

FINANCIAL SECURITY

Create financial well-being and strength



Paul R. Scheele

 Learning Strategies Corporation

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Learning Strategies Corporation

Discover your vast potential and rich internal resources

2000 Plymouth Road

Minnetonka, Minnesota 55305-2335 USA

24-Hour Toll-Free: 1-866-292-1861 (USA & Canada) • 1-605-978-2023

Mail@LearningStrategies.com

www.LearningStrategies.com

FINANCIAL SECURITY

Create financial well-being and strength

PURPOSE

Build the financial security you deserve to enjoy by winning the “money game.” Release worries and concerns you have about money, and focus your internal resources on the step-by-step, day-by-day, progressive realization of earning, saving, and spending in ways that help you experience life as you desire.

BEFORE LISTENING

Your daily life experience, observations, and knowledge have given you all you need to create financial well-being. This Paraliminal session helps you direct this internalized wisdom to produce effective and creative ways of working with money so you successfully realize your goals.

Before listening to this session, clearly establish in your mind three important ideas:

- 1) Identify one situation that may be compromising your financial security or might be a problem in the future. It could be around earning,

spending, or saving—one situation for which you would like to have improvement.

- 2) Consider how you would choose this situation to turn out so you actively build greater financial health and security.
- 3) Think of one small next step or action for handling this situation that would lead you toward your goal of building financial health today. This allows further creative resources within you to surface.

When you are clear about the next step or action you choose to take, listen to this session.

HOW IT WORKS

This Paraliminal helps you create new habits of earning and spending money that enable you to meet your current needs and achieve your ideal financial future in a gentle, natural, and steady way. Listening helps you discover the internal resources to follow through on the steps necessary to build your financial security—that is, win the money game.

Successfully playing the money game comes down to two rules: 1) earn more than you spend, and 2) save and invest the balance for a secure financial future.

When it comes to earning, it is essential you let go of stress and worry, simultaneously freeing your mind's focus to creatively win the money

game. This is about choosing meaningful work that allows you to contribute your gifts and talents in ways that compensate you well for your efforts. As you expand your responsibilities, value, and service, you are able to grow your income and earning potential.

When it comes to spending, whether it is a small or large purchase, following through with good intentions and solid commitment makes all the difference. Your relationship with money and your daily choices drive your financial security, so it is important you be conscious about the decisions you make.

Saving requires better ways of allocating what you earn to meet current financial obligations and reserving enough to build the secure future you desire.

This means choosing your financial priorities—making conscious and values-based decisions on what is truly important, being aware of how much you spend, and eliminating purchases that don't serve your financial security.

During this listening session, you will be creating a new relationship with money.

A part of you knows which behaviors around earning and spending create financial health and which ones do not. This knowledge is stored within the vast database of your nonconscious mind and is always available to you.

Listening to this session helps you direct this inner wisdom to produce new ways of working with money that are best suited to your unique circumstances.

In the beginning of the session you are asked to identify a situation that is compromising your financial health or hindering your future. This is a situation you want to improve.

As you visualize in your mind exactly how you want it to be, the positive outcome you desire frees the inner emotional, mental, physical, and spiritual resources necessary for you to make it happen. The abundant universe has a way of responding to your heightened awareness and more expansive energy, bringing you the ideas, resources, people, and opportunities that will help assure your prosperous health and well-being.

BEST WAYS TO USE

Listen daily for the first week, then, every time you receive a paycheck for two or three months. This will help build the habit of thinking about your earning and spending in new ways. Thereafter, listen periodically as you need support, such as when you are paying bills or making large purchase decisions or reviewing investment options. This section gives you additional insights and direction for listening.

Mastering the Basics

The definition of “success” is the progressive realization of a worthy ideal. Success at the money game is the step-by-step, day-by-day endeavor of wisely earning, saving, and spending that leads to the financial life you desire. As with any pursuit, mastering the basics is keys.

In the game of American football, the exciting break-away play and glory of the long pass for a touchdown are both wonderful and epic when they happen. In baseball, it is the bases-loaded grand-slam, game-winning home run in the final inning. But the daily success of winning the game is about successfully executing the fundamentals of the game. It is not about the big play.

Football comes down to a game of moving the ball ahead, sometimes just enough inches to get the next first down. As Vince Lombardi would say to his team at the start of a new season to keep them focused on the basics, “Gentlemen, this is a football.” His star quarterback jokingly replied, “Slow down coach, I’m taking notes!”

In the same way, you cannot win the money game unless you take care of the basics. These are the things you do on a daily basis that ultimately shape your financial future.

Listen to this session often to help you integrate the fundamentals. This includes tracking your income and expenses so you know how your money flows in and out. The better you can account for what is happening, the more able you are to predict and control it, which helps you eliminate surprises.

Being aware helps guide your decision-making about what you can or cannot spend on a weekly basis—or purchase on a daily basis—in order to maintain a positive cash flow on a monthly basis. This allows you to achieve financial health.

Winning the money game means your financial health will lead to strength, and strength will lead to security. As the health of your positive cash flow

continues, you build your cash reserves and gain financial strength. At first, having a month of expenses in savings is a wonderful show of strength. Having three months in savings—wow, great! Then, one year—awesome!

Playing and Winning

Each day in the money game there may be “sins” and “wins.” The term *sin* or *syn* is a Hebrew term that in archery referred to “missing” the mark or the center of a target. As you endeavor to spend wisely today, a “sin” is when you overspend, and a “win” is when you underspend and save for the future.

This session supports behaviors and habits that lead to more prudent spending choices and facilitate better follow-through with your actions. Take the time to develop the habits that will help you succeed.

For instance, create a monthly spending budget and stick to it. Make a habit of shopping for sales, using coupons, and buying in bulk when feasible. Shop for a good mortgage interest rate so you can reduce your monthly payments and divert more of your earnings to savings. Identify and develop additional streams of income. Devote some time each week or month to research ways to invest your savings more wisely. Determine variable expenses you can cut back on so when you need cash reserves for unplanned expenses, you have them available.

There are multiple ways to proceed. Listen to this session anytime to help you stay on track with your new habits and commitments.

BENEFITS

- Free yourself from worries and undue concerns about money.
- Tap your inner wisdom to create new and effective ways to earn, spend, and save money.
- Establish new habits that enable a positive cash flow and free you of debt.
- Use your gifts and talents to earn money in the perfect and meaningful way for you.
- Recognize and affirm the value of your service and contributions.
- Spend in ways that support your daily needs and help you save more of what you earn.
- Choose financial priorities that reinforce the values truly important to you.
- Allocate what you earn to meet current obligations and have enough for the “extras” you enjoy.
- Effectively follow through at the right moments with the right actions to achieve every financial goal you set.
- Live life on your terms as you move steadily toward the ideal future for you.

POSSIBILITIES FOR GOING BEYOND

Access Inner Resources with Solutions Focus

To clarify your thinking and recognize the resources you already have within, consider using the Solutions Focus approach in conjunction with

this Paraliminal. When you identify a situation you desire to improve, this systematic approach can help you appreciate your existing strengths and gain clarity about the action that brings you closer to your desired outcome.

This technique was developed by Paul Jackson and Mark McKergow, accelerated learning experts and authors of *The Solutions Focus: The Simple Way to Positive Change*. It is integrated into our *Abundance for Life* course, the *Paraliminal Accelerator*, and others.

- 1) Clearly state your goal or the situation you want to improve.
- 2) Place yourself on a scale of 1 to 10, where 10 is your goal achieved and 1 is where you have not even started thinking about it.

Why did you choose a number as high as you did and not lower?

Consider that where you placed yourself on the scale indicates you have made progress toward your desired outcome and have personal resources of knowledge, skill, creativity, and insight already working for you.

- 3) Imagine moving up the scale one point. How could that happen now?
- 4) Ask the Miracle Question:

Suppose that tonight after you go to bed... and go to sleep as usual... during the night a miracle happened... the problem vanishes and the issues that concern you were resolved... or everything you wanted had come to pass. But, you're asleep, so you don't know that the miracle has happened. So when you wake up... what will be the first things that will tell you the miracle has happened? How will you know the

transformation has occurred? What will be the first tiny signs that let you know? How will other people around you know that the miracle has happened?

5) Determine your next step or action.

Visualize what you have already done and picture what one point up the scale will look like, sound like, and feel like. Be willing to move in small steps, making it as simple as possible to progress. The smaller the step, the easier it is to take action, and the more likely it is to happen.

This powerful scaling technique helps your brain actively identify and communicate to you real examples of your inherent skills and qualities that will help you achieve your outcome.

Clarify Your Financial Goals

Through the purpose you maintain, the goals you set, the quality of the thoughts you think, and actions you take, you are the director of your imagination.

Be especially clear about your intentions, and write out your goals. One Dominican University study found that individuals with written goals successfully achieved more of them than individuals who did not write their goals out.

Use the following guidelines to ensure every goal is well formed.

- 1) State your goal in the positive—specify what you want, not what you don't want.

- 2) Focus on a goal within your control.
- 3) Preserve what you value most; ensure the trade-offs of achieving it are worth it to you.
- 4) Write your goal in the present tense, as if it has been realized.
- 5) Craft a measurable goal so you are able to know when you have achieved it.

M-T-O Your Goals

For every goal you establish, use the “M-T-O” process taught by life-management author Raymond Aaron to further your success. Break your goal down into three measurable levels: Minimum, Target, and Outstanding, as we suggest in our *Clear Mind ~ Bright Future* program.

More than likely, the way you phrase your goal captures the Target. Your Minimum goal captures the minimum attainment you would consider a success, and your Outstanding goal imagines an extraordinary possibility—one you may have no idea how to attain or which may require things to fall into place outside of your control. That’s fine. Imagine it!

Let’s say your goal is:

I am debt-free and financially prosperous, and I use my wealth to create a secure financial future by saving and investing each month.

Your M-T-O goals might be:

Minimum: I spend wisely each week and put an extra \$250 toward my debts.

Target: I have paid off all of my debts and am financially free.

Outstanding: I have paid off all my debts, increased my salary by 30 percent through career advancements, and put the extra cash flow into secure investments.

The M-T-O process can help you plan for any eventuality and open your mind to greater potential and possibilities on the way to your financial security.

Measure Your Progress with Mental Reviews

As you build your financial security, consider applying what Benjamin Franklin called the single most powerful self-development tool—a mental review of your day. It is an important strategy that we use with great success in our *New History Generator* Paraliminal. It will help you more quickly progress in the areas of earning, saving, and spending you are aiming to improve.

As you complete your day, sit back and relax. Recall yourself in different situations from the day, but do not judge yourself. Notice how you responded to the situations. Recognize and acknowledge the thoughts, words, actions, or feelings that helped you progress in a positive direction by asking yourself:

- Did I do things to move in the direction of my goals?
- Did I miss any opportunities to progress, or make choices that led me astray?

- What might I do differently if faced with a similar situation?

Taking stock of your choices helps you act more decisively. And acknowledging your successes increases your self-confidence and level of trust within yourself. Your brain will automatically work to create more success in your life.

Enhance Your Efforts

As you work with the *Financial Security* Paraliminal, you may find these additional Paraliminicals can support your abundance in other ways:

- *Prosperity*, to help you establish a prosperity consciousness that recognizes abundance is always available to you in all areas—including your personal health and vitality and your family, social, and spiritual life.
- *Abundant Money Mindset*, to look more specifically at the limiting stories you may be holding that define your mental model of financial wealth and possibility. As you accept your history and reframe your current reality, you can begin attracting new possibilities for the future you define.
- *Living the Law of Attraction*, to put you in touch with your greater purpose within and assist you in discovering the satisfaction of a life filled with gratitude, abundance, and vitality.

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.

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 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. Refer to the goal-setting guidelines on Pages 11 and 12 to help you clarify your purpose and ensure every goal you have is well formed.

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., co-founder of Learning Strategies Corporation, is a highly trained and internationally acclaimed innovator within the fields of neuro-linguistic programming, accelerated 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 authored three books and designed and developed over 75 programs to stimulate personal and professional success, including *PhotoReading*, *Abundance for Life*, *Natural Brilliance*, *Clear Mind ~ Bright Future*, *Sonic Access*, *Genius Code*, and *Future Mapping*. His works have been translated into 15 languages.

TAP THE POWER OF YOUR MIND

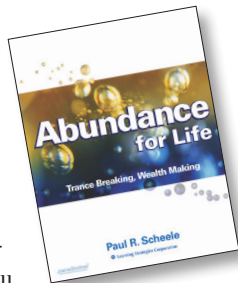
To accomplish Greatness in Your Life

Paraliminal sessions are included with many self-study programs developed and published by Learning Strategies Corporation. We offer some of the finest programs to help you maximize your potential and get the most from life.

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. Whether you want outward prosperity of family ski trips, additions to your home, and BMWs, or a spiritually complete lifestyle of Truth, Beauty, Freedom, and Love, you will learn the secrets to having things you want miraculously appear as well as the mental processes that make it happen for you.

Abundance for Life will help you 1) get control of your feelings, emotions, judgments, and beliefs that keep you stuck, 2) decide what you want and manifest it, and 3) deal with the world around you so that others bend over backward for you and problems—that inevitably come up—don't stop you.



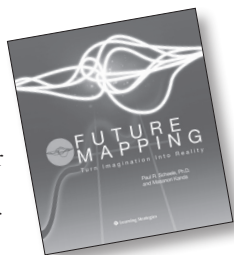
Focus your goals with CLEAR MIND ~ BRIGHT FUTURE

Turn your hopes and dreams into realistic, absolutely attainable goals that make sense for you with this unique interactive program you can do on your computer. In just a couple of hours, international learning expert Paul Scheele will help you discover your guiding purpose in life, sort out what you really want, and create a workable path that gets you on your way to manifesting it.

Use the power of guided visualizations, creative brainstorming sessions, the ancient “Master Formula of Attainment,” and inner mind conditioning and programming. Life is too short to wait a minute longer!

Turn Imagination into Reality with FUTURE MAPPING

Free your powerful imagination to immediately generate ideas, find solutions, and spark creativity in ways that make a difference in every area of your life. Future Mapping helps you draw on the motivating resources of your inner genius mind to take the effort out of achieving your goals. Using the unexpected power of altruism, self-sabotaging self-interest drops away, giving rise to unexpressed potential. As you capture your conscious and nonconscious thoughts together in one unique Future Mapping chart, you reduce interference from your limited conscious mind and get relevant, practical, and creative insights for your goals.



Read super-fast with PHOTOREADING

Use your whole mind to read with speed, comprehension, and enjoyment 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.

Additional powerful programs to maximize your potential...

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

Improve your health with SPRING FOREST QIGONG

Activate everything you want in life with EFFORTLESS SUCCESS

Explore the realm of genius with GENIUS CODE

Instantly transform your energy patterns with SONIC ACCESS

Discover the nature of awareness with SEEDS OF ENLIGHTENMENT

Experience the luminous world beyond ordinary sight with AURA SEEING

Know your numbers, know your self, with NUMEROLOGY

Boost your memory with MEMORY OPTIMIZER

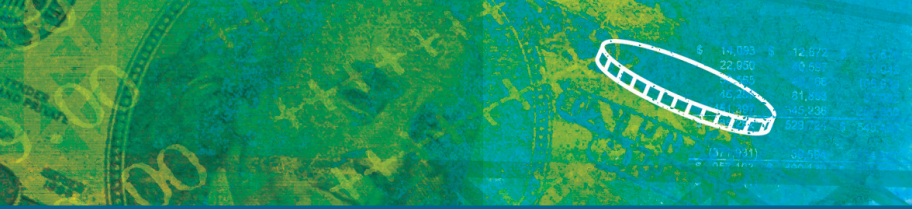
Activate the power to bounce back with RESILIENCY

Overcome any challenge at will with NATURAL BRILLIANCE

Transform the energy in your life with DIAMOND DOWSING

Influence the flow of energy into your home with DIAMOND HEXAGRAMS

To explore our full line of programs, visit www.LearningStrategies.com.
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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

