your brain and body with an instant response of joy, enthusiasm, positive expectation, personal power, and confidence. These emotions become the resources you draw from when opportunities for a breakthrough arrive.

Listening to *Anxiety-Free-A*, teaches your brain the internal strategies to overcome the normal hesitations of achieving your goal. Overcoming hesitations is the essential difference between those who succeed and those who get stuck in indecision and failure. The technique of imagining positive futures and associating, or stepping, into them will become your habitual way to make decisions. Whenever you contemplate what is coming up, you can fill yourself with resourcefulness.

The session begins with an examination of what you want to accomplish and any obstacles you anticipate. It then invites you to consider the physical and mental preparations you need to make to overcome the obstacles. These new behaviors of seeing, thinking, feeling, and acting become essential parts of attaining your goal.

BEST WAYS TO USE

- When you know what to do but you hear yourself making excuses, ask yourself, “What do I want?” When you imagine having it, check your feelings. Do you feel even a little twinge of anxiety? If so, you are projecting a negative future, or you are imagining not having the resources you need to accomplish your goal. Those concerns are the best indicators for using the *Anxiety-Free-A*.

- Are you ever wracked by self-doubt? Do you ever waiver on your commitments or hesitate to move even though you know it is time? Have you ever stepped up to an opportunity but lacked the follow-through to accomplish a positive result? Chances are you have been using your mind to create anxiety instead of accessing your resources. Anytime you feel stymied by a project you want to complete, take a few minutes for a listening session. You will get a boost in motivation, confidence, and commitment.
- Do you ever find yourself dwelling excessively on the “good ol’ days” or pleasant memories? It is nice to have them, but if living in the past feels safer than facing the challenges of today, you need to trust your ability to handle what might come next in your life. Your resources as a mature human being are in the present moment, right here and now. *Anxiety-Free* reminds you of this and puts you in contact with the full range of your inner strengths.

POSSIBILITIES FOR GOING BEYOND

Use *Anxiety-Free-A* to become more capable of creating the future you desire. There is a good reason you can do this. When we set a goal for a new future, we simultaneously admit we do not have what we want now. As glowing as the future may be in our imaginations, we allow the realities of our present to impede us. Even a negative present state can be more comforting than an uncertain path to a brilliant future. *Anxiety-Free* confronts uncertainty by putting you in touch with your resources.

Hesitation in the face of uncertainty is natural, up to a point—until it becomes a failure mechanism. Then it keeps us stuck. Most adults do not want to admit that they hesitate at a breakthrough. They feel embarrassed and ashamed by automatic failure, thinking that it comes from weakness. It is perfectly normal to doubt your potential for greatness because of painful learning experiences from the past. Past pain can cause people to take their eyes off the prize just long enough to focus on the pain. And that hesitation may have been enough to create an obstacle to their goals. *Anxiety-Free—A* helps you move beyond the mythical fears and self-negating behaviors of thinking and feeling that may have held you back.

The breakthroughs reported by users of *Anxiety-Free* indicate a pattern for success. First, you must admit the self-defeating behaviors you engage in hold you back. Second, you must establish what you want and what you will need to accomplish it. Listening to *Anxiety-Free* will take care of the rest automatically, because it guides you through the necessary steps to take charge of your emotions and affirm your strengths.

ANXIETY-FREE—B

The power to take action

PURPOSE

Handle fears about objects or impending events and anxieties that seem to have no origin. Turn them into personal strength and the power to take action.

BEFORE LISTENING TO SESSION B

Think of a fear or anxiety. What is the level of anxiety that would be acceptable? On a scale of 1 to 10, anxiety is useful in the 4 to 7 range. It is better to direct the energy that comes from anxiety than eliminate it.

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

BENEFITS

- Train your brain to be your greatest ally in the accomplishment of your goals.
- Successfully overcome past failures and the subsequent emotional bottlenecks that have kept you stuck.
- Find out the real capabilities you have and express more of who you can become.
- Make progress on big goals you have only dreamed about.
- Free yourself from mythical fears and their resulting self-defeating behaviors.
- Discover the return of true self-esteem.

TECHNIQUE OVERVIEW

Learning to overcome a strong fear in life entails learning to use your imagination properly. But *Anxiety-Free-B* is much more than a session for overcoming fears and anxieties. It is a complete course on a positive use of the imagination to attain your goals. When misused, your imagination instructs the brain to produce the visceral responses of anxiety. The likelihood of success in such a state is minimized. When you use your imagination well, the body and mind are filled with power, capability, and confidence, and the likelihood of your succeeding increases dramatically.

Whereas Session A explores your preparedness for future events, Session B focuses more precisely on the imagined cause of anxious feelings, whether you can relate them to specific objects or events or whether you cannot discern their origin. Then Session B encourages you to consciously experience your internal resourcefulness.

Session B begins by asking you to identify for yourself the object or situation you fear. This can be anything in life you want to have more choice and personal power around. Whatever stimulus produces the immediate knee-jerk feeling is referred to as “that signal” throughout the listening session. For example, a person anticipating riding on an elevator might have an instantaneous twinge of fear in the pit of the stomach the moment he sees the elevator. “That signal” would be the elevator. The elevator has little to do with the fear, because creating fear is a response to a complex internal maneuver. Once you identify “that signal” you have a starting point for more choices that this listening session reveals.

When using *Anxiety-Free-B*, you will determine the level of anxiety that would be acceptable during the impending situation of concern. For example, on a scale of 1 to 10, anxiety is useful in the 4 to 7 range. The goal of this listening session is not to eliminate the energy that comes from anxiety but to direct your energy toward enhanced performance. Armed with intelligent awareness of your state, you then confront the faulty conclusions of early learning experiences that became triggers for self-defeating behavior. Once you have triumphed over your mythical fears, you then project your resourceful states.

BEST WAYS TO USE

- Listen to *Anxiety-Free-B* before an important performance or starting on a project. The session will ensure you access your full range of resources when you need them.
- What do you fear most? Use this opportunity to confront it. Reclaim the power you have given to it. In the process you will learn how to direct your emotional energies for self-betterment instead of self-destruction.
- If you are aware of fears, this is still the best session to install new self-enhancing behaviors to ensure you remain resourceful as you work on goal achievement.
- If you find yourself in the middle of an anxiety response, this listening session will help pull you out of a vicious cycle of physical and mental reaction. It will simultaneously train you to prevent the cycle.

POSSIBILITIES FOR GOING BEYOND

Broaden your ideas of what *Anxiety-Free-B* can do for you. Even though the excitement produced when anticipating an important event might not be fear, the feelings are similar to anxiety. These energies are not meant to deter your success but enhance your performance. Dr. Mihaly Csikszentmihalyi, author of the book *Flow: The Psychology of Optimal Experience*, describes a “delicate zone between boredom and anxiety” as the place where people perform most effectively. You can achieve a flow state by listening to *Anxiety-Free-B* the night before a performance. It helps get your imagination working for you and channels your energies to electrify your performance rather than short-circuit it.

Customers report they have received the best benefit when listening to the session the night before the event for which they had anxiety, whether a test, speech, airplane flight, tennis game, job interview, piano recital, or school reunion. Consider also listening to the *Self-Esteem Supercharger* Paraliminal session within two hours of the event. This closely related session will help boost your confidence and lower your anxiety.

INSIDE SECRETS

If a strong fear or anxiety response (borderline phobia) is ruling your emotions, use the following sequence to rout it out and reclaim your personal power. Day One, listen to Session A. Day Two, listen to Session B. Day Three, listen to Session A again. Each listening session should focus

on the same desired result. This series of steps will put you into a high state of resourcefulness regarding the circumstance you need to handle.

You have always survived the situation you have feared. The advantage of multiple listenings is that you remember this truth emotionally as well as intellectually. In this way you rewrite invalid fears and reclaim your ability to choose the response you want.

As an analogy, imagine a ceiling fan. Anxieties are fan blades—the symptomatic outcome of your nervous system’s actions. Think of your imagination as the pull-cord and your brain as the motor that spins the blades. Each day you hold the pull-cord, and whenever you pull the cord, intentionally or not, the motor does its job and the blades turn. We feel and see the effects of anxieties, but we often forget who pulled the cord. If you pulled it to turn it on, you can also learn to turn it off.

Session A puts you in charge of the pull-cord. Session B teaches you how to turn off anxieties.



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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

Conscious Time—Get the most out of every minute

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

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Letting Go—Gain emotional freedom from what holds you back

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





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



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

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Recover & Reenergize—Get your body back to feeling great



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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



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



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



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ANXIETY-FREE

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.**

AFCDB

paraliminal

