

Subliminal Programming

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Session Overview

These sessions are a highly advanced blend of several mind development technologies. Your mind will be bombarded by 256 voices at once, all speaking short and powerful sentences regarding your new beliefs based on the particular session. Clearly, this is too many to comprehend consciously. This is to bypass the conscious mind, in which resides the conscious critic. Your conscious critic was put there for a very important reason: To keep you safe.

If you didn't have your conscious critic, you'd believe everything you heard the first time.

Imagine if a man walked up to you on the street and offered to sell you a gold watch for \$10. Without your conscious critic, you'd believe the watch was real gold, and you'd be out ten bucks.

But because of your conscious critic, any statements that you hear that aren't obviously and clearly true (based on what you see or your experience) are met with an automatic and strong, "*No way!*"

This is a defense mechanism and works fine most of the time. The trouble comes when we use things like affirmations for personal change.

Imagine if you looked at yourself in the mirror and said, "*I am worth ten million dollars!*"

Unless you are wearing expensive clothes, live in the best part of town, and have a bunch of pictures from your last

trip on your private jet in your phone, your conscious critic would pipe right up and say, "*No way!*"

This is why traditional affirmations take such a long, long time to work, if they ever do. Your conscious critic has more resilience than you think!

However, with these sessions, because there are so many statements, your conscious critic is absolutely overwhelmed, and can't possibly say, "*No way!*" to all 256 voices speaking at once. It can't even understand them!

But your subconscious mind can perceive much, much more data hitting your five senses than your conscious mind.

Some studies indicate that for every one bit of information that is presented to your conscious mind, your unconscious (or subconscious if you prefer) can receive and process 25,000 bits of information!

So if you can consciously understand two or three words being spoken per second (the rate of a fast speaker), your unconscious can understand, and process, up to fifty to seventy-five thousand words per second!

So while your conscious mind will only hear a slight buzz, and maybe a stray phrase or two, your subconscious will pick up everything.

Think of being at a party, and listening to the buzzing of the crowd. As soon as somebody from across the room speaks your name, your ears perk right up!

These voices are presented in both male and female voices,

to represent the masculine and feminine portions of your nature (or the yin and yang if you prefer) as well as both in the first person (I...) and the second person (You...).

Sometimes our parents or other adults from our childhood tell us things, and we remember it as "You..." but other times we take ownership of the belief, and translate it into "I..."

The statements are designed to override any limiting beliefs you have within each particular category.

In addition to the voices, there is a careful mix of sounds to generate Theta brainwaves within your mind, causing the deep, drowsy state where the mind is most open to reprogramming.

This is the state targeted during traditional hypnosis, and this is that half-awake, half-asleep state where conscious thoughts seamlessly merge into dreamlike thoughts.

However tempting it can be to simply slip on the headphones and let the sounds do all the work, your participation is absolutely required.

In the outer world, your participation will be represented by behaving differently, which will be a natural outcome of the change of your beliefs.

In the listening sessions, your inner-world participation is required in setting a specific intention for that particular session. Each session has several dozen separate statements; all repeated several times in the vocal configurations mentioned above.

In order to make best use of this, you'll need to give your subconscious mind a clear indication of how you'd like to behave, on an unconscious level, with the new beliefs that will be installed by these statements.

The easy way to do that is to simply create a picture of in your mind of the ideal situation, related to that particular session, with the strongest positive emotions you can feel.

Hold that visual image, and the corresponding emotions in mind as you begin listening to the session. For most people, holding that image and emotional energy in mind for the first minute or so is sufficient.

However, the stronger the visualization and emotions are, and the longer you can hold them, the more powerful the results will be.

The sessions themselves are each an hour long. This may seem like a very long time to hold an image, feel an emotion while listening to theta inducing sounds, and it is!

Just listen however you like, for as long as you like. The only general guideline is to set an intention in the beginning, as described above, and listen with headphones in a relaxed position with your eyes closed.

An ideal time is just before falling asleep at night, so you can set your intention, listen to the sounds, and then drift off to sleep. Then while you're sleeping, your subconscious can process all the new information and statements more rapidly.

Listening Order and Listening Frequency

There is no right or wrong order to listen to these. You may listen once per day, one session right after the other. Or you may choose to listen to a particular session for several weeks or even months at a time, on a daily basis.

It all depends on where you are in your life, and what you feel you would benefit from the most. Slowly building up your own personal library of subliminal sessions will help you achieve anything you'd like.

In addition, you'll also receive the pure files without any brainwave or other sounds. This is so you can mix them however you like, or listen to them in the background as you are doing other things.

How to Use Suggested Visualizations

The suggested visualizations are only a starting point. Choose ones that are more specific to your unique situation.

Also realize that the more exaggerated and outlandish you can make these visualizations, the better. These are slightly different from sports or performance visualizations, where you visualize yourself actually performing a specific task. These are designed to give your subconscious a directional goal FAR above what you are comfortable doing now, as you can ALWAYS improve in all of these areas.

The Use of Journaling

Daily journaling is a very powerful way to accelerate your progress. Before you get to sleep at night, consider writing down the answers to the following statements:

- **What I did to get closer to my goals**
- **What I can do tomorrow to get closer**
- **Things I could have done today, but didn't**
- **Things I wish I would have done differently**

You'll find that doing this will give you powerful directional motivation, even if you have a clear idea of what you'd like but have no idea how to even get started.

If you encountered a situation where you could have done something, but didn't, consider using this as a visualization for any subsequent sessions.

For example, if you interacted with somebody but wish you would have said or done something differently, simply re-imagine the situation as if it happened the way you would have liked. Then use that as your visualization. Done consistently, this can significantly accelerate your progress.

Common Questions

How Long Until I See Results?

Everybody is different, and everybody has different goals. Some people see results almost immediately, within the next day or so. Others may take a while. Consider where you are starting, and how much you'd like to improve. For example, somebody who has never even gone on a date may take a while to manifest their dream lover, while somebody who is socially active may meet them the very next day. Also, consider how involved you are willing to be in the process. Oftentimes what we want is right in front of us, but we are too busy looking elsewhere to see it.

When Will The Results Be Permanent?

The ideal scenario is that these programming sessions will change your beliefs, and your beliefs will change your natural behavior. Once your behavior becomes natural, then you will be creating a self-fulfilling loop, where your actions reinforce your new beliefs. Then the results will be permanent. However, you may consider maintenance listening of some sessions on a weekly or monthly basis.

Why I Don't Feel Any Different?

These sessions will change your beliefs on a subconscious level, and you may not notice it. Consider that now, you feel "normal." After you listen, your beliefs will have changed, as will your behavior, but you will still feel "normal." This is why it is important to keep a record of objective evidence of your success, either your own behavior or any comments that

others make about your behavior. Keeping a record of any objective evidence is also a great way to motivate you to improve even further.

How Do I Know Which Is For Me?

The easiest way is to take a look through the affirmations. Each is available before purchase. Simply read through them, and imagine how your life would be if you absolutely knew, beyond any doubt, that each of those affirmations were true about you. How does that make you feel?

Is It OK To Mix Sessions?

Absolutely! Just remember the old saying that “a dog can only chase one rabbit.” It’s much easier if any sessions you are mixing are on the same general goal. Remember, it is important to create a strong intention and visualization to hold in mind at the beginning of each session. So long as you can do this, you’ll be fine.

Can I Listen All Night Long?

As long as listening all night doesn’t interfere with your sleep, that’s perfectly fine. Also, since you’re sleeping your mind is already in an open state, so you can play the pure files on a loop if you’d like.

Can I Listen While Doing Other Things?

The files which contain the Theta background sounds will work most quickly when you are relaxed, in a comfortable position and are using headphones. The non-Theta files are provided to be listened to while doing other things, including

driving and working. Just understand that when you are doing things that require focused concentration (driving, studying, etc.) the mind is much less open for reprogramming. A good rule of thumb is that the more relaxed you are, the faster these will work.

The Affirmations Don't Seem Exactly Like I Want

These work best when they are combined with a powerful and well thought out visualization, as well as a strong intention. If they affirmations themselves aren't exactly the way you would like, that's fine. Or if you think one or two may cause a problem, that's fine too. Your subconscious is very good at filtering out or redefining things based on your intention. So long as the affirmations represent a fairly close statement of the beliefs you'd like to have, that's perfect.

