

paradigm

IDEAL WEIGHT

Reach and maintain your ideal weight—naturally



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

Toll-Free 1-888-800-2688 • 1-952-767-9800 • Fax 1-952-475-2373

Mail@LearningStrategies.com
www.LearningStrategies.com



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 stereo headphones to receive a unique, multilevel communication for each hemisphere of the brain—all without subliminal messages. You’ll hear a variety of messages coming into each ear in a soothing, effective, and pleasurable way.

As you listen, choose which message to attend, or float down the middle between the voices. From time to time your attention will switch, causing you to perceive the recording differently with each listening. BUT, your nonconscious mind receives and processes the entire message each time, which is part of the effectiveness and beauty of Paraliminal technology.

On a very deep level you will be *learning strategies* to help you respond differently in the world so that you get the results you want. That’s the source of the name of our company, Learning Strategies Corporation.

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.
- Paraliminicals are catalysts for change. They facilitate access to strengths already within you. When you succeed, it's your success—not the recordings.
- Most changes are integrated within three days. Continued listening can reinforce continued development. When not getting the results you want, consider changing 1) the time of day you listen, 2) whether you are sitting or reclining, 3) the room, or 4) the furniture you sit or recline on (listening on a sofa might not generate results if you usually use the sofa for napping).
- If you practice Spring Forest Qigong, say the password, *I am in the universe, the universe is in my body, the universe and I 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.

IDEAL WEIGHT

*Reach and maintain your ideal weight
—naturally*

PURPOSE

Ideal Weight guides your body back into its natural balance. Change your weight in a gentle, steady way. Discover deep appreciation for your body and a positive relationship to food. Enjoy foods without stress or anxiety. Eat with heightened positive awareness, making it easy to choose foods that are right for you. Create more energy. Get off the weight-loss roller coaster while finding peace with yourself.

BEFORE LISTENING TO THESE SESSIONS

What is your ideal body weight according to medical analysis? What is your target weight if you changed 1 percent of your weight, which is the weekly goal. How would you look, feel, and sound at your new target weight?

For Session A, think of a negative emotion about weight or food you would like to give up. What positive emotion would you put in its place? For Session B, think of a situation around eating that has been a problem or may be a problem in the near future. How would you like to behave in that situation? Think of new behaviors that can lead you toward your goal.

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

BENEFITS

- Achieve your ideal weight in a gentle, natural, steady way that's right for you.
- Discover the natural signals inside of you that tell you which foods to eat, when to eat, and when to stop eating.
- Learn to trust your body's signals and yourself to do what's right in relation to food.
- Become more relaxed and at peace with yourself as you achieve your ideal weight, one day at a time.
- Develop a supportive attitude toward your body.
- Establish new habits that will help you take in the right amount of the right foods in your body's ideal way.
- Say "good-bye" forever to the rollercoaster of dieting.

TECHNIQUE OVERVIEW

Ideal Weight works equally well for weight loss and weight gain, because it focuses on your relationship with your body and your relationship with food.

Session A creates a positive connection between your thinking, your emotions, and your physical body. It guides your internal body image and feelings to create the supportive, nurturing relationship that promotes positive eating choices. Any inner conflicts you may have fought through the years will resolve into a sense of peace.

Session B increases your eating awareness so that you naturally select the right foods in the right quantities. Food nourishes you. It is essential for the

maintenance of perfect health. Instead of punishing yourself with overeating or attempting to soothe emotional conflicts with food, you disconnect emotional issues from your nourishment requirements. You discover the built-in governor that can work effortlessly for you as you achieve your ideal weight.

The *Ideal Weight* approach is designed to help you lower (or gain if that is your desire) 1 percent of your body weight each week. It is a gentle, steady process that works at about the same rate your body naturally adjusts its weight.

BEST WAYS TO USE

Listen to Session A one day and Session B the next day for at least a week. Then listen to each session once or twice a week until you reach your ideal weight.

Listening more often will not help change your weight faster. The relaxation session, however, may be beneficial.

Once you have reached your ideal weight, you will maintain it naturally as you enjoy an optimal balance in your diet. Feel free to revisit the sessions whenever you feel you need a boost.

POSSIBILITIES FOR GOING BEYOND

Weight-gain and weight-loss problems all come down to the same two factors—your relationship to yourself (body, emotions, thinking, soul) and

your relationship to food. *Ideal Weight* is the ideal tool to address each of these factors. It works on the inner relationships with your mind, body, and food.

Ideal Weight is not magic. It is an authentic approach of self-love and clear choices. You must persistently desire and willingly act to change your weight. *Ideal Weight* then frees you to achieve the size and shape of your body according to your own natural ideal.

Some people choose to use *Ideal Weight* with a diet plan. If that is your intention, consider that it is always a good idea to get a clean bill of health from your medical professional before beginning a weight-loss program. If a medical problem is causing your weight problem, you may require outside assistance.

If you have struggled unsuccessfully with weight issues for years, you may want to re-evaluate what is going on in your life. Additional Paraliminal recordings can be exceedingly helpful to you. For example, if you have guilt or self-esteem problems about yourself or your body, listen to the *Self-Esteem Supercharger*. It can help you recognize your personal power even when others try to put you down. If you have strong behavioral problems around eating, get the *New Behavior Generator*. It also helps you develop new ways of dealing with negative situations so that you can achieve your goals. If there are issues from your past that need resolving, use the *New History Generator*. If you often use food to cope with anxiety, the *Anxiety-Free* recording can be beneficial.

INSIDE SECRETS

I have had the pleasure of working with many weight-loss and weight-gain clients through the years. The topic of regulating our weight fascinates me in many ways. Take for example Cindy, who felt obese at any weight over 103 pounds. She believed her ideal should be 98, and at the time she came to see me she weighed in at 105. For Cindy, weight was connected to her self-esteem. That was quite a contrast to Gladys, who lost 70 pounds using the principles in the *Ideal Weight* Paraliminal. She gained weight eating celery and drinking water until she released her pent up anger about her ex-husband's abusive behavior. Then her weight melted away in direct relation to her feelings of peace and self-sufficiency.

Dan, a businessman I worked with, struggled with 90 pounds over his ideal weight. Over the course of three sessions, he lost over 50 pounds. Key for Dan was trust in his body's inner guidance mechanism.

Several clients have been bulimic high school girls. Each girl had experienced a couple of intensely stressful emotional events in which she mixed up the signals her body gave her about food. All three girls had overridden their inner intelligence in a dysfunctional attempt to manage their increasing stress levels. Bulimia (binge and purge behavior) has always been associated with an attempt to gain a feeling of control over life challenges. Once each girl realized she could control her stress and enhance her self-esteem without the behaviors of bulimia, her life became normal.

Weight problems are associated with inadequate discrimination of body signals from mental and emotional noise. Without clear body communications, weight problems become compounded as a person eats in an attempt to cope with stress and nutritional imbalances. Years of dysfunctional coping with poor eating choices can become a person's preferred eating habits.

Coping with stress often focuses on food because it is a basic physical requirement and a powerful sedative. Food provides instant gratification and an easy escape from taking responsibility for one's choices in life. Once we get out of touch with what the body needs for basic nutrition and energy, our relationship with our bodies suffers.

Getting back into balance can be remarkably easy. Your success begins with love and relaxation. Re-establishing connection with your inner nature invites your infinite intelligence to open again. You end your struggle by choosing self-love, focusing on what is true, and providing what you need physically. *Ideal Weight* is the perfect facilitator to bring you back to your best self.

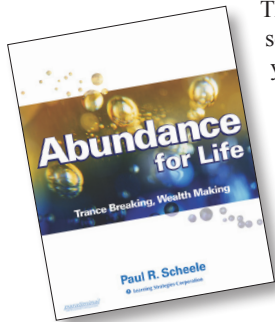


TAP THE POWER OF YOUR MIND

To Accomplish Greatness in Your Life

Paraliminal sessions are included with many self-study programs developed and published by Learning Strategies Corporation. We are here to help you maximize your potential in the easiest and most enjoyable ways possible.

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



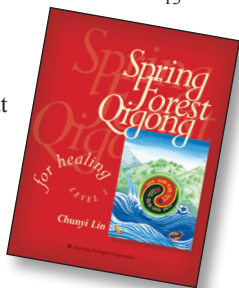
This wealth-making course will help you rewrite the script of your life for overflowing abundance. Whether you want outward prosperity of family ski trips, additions to your home, and BMWs, or a spiritually complete lifestyle of Truth, Beauty, Freedom, and Love, or both, you will explore the secrets to having what you want miraculously appear and the mental processes that make it happen.

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 backwards to help you out, and so that problems – that inevitably come up – don't stop you.

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. He 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.



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

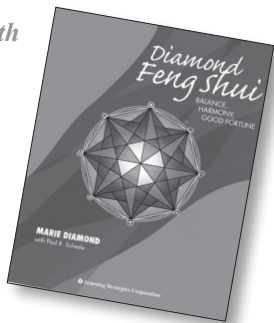
Sonic Access offers you an amazing portal to greater success, richer relationships, balanced health, and spiritual growth. The four Paraliminal Meditations by Paul R. Scheele are set to the transformative music of Paul Hoffman. They bring together the words, music, tones, and sound energy vibrations to help stabilize your intentions, support you energetically, build your internal connections, and attract to you all the resources you need to move your thoughts into positive actions and results.



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.

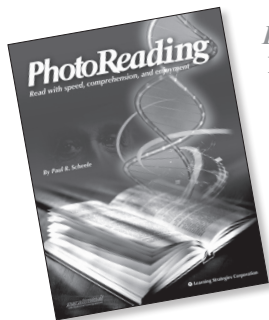
Feng Shui master Marie Diamond shows how universal energy responds to you personally, including how a room with good Feng Shui actually stimulates your brain to access desirable alpha brain waves. You also learn how to energize your home and workplace, reduce stagnant energy, and harness a type of dynamic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



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.





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.

Activate your brilliance with **GENIUS MIND**

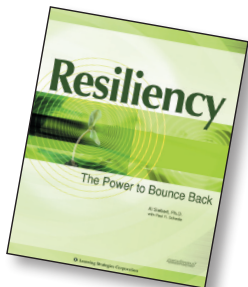
Paul R. Scheele reveals a powerful “whole mind” approach to success in health, wealth, relationships, and learning in this stunning and uniquely interactive DVD. Forget boring talks about “brain power”... this is a rock concert of mental potential. You will see how the brain works and learn how to use this knowledge to further your financial, relationship, and academic success.

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.

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.



Embrace the power of reflection with BOUNDLESS RENEWAL

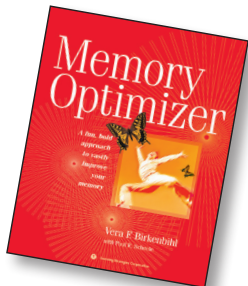
Don't let the speed of life get the best of you. Rescue yourself from feeling overwhelmed, burned out, disengaged, or out of control with Bernie Saunders and Paul Scheele's *Boundless Renewal*. Use these breakthrough insights and strategies to bring greater emotional, intellectual, and spiritual balance to your life.

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

Experience six diverse yet phenomenal ways to feel a natural, euphoric high. Learn to instantly enter a sense of calm whenever you want. Regularly feel blissful happiness, love, rapture, and peace of mind.

Boost your memory with MEMORY OPTIMIZER

A poor memory robs your income potential, steals your personality, and creates frustrations throughout your day. Capitalize on recent brain research to easily improve your memory without tiresome memorization exercises.



Focus your goals with CLEAR MIND ~ BRIGHT FUTURE

Discover your guiding purpose in life, sort out what you really want, create a workable path, and get on your way to manifesting your hopes and dreams in just a couple of hours with this unique program.

Additional Powerful Programs To Maximize Your Potential

Explore the realm of genius with GENIUS CODE

Sharpen your verbal edge with MILLION DOLLAR VOCABULARY

Communicate effectively with FOUR POWERS FOR GREATNESS

Transform the energy in your life with DIAMOND DOWSING

Influence the flow of energy into your home with DIAMOND HEXAGRAMS

Access the abundant universe with DIAMOND QUANTUM COLORS

Step into your authentic power with NO MATTER WHAT!

Experience lasting happiness with HAPPY FOR NO REASON

Live fully in every waking moment with EMBRACING FREEDOM

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

Experience the luminous world beyond ordinary sight with AURA SEEING

Step into Your Genius Resources with the PARALIMINAL WALKABOUT

Align your life with the energy of your SPIRITUAL CODES

Know your numbers, know your self, with NUMEROLOGY

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



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

IDEAL WEIGHT

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.**

IWCDB

paraliminal

