

paraliminal

INTUITION AMPLIFIER

Bring clarity, trust, and power to your inner knowing



Paul R. Scheele

 Learning Strategies Corporation

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ISBN-13: 978-1-935200-15-4

First Edition June 2011

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INTUITION AMPLIFIER

PURPOSE

Tap the remarkable gift and power of your inner knowing. This Paraliminal helps you connect to, trust, and use the vast amount of information and perceptions hidden from your everyday awareness.

BEFORE LISTENING

You possess a variety of senses to help you perceive, interpret, and navigate your world—sight, hearing, taste, smell, touch, even the ability to perceive pain, temperature, and motion. You also have the ability to perceive information coming to you that is normally outside of your conscious awareness. Through intuition, this information appears as insights, direct knowledge, or an “inner knowing.”

This Paraliminal will help you more easily tap into and enhance this innate gift of guidance, even if you think you are not very intuitive. Before listening to this session, try to remember an instance when you experienced one of the following:

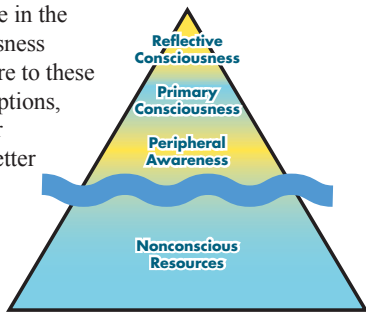
- A gut feeling or a hunch
- An inner voice speaking to you in a whisper or a shout
- An image that helped you see things more clearly

You may have trusted this guidance, doubted it, ignored it, or dismissed it. Certainly in hindsight your intuition proved worthy or useful. If you can consciously connect to this sense of inner knowing, you will be better prepared for this listening session. If not, go ahead and listen anyway, and you will become more connected to the internal abilities that produce intuition.

HOW IT WORKS

Intuition is the conscious communication of nonconscious perceptions. These perceptions exist as billions of bits of information that arise from the vast database that lies below your everyday awareness (below the squiggly line in the adjacent Four Levels of Consciousness diagram). The more attuned you are to these nonconscious resources and perceptions, the greater your ability to use your unique talents to make your life better in every way.

This Paraliminal helps you make full use of your intuitive abilities. You learn to more easily recognize the hunches, déjà vu's, gut feelings, and



Four Levels of Consciousness

flashes of insight—the inner knowing that occurs to you seemingly without having processed it through your “normal” thinking at a conscious level of awareness.

The first step is to attend to what is happening, to what comes up to peripheral awareness and into primary consciousness from the nonconscious. This includes those things currently in your awareness—the feeling of the clothes on your skin, the sound of your breathing, and the internal dialogue you are having in your mind—as well as the insights, images, and whisperings of inner guidance.

The second step is to distinguish the intuitive messages coming through your authentic source of inner knowing from the distracting noise and random thoughts of the conscious mind. As you quiet your mind and body, you learn to discern the finer sensory distinctions that increase your awareness dramatically. You can sense inner feelings, see internal images, hear inner sounds and the still quiet voice within. You are able to sort the information and determine the value it offers.

The next step is to trust this inner wisdom. Intuitive insights are firm yet gentle connections to your inner knowing, and you gain confidence and trust with every insight you receive when you act upon it successfully.

The final step is to respond appropriately, taking action or not, based on the guidance given. As you notice what is emerging from your intuition, you can make reflective decisions in every area of your life with greater clarity and certainty.

“What we know determines how we think, decide, and act,” Philip Goldberg wrote in his notable book, *The Intuitive Edge*. “It does not seem unreasonable to assert that the quality of life is directly proportional to how well we go about knowing.”

BEST WAYS TO USE

Listen daily for the first week and periodically thereafter when you need to count on your intuition. This section will give you additional insights and direction.

Notice What Emerges

Intuition is a sensory ability often marginalized in the modern culture that insists on a rational, conscious, and defensible explanation for the way we experience and act in the world. It is often discounted by many and termed extrasensory or even psychic by some. Yet, experiences of intuition and heightened awareness are common.

Perhaps you have had the experience of knowing exactly what a person was going to say before they said it or thinking about someone seconds before they phoned you. We often attribute such uncanny experiences to coincidence, yet this is how the finely tuned sensory systems of the body-mind can receive information and communicate it in a purposeful way.

Nila, a business colleague, paid close attention to the intuitive signals she was getting about her investments. As a result, she took all of her retirement funds out of her Roth IRA plan and purchased bank certificates three

months before a disastrous stock market plunge, saving her investment from losing half of its value.

Our sensory systems receive and respond to a tremendous amount of information of an intensity level far below the threshold necessary to reach your conscious awareness. You do not necessarily know what the information means because you are trained to experience the world through the sensory systems of your eyes, ears, feelings, touch, smell, and taste.

All information comes in energetic waves your brain interprets and works to objectify. When you look at something, for example, you visually perceive a wave of light. Look at a pair of blue jeans and you see the color blue. You do not sense the cloth is absorbing every light other than blue and reflecting only the narrow spectrum of light frequencies known as blue.

This Paraliminal helps you connect with the part of you that normally resides outside your conscious awareness. Notice what is emerging during your day and in your interactions with others. Pay particular attention to any sudden “ahas”, insights, and unusual sensations.

Heighten Your Awareness

The *Intuition Amplifier* is particularly useful when you are heading into situations that require a heightened level of awareness. When you are traveling, especially to destinations new to you, listen to this session for several days before your departure to heighten your level of vigilance so you can navigate your new environment with confidence and ease.

If you are a teacher, you may find you are more aware of and better able to interpret the individual needs of a classroom full of students. If you are

a healer or healthcare practitioner, listen to this session the night before a day scheduled full with clients or patients. You may notice you are more sensitive to messages and cues that give you a more holistic understanding of your clients' issues.

When you want to connect deeply with your romantic partner or resolve a difficult issue with a coworker, listening can help you better distinguish between what is truly in your best interest and the concerns, worries, or hopes you are consciously bringing to the relationship.

Support Your Career

In *The Intuitive Edge*, Philip Goldberg explained how most chief executive officers use a tremendous amount of intuition in their decision-making and then engage in a rational process to explain how they made the decisions.

In recent years, studies have even shown that unconscious activity in the brain can predict the outcome of a decision several seconds before the decision is made consciously. This might be called an evolutionary impulse that arises in consciousness leading someone to act.

Listen to this Paraliminal session anytime to enhance your intuitive abilities and help your career. If you work in the financial markets, for instance, you might notice how listening increases your clarity about the investment decisions you make.

If you are a manager, listen before starting a new project to help you better understand and steer your team and gain creative insights for meeting the challenges ahead.

Support Other Disciplines

Listen to this Paraliminal to amplify your intuition in other important areas of your life. If you are a PhotoReader, for example, you will be able to activate the material you PhotoRead with greater confidence. If you practice Spring Forest Qigong, your ability to detect energy blockages will increase. If you practice Diamond Feng Shui or use any of Marie Diamond's courses, you will better attune to the energy of your space. If you meditate with *Seeds of Enlightenment* or any of Jeddah Mali's other courses, you will find it easier to navigate the "sea of awareness."

BENEFITS

- Trust your instincts and make better choices.
- Navigate your world with certainty and trust.
- Attune to the still, quiet voice within for peace and guidance.
- Know the difference between intuitive insights and internal noise.
- Bring clarity, confidence, and focus to your day.
- Creatively solve problems and achieve your goals.
- Act with greater purpose, power, and passion.
- Refine your powers of perception.
- Experience total knowing for how you feel and what you see and hear.
- Enjoy more fulfilling and joyful interactions with friends, loved ones, and colleagues.
- Trust in your limitless abilities to live in greater ease, joy, and peace.

POSSIBILITIES FOR GOING BEYOND

Trust and Surrender

Many people ignore their intuition because they do not trust it. Tapping into your authentic source of guidance requires both surrender and trust. To more fully integrate these qualities into your being, consider listening to Jeddah Mali's "Trust and Surrender" experiential meditation and teaching from our *Seeds of Enlightenment* program.

Jeddah explains how to build trust through its five elements: openness—to be expansive and open to all possibilities; willingness—to take steps to change your current thinking; courage—to move beyond what you previously thought possible; surety—the certainty that everything is okay, even in the absence of proof; and safety—which results only when you trust implicitly. Sometimes working with these smaller steps can be more helpful than attempting a big leap directly into trust.

Jeddah also teaches about the two key elements of surrender: letting go of imaginary boundaries and anything holding you back, and allowing in greater flow, clarity, and understanding. Combined, they provide an unassailable access point to conscious awareness in the present moment.

Expand Your Sixth Energy Center

You may also find the "Energy Centers" meditation in *Seeds of Enlightenment* equally helpful in building your intuitive abilities. Jeddah Mali teaches how the body accesses the full spectrum of awareness through

the major energy centers, including the sixth center in the middle of the forehead. This energy center, known as the “third eye,” is connected to our creativity, imagination, and inner sight.

The “Developing Inner Knowing” meditation in our *Abundance for Life* course can also help you use the energy of this center more effectively. In particular, it helps you identify core issues, concerns, or fears that may be preventing your intuition from developing more fully.

Even taking just a few minutes to meditate on the sixth center before listening to the *Intuition Amplifier* can be beneficial. Simply relax your body, close your eyes, and breathe evenly and deeply while noticing in your mind’s eye the quality of the indigo light emanating from this energy center. Allow the highest flow of energy possible to move through this area. Feel the sense of spaciousness expand and how your ability to perceive is enhanced.

Improve Your Inner Listening

Meditation, of course, is the best way to reduce mind chatter so it becomes easier to notice the insights, images, inner voices, and messages bubbling up from your intuitive guidance system.

Try to develop a regular meditation practice, either on your own or using any number of our programs, such as *Seeds of Enlightenment*, *Pure Energy*, or the Paraliminal meditations from *Sonic Access*.

Listening to any Paraliminal helps you automatically bypass the limits of the conscious mind and brings you into deeper states of awareness.

PhotoReading is also beneficial because it uses both the left and right brain hemispheres—the whole mind—to rapidly process written information. It opens

up your peripheral awareness and builds a strong channel of communication between your conscious mind and your nonconscious resources.

Practice Image Streaming

Another good way to capture intuitive insights is to outrun the editor function of the conscious mind with a process called Image Streaming. There are a number of techniques from brain development pioneer Win Wenger in our *Genius Code* personal learning course. Try this one:

- Relax, close your eyes, and imagine you are riding on an elevator. The door opens to reveal a place you have never been or seen.
- Describe your inner impressions out loud as fast as you can to a partner or into a recording device to make conscious the richness of your internal intelligence. Note as much sensory detail as possible, including images, sights, sounds, tastes, and aromas.

Image Streaming trains you to be a highly sensitive and accurate observer not only of your inner imagery but of all your senses, interior and exterior. It gives you access to undirected associations and perceptions that can lead to greater creativity and problem solving.

Discern Sensory Responses

To develop your ability to distinguish between the messages from your intuition and random thoughts, consider asking clear questions of your inner intelligence using any of several *Yes-No* response techniques and tools such as muscle testing, a pendulum, and dowsing rods.

These techniques can be used to decide the best time for a vacation, determine whether a relationship is good for you, detect blockages and imbalances in the body, discover the energy of your environment, even decide if a particular food is what your body needs or if a specific book will satisfy your interests.

Pendulum Technique

A pendulum can help you get an accurate reading on your subtle muscle movements. Try this from Paul Scheele's book, *Drop Into Genius*.

Tie any small object to a string or chain that you can dangle. Wrap the string over your hand and drape it over your index finger so the pendulum hangs down and swings freely. Then say, "Between questions I would like to see this circle in a clockwise fashion." Then watch as it circles clockwise.

Then say, "Show me a *Yes* response." The pendulum will move in one direction: either forward and back, away from you and toward you; or back and forth, left and right of your midline. Then say, "Show me a *No* response." It will move in the opposite direction from the *Yes* response.

Now that you know what a *Yes* and a *No* response look like, you can ask questions. The subtle muscles of your shoulder, arm, and hand will cause the pendulum to swing as the nonconscious mind directs the subtle muscles to make a shift.

Dowsing Rods

In *Diamond Dowsing*, Marie Diamond shows you how to use the ancient practice of dowsing to detect and improve the energy in your environment. Because the dowsing rods are sensitive to your own energy and intention,

you can use them to ask the nonconscious mind questions that lead to a *Yes* or *No* response.

If you do not have the L-shaped dowsing rods, you can make your own out of a coat hanger or any metal rods.

Hold the rods in front of you at heart level and parallel to the ground or slightly pointed down. As you ask questions, your subtle energy will move the two rods apart or together. The rods will swing apart to indicate a *Yes* response. They will close or cross tips to indicate a *No* response.

Muscle Testing

Muscle testing, also known as applied kinesiology, tests the strength and weakness of muscles and is used by many alternative medical practitioners, including chiropractors, naturopaths, nutritionists, and massage therapists. Use this technique by yourself to answer any *Yes-No* questions.

Press your thumb and index finger (or thumb and middle finger) together on one hand. With your other hand, make a hook with your index finger, and pull your other thumb and finger apart. Feel how hard it is to break that circle. Next, say, “Show me a strong response.” Then try to break the circle. You probably will not be successful. Then say, “Show me a weak response.” Try again to break the circle and see how your body goes weak.

Now say, “Show me a *Yes* response” and feel how it goes strong. Then say, “Show me a *No* response” and feel how it goes weak.

Your capacity to accurately interpret the signals you are getting will improve with practice. Your intuitive abilities are limitless. The more you

trust in them, the better they will serve you, guiding you to a happier, healthier, and more successful life.

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, Paraliminicals 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.

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. Follow these guidelines to help clarify your purpose and ensure every goal you have is well formed:

- 1) State your goal in the positive.
- 2) Focus on a goal within your control.
- 3) Create a goal that preserves what you value.
- 4) Write your goal in the present tense.
- 5) Craft 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, co-founder of Learning Strategies Corporation, 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 Learning Strategies Paraliminals. His unique expertise and collaborative genius creates a transformative experience for you.

Paul 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. Others include *Abundance for Life*, *Natural Brilliance*, *Clear Mind ~ Bright Future*, *Sonic Access*, and with Win Wenger, *Genius Code*.

TAP THE POWER OF YOUR MIND

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

There are over 40 titles to choose from, including *Personal Genius*, *Living the Law of Attraction*, *Prosperity*, *Belief*, *Power Thinking*, *Instantaneous Personal Magnetism*, *Self-Esteem Supercharger*, *New Behavior Generator*, *Focus & Concentration*, *Memory Supercharger*, and *New Option Generator*.

To explore our full line of programs, visit www.LearningStrategies.com. You may also call us at 1-605-978-2023.

INTUITION AMPLIFIER



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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