

*paraliminal*<sup>®</sup>

# 10-MINUTE SUPERCHARGER

Energize your body and mind in minutes



Paul R. Scheele

 Learning Strategies Corporation

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## Learning Strategies Corporation

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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.
- 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](http://www.LearningStrategies.com/Qigong).)
- Visit our online Discussion Forum to interact with other Paraliminal users who have the same quest as you: *maximize potential!*

## 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](http://www.Centerpointe.com).

# 10-MINUTE SUPERCHARGER

*Energize your body and mind in minutes*

## PURPOSE

*10-Minute Supercharger* revitalizes the body, clears the mind, and channels energy to bring forth your full productivity and enjoyment all day long.

## BEFORE LISTENING TO THIS SESSION

Clearly tell yourself how you want to feel after listening.

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

## BENEFITS

- Clear away fatigue and revitalize.
- Multiply your concentration and energy during low-energy doldrums.
- Improve your productivity by drawing on your natural abilities to rest and refresh.
- With each listening session recover an extra 45 to 90 minutes of productive energy by the end of the day.

## TECHNIQUE OVERVIEW

Have you ever needed to take a nap, but awakened feeling as though you were useless for the rest of the day? Some people dread napping, because afterward they can't regain their snap. With *10-Minute Supercharger* you will wake refreshed, and within 10 more minutes you are at full vitality, ready to go.

*10-Minute Supercharger* gives you a deep restful experience quickly that leaves you feeling bright and alert. The session begins with precisely designed, indirect suggestions to relax within. A countdown from five to one deepens your quiet state.

As with all other Paraliminal recordings, *10-Minute Supercharger* features original music. Gradually the notes blend into the gurgling of a stream. Nature sounds along with gently moving voice tracks help your nonconscious resources become available to accomplish your goal for the session.

## BEST WAYS TO USE

Before listening to the session, tell yourself how you want to feel when you finish. Then clearly say to yourself, "When the session is over, I will be..." and finish the statement with your desired benefits. For example, you might say, "...refreshed and ready to enter the committee meeting with confidence and poise." Or, "...thoroughly recharged with ample energy to make it through the rest of the day." Or, "...completely relaxed and balanced."

If you start with very low energy, you may feel pleasantly groggy after listening. It may take you 5 to 10 minutes to experience the full refreshing effect of the session.

Put your phone on hold and listen in your office. Listen at home, at a highway rest area, or any other place where you can make time for yourself.

Use *10-Minute Supercharger*:

- Whenever you sense a need for a pick-me-up or a quick energy boost. When the clock says 4 p.m., but you feel like it's midnight.
- Instead of consuming an afternoon coffee, candy, or cola. Replenish your energy without the side effects of caffeine or sugar. Multiply your concentration and effectiveness.
- Before a presentation, an important meeting, or test.
- Before an athletic activity such as tennis or golf.
- After the relatives leave, a workout, an airplane flight, or whenever you feel yourself dragging.

## POSSIBILITIES FOR GOING BEYOND

Your brain learns how to shift brain channels as easily as changing channels on a television. During the first week of using the *10-Minute Supercharger*, your brain gets used to quickly shifting channels. Going deep and fast into sleeplike states initially may leave you feeling logy; if so, simply give yourself five to ten minutes to let your body and mind achieve the fully supercharged state of energy and clarity.



Some people love the first listening session so much that they immediately do another session for the pure delight of the experience. That's fine if you choose to repeat.

*10-Minute Supercharger* is the perfect way to revitalize when drowsy. Originally created for the busy executive lifestyle, it was meant to be kept with a set of headphones in the desk drawer so it could be used during the usual post-lunch energy drop. Consider refreshing yourself with this recording.

## INSIDE SECRETS

The unique protocol of *10-Minute Supercharger* was originally designed for an exceedingly successful sales executive who came to me as a personal development client. He often returned home so exhausted from his busy workday that he could never seem to reboot his internal energy system. His goal was to enjoy his evenings with the same energy and enthusiasm that he experienced in his work life.

He and I called the recording I created for him *The Buffer-Zone Transition*. He listened to it daily after returning home before having dinner with his family. This energizing transition created the perfect buffer between his work life and his personal life. It gave him time to integrate the workday, clear his mind, release any stresses, and supercharge his energy—all in the brief span of 10 minutes. He transformed the end of his day into quality time. Soon he no longer needed to listen, because his body automatically learned to use its energy more efficiently.

Listening to *10-Minute Supercharger* confers a grateful body, a quiet mind, and rebounding vitality in 10 minutes of relaxation that lasts all day.

# 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.

## *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.



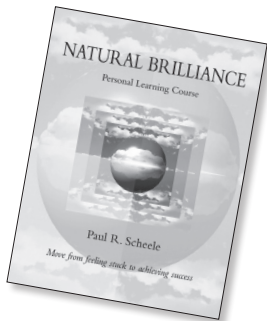
## *Bring riches into your life with* **ABUNDANCE FOR LIFE**

This wealth-making course will help you rewrite the script of your life for overflowing abundance. Paul Scheele takes you on a journey from your familiar world to follow your hopes and dreams. You will free up energy as you awaken anew into a world of health, wealth, power, and possibility.

## *Overcome any challenge at will with* NATURAL BRILLIANCE

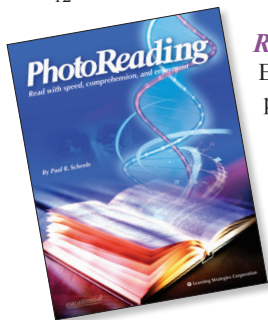
Unshackle blocks that have held you back. In this uniquely powerful course, Paul Scheele helps you understand how being stuck undermines your brilliance. See how you might be living with the *model of failure* instead of the *model of success*.

You will move from feeling stuck to achieving success with four simple steps you do in your mind. As a result, stress drains away, proverbial mountains shrink to molehills, goals soar to achievement, relationships become more meaningful, and life becomes smoother and more fulfilling. Your course includes six Paraliminal learning sessions to make the steps of Natural Brilliance automatic and help you spontaneously move through limitations as they arise in the future.



## *Step Into Genius with* PARALIMINAL WALKABOUT

Turn an everyday walk into a profound personal growth experience. *Paraliminal Walkabout* combines the power of the Paraliminal human performance technology with specific walking and breathing strategies to help you build a mind-body connection for enhancing all areas of your life—physical, mental, emotional, and spiritual. Benefit from this super-learning state with four individual *Paraliminal Walkabouts* included with this course: *Abundance, Health Boost, Creative Thinking, and Quiet Mind*.



### *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.

### *Explore the realm of genius with* **GENIUS CODE**

Your powerful inner mind talks to your conscious mind through a steady stream of images. Break the code of these messages to boost your IQ, solve any problem, accelerate learning, recognize golden opportunities, and supercharge your intuition.

Mind development pioneer Win Wenger and Paul Scheele teamed up in this fascinating exploration into the human mind to bring you useful and practical applications that can benefit you immediately and for a lifetime.

### *Sharpen your verbal edge with* **MILLION DOLLAR VOCABULARY**

Breakthrough processes help you learn 600 new words to use naturally in everyday life. People with a strong vocabulary are thought to be smarter and more capable, which is why they are generally given all of the breaks and earn the most money. See how your vocabulary will grow from the very first listening.

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

Harness the active energy of your environment and direct it in phenomenal ways. 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.



## *Transform the energy in your life with* **DIAMOND DOWSING**

Energy emanates from the earth's core 24 hours a day. How the energy reaches you determines whether it has a positive or negative impact. Feng Shui master Marie Diamond reveals how the earth's energy and the energy created by electricity, machinery, and cell phones affect you. She teaches you step by step how to use dowsing rods, interpret their movements, and take appropriate action so you can neutralize stressed energy and amplify positive energy for your greater success, health, and well-being.

## *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.

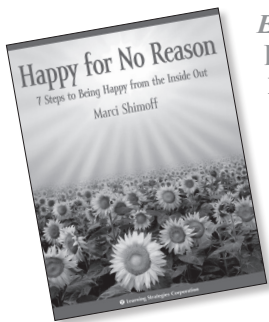
*Discover the nature of awareness with*  
**SEEDS OF ENLIGHTENMENT**

Understand the natural laws that govern your existence. Spiritual mentor 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.



*Attract everything you want in life with* **EFFORTLESS SUCCESS**

The mega-hit phenomenon *The Secret* reminded millions of people around the world about this ancient truth: “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.

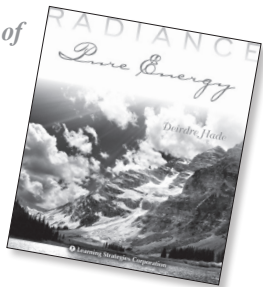


*Experience lasting happiness with*  
**HAPPY FOR NO REASON**

Deep and lasting happiness doesn't depend on your circumstances. It just bubbles up from within... for no reason at all. You don't have to win the lottery, lose weight, or have happy genes. This powerful seven-step approach shows you how to experience true happiness from the inside out, naturally bringing greater success, wealth, and health, and more fulfilling relationships.

*Beam inside and out with the 5-minute meditations of*  
**PURE ENERGY**

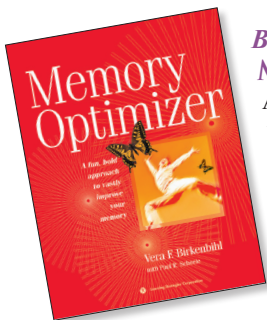
Vivid imagery, beautiful music, and healing sounds form the eight five-minute meditations of *Radiance Pure Energy* from spiritual teacher, mystic, and healer Deirdre Hade. Her teachings and meditations help you create a powerful energetic foundation of deep integration, peace, and connection to your higher self, the people you love, and your life purpose. This will help you greet each day with a vibrant outlook and meet every challenge and opportunity with greater focus, enthusiasm, and joy.



This easy-to-use program includes meditations for your day (*Morning Five Minutes, Rebalancer, Bedtime*) and for your life (*Abundance, Health, Relationships, Environment, Spiritual Expansion*), so you can tap the pure love that emanates from your heart and live harmoniously with pure energy.

*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. Chunyi Lin, a Qigong master, teacher, and healer, has demystified this ancient practice and made it practical for today. Use his 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.



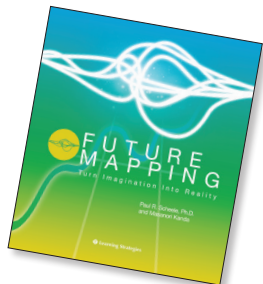
## *Boost your memory with* **MEMORY OPTIMIZER**

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 with a unique approach using Vera F. Birkenbihl's "The Birkenbihl Method" and Paul R. Scheele's "Paraliminal Learning." Concepts and practical processes such as Intelligent Gap Management, the Inner Archive, Memory Pyramid, and the Anchorman List coupled with 57 memory

tricks will give strength to your memory and ability to learn.

## *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.





*Additional powerful programs to maximize your potential...*

*Know your numbers, know your self, with NUMEROLOGY*

*Experience the luminous world beyond ordinary sight with AURA SEEING*

*Influence the flow of energy into your home with DIAMOND HEXAGRAMS*

*Access the abundant universe with DIAMOND QUANTUM COLORS*

*Align your life with the energy of your SPIRITUAL CODES*

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

*Learn Spanish, French, and German with EASYLEARN LANGUAGES*

*Live fully in every waking moment with EMBRACING FREEDOM*

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

*Experience the truth of your being with INFINITE GRACE*

*Focus your goals with CLEAR MIND ~ BRIGHT FUTURE*

*Step into your authentic power with NO MATTER WHAT!*

*Communicate effectively with FOUR POWERS FOR GREATNESS*

*Embrace the power of reflection with BOUNDLESS RENEWAL*

*Affirm a happy and fulfilling life with PERSONAL CELEBRATION*

*Create the brain chemistry for lasting love with LOVE AND LONG LIFE*

*Activate your brilliance with GENIUS MIND*

*Advance your Qigong practice with WISDOM & INSIGHTS*

# 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

***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

***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](http://www.LearningStrategies.com).

You may also call us toll-free at **1-605-978-2023**.



# 10-MINUTE SUPERCHARGER

## 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.**

TM/CDB

*paraliminal*

