

*paraliminal*<sup>®</sup>

# PEAK PERFORMANCE

Fire up your motivation for superior results

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 Learning Strategies Corporation

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Any application of this program is at the user’s discretion and sole responsibility. This program is not intended as a replacement for any medical treatment or therapy by a physician or other licensed health care provider. If you have any neurological or respiratory disorders or severe mental and/or emotional problems, please contact your physician or other licensed health care provider for advice on using this program.

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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 Paraliminals 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.

More information on how Paraliminals work can be found at [www.LearningStrategies.com/Paraliminal](http://www.LearningStrategies.com/Paraliminal).

## 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.
- Paraliminals 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!*

## PARALIMINAL SLEEP LEARNING

To enjoy the benefits of sleep learning, set your audio player to repeat the Paraliminal sleep learning track (Track 7, Session B only). 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](http://www.Centerpointe.com).

## PAUL R. SCHEELE

Paraliminal developer Paul R. Scheele skillfully crafted each listening 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.

Paul has designed over seventy programs relating to personal development including PhotoReading, a unique reading system for processing the written page at 25,000 words a minute. He has authored two books: *The PhotoReading Whole Mind System* and *Natural Brilliance*. His works have been translated into 15 languages.

## TOM McCARTHY

Tom McCarthy is the founder of Thomas McCarthy & Associates and FIRE-UP Training & Development. Tom has spent over twenty years creating and testing peak performance strategies. Through his “Competitive Greatness” and “Breakthrough to Greatness” training programs, Tom has helped corporations, organizations, professional sports teams, world champion athletes, and everyday people dramatically improve their performance and results. Tom’s energetic style and his cutting-edge peak performance system are guaranteed to improve your level of performance in any area of your life.

You can reach Tom at Tom McCarthy & Associates, P.O. Box 132, Rancho Santa Fe, California 92067, by phone at 1-858-759-8484, by email at [Tom@TomMccarthy.com](mailto:Tom@TomMccarthy.com), or online at [www.TomMccarthy.com](http://www.TomMccarthy.com).

# PEAK PERFORMANCE-A

*Incite deep motivation from within*

## PURPOSE

Fire up your motivation to get better at anything you choose, creating the most powerful ways possible to attain results.

## BEFORE LISTENING TO SESSION A

Pick an area of your life that you would like to raise your current level of performance.

- Identify what you want to accomplish.
- Consider your current performance on a scale from one to ten. One represents a complete lack of motivation and ten represents peak performance.
- Where would you place yourself on that scale?
- Why did you chose a number so *high* and not lower?
- Consider the strengths you already possess.
- What behaviors would move you one step up that scale?

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

## BENEFITS

- Turn a little want into a fired-up desire.
- Incite deep motivation from within to unlock your performance in any area of life.
- Exercise at full intensity, every day.
- Accomplish extreme success in any project or business.
- Choose good foods; eat healthfully.
- Dive into your hobbies with total absorption.
- Attain your highest levels of sports performance.

## TECHNIQUE OVERVIEW

Your thoughts, feelings, and behaviors are all critical factors to attaining high levels of performance. Listening to Session A will spark a super motivation to tackle any project, task, or responsibility.

The law of reinforcement says you get more of what you reinforce. This session helps you rehearse and reinforce the attitudes and behaviors that help you accomplish your goals quickly and confidently. You will unlock the ability to reach higher levels of achievement and satisfaction.

## BEST WAYS TO USE

Listen in the hour prior to practicing, training, or studying.

Each day, take a few minutes to close your eyes and visualize all the benefits of your desired goal. See the positive images, hear the uplifting



voices, and feel the pleasant feelings of achieving your intended result. Performing this daily exercise will help manifest its reality.

## POSSIBILITIES FOR GOING BEYOND

- To further support the realization of your goal, create a “vision board” and place it in a prominent location in your home or workspace. Gather photos, images, and words that represent what you want in your life and attach them to a cork board. Take a few moments each day to look at the board, then close your eyes and visualize the benefits of your desired goal.
- Set a weekly meeting or call with a supportive friend or coach to discuss progress towards your goal. The simple act of checking in with someone for as little as five minutes a week is an effective technique to guide your progress while increasing your motivation and success.
- Learning Strategies offers a wide variety of learning tools for those wanting to achieve their desired results. *Clear Mind, Bright Future* assists you in establishing clear goals and intentions for your actions. The *10-Minute Supercharger* Paraliminal program helps you uncover vast reserves of energy within. If you suspect you may be sabotaging your own success, listen to the *Automatic Pilot* Paraliminal. To overcome failure programming, consider the *Self-Esteem Supercharger* Paraliminal. If you are aware of any self-limiting beliefs or behaviors that might hold you back, listen to *Belief* and *New Behavior Generator* Paraliminals. If you feel stuck in old habits, listen to the *Break the Habit* Paraliminal. If you have been procrastinating, listen to our *Get Around To It* to cultivate a burning desire from within to get it done now.

- If you use the Learning Strategies *Diamond Feng Shui* course, activate the appropriate directions based on your goal.

## INSIDE SECRETS

The statement “practice makes perfect” is false. In truth, it is *perfect* practice that makes perfect. In other words, take the time to practice the right actions, behaviors, thoughts, and emotions every time you practice. You will reach the results you desire.

Here is a secret you can use to spark your motivation: it is called the “Do It Now” technique. The next time you are about to put off a task, immediately give yourself the command, “Do It Now!” If you hit internal resistance, reiterate the command and notice the positive results.

Discipline your mind to only think the thoughts and feel the feelings that spark your inner drive. The word discipline comes from disciple, or “one who loves and follows a particular path.” When you love the results that higher levels of performance can bring you, then doing what it takes to succeed is a joy.

“I just can’t visualize!” If you think you cannot visualize, consider the following: when you were a child, did you ever go on a vacation with your family, even if it was just for the weekend? If “Yes,” then think about what that experience was like. What can you recall about that experience? Describe a few details now. If you can recall details, you have just demonstrated your ability to visualize. Congratulations!

The “friendly bet technique” involves making a bet with a friend surrounding the accomplishment of a particular goal. For example, if your goal is to write a ten-page paper by Tuesday, you might bet a friend you could do that. Or if your goal is to get in great shape, you might bet someone you will exercise every single day for a month. This technique works because it uses positive peer pressure to spark your motivation.

There is a huge difference between competence and confidence. Competence is the state of being adequately or well qualified. Confidence is freedom from doubt—belief in yourself and your abilities. Your first goal is to raise and maintain your competence to the best of your abilities. Diligently do the work, using this recording to get the most out of everything you do.

# PEAK PERFORMANCE-B

*Rise to your personal best*

## PURPOSE

Rise to your personal best. Turn on a roaring, sustaining passion to excel with any endeavor. Convert pressure into action, and become your highest self.

## BEFORE LISTENING TO SESSION B

Know the ideal result you choose to attain. Identify what your ideal looks, sounds, and feels like, and be willing to perform consistently at your highest level.

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

## BENEFITS

- Enjoy long-term business success, and establish your position at the top of your industry.
- Get recognized, admired, and sought out by those around you.
- Become debt-free and financially secure, so that you can do what you want to do.

- Achieve a healthy, fit, strong body at your ideal weight and enjoy great energy.
- Encourage and lead challenging conversations with compassion.
- Create a loving, supportive, and healthy family dynamic.
- Attain peak athletic performance and competitive greatness.

## TECHNIQUE OVERVIEW

This Paraliminal recording employs positive suggestions that will supercharge your performance in virtually any area of your life.

As the session begins, you will create a mental picture of yourself demonstrating the exact actions and behaviors necessary for success.

You will completely immerse yourself in this scene, creating a three-dimensional representation that you can modify until it looks, sounds, and feels right. Then you will step into the experience, immediately enjoying all the benefits of your imagined reality. This session of *Peak Performance* delivers empowering thoughts and emotions directly to your inner mind, instilling immediate and long-lasting benefits to support you as you reach even greater heights.

## BEST WAYS TO USE

The best time to listen is either one hour before a competitive situation of your choosing or the night before engaging in any activity where you need to perform your best.

## POSSIBILITIES FOR GOING BEYOND

- Write down at least five positive affirmations, and recite them often.

Affirmations should be:

- 1) Brief and to the point.
- 2) Written in the present tense.
- 3) Inspiring to say. The affirmation must create passion when you speak it.
- 4) Stated in the positive. Write about what you want, not what you don't want.

Examples include:

“I am unstoppable.”

“I am fast, strong, and totally committed to exercising every single day.”

- Spend time around people who are already enjoying the results you wish to achieve. Notice exactly how they use their body and voice. Pay attention to their specific words and phraseology. What self-enhancing things do they think and feel? What behaviors do they perform to keep them on track? Get as much information as possible. You can even record your observations in a journal for later recall. Then, when it comes time to perform, imitate or “model” all aspects of their behavior.
- Hire a professional life coach who can help you to achieve your goals and dreams.
- Find a mentor.
- Empower yourself with self-improvement tools, such as our Paraliminals

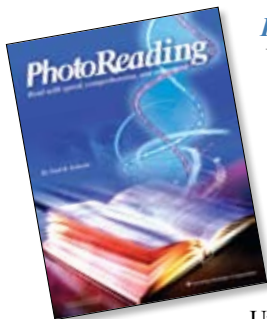
and other home study programs like *PhotoReading* and *Natural Brilliance*. Visit [www.LearningStrategies.com](http://www.LearningStrategies.com) for more information.

## INSIDE SECRETS

- Pattern interrupts are quick, powerful body movements that instantly transform disempowering emotions to positive emotions. When you are in need of a boost, try the following pattern interrupts:
  - 1) Suddenly jump up and down.
  - 2) Clear your breath.
  - 3) Make a powerful gesture, like making a tight fist.
  - 4) Shout an affirmation, like: “Yes!”
- Instead of comparing yourself to another, focus on being the best you can be. Attain the highest possible results from yourself by focusing on you having already won.
- Teach yourself to love pressure and challenges, and you will experience joy, fun, and excitement in high-pressure situations. People who have not taught themselves to love challenges are prone to feeling doubt and anxiety, which inhibits their performance.

# TOOLS FOR LIFELONG LEARNING

We offer what we believe to be the finest programs, seminars, and retreats in self-improvement, education, and health to help you maximize your potential. All of our programs come with success coaching as well as a money-back satisfaction guarantee.



## *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. See new ways of processing information to give you an edge in today's world where knowledge is currency.

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

Unshackle blocks that have held you back. Move from feeling stuck to achieving success with four simple steps you do in your mind. See how you might be living with the *model of failure* instead of the *model of success*.



## *Additional Powerful Programs To Accomplish Greatness in Your Life*

*Explore the realm of genius with GENIUS CODE*

*Improve your health with SPRING FOREST QIGONG*

*Bring riches into your life with ABUNDANCE FOR LIFE*

*Instantly transform your energy patterns with SONIC ACCESS*

*Experience harmony and good fortune with DIAMOND FENG SHUI*

*Discover the nature of awareness with SEEDS OF ENLIGHTENMENT*

*Attract everything you want in life with EFFORTLESS SUCCESS*

*Boost your memory with MEMORY OPTIMIZER*

*Activate the power to bounce back with RESILIENCY*

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

*Sharpen your verbal edge with MILLION DOLLAR VOCABULARY*

*Communicate effectively with FOUR POWERS FOR GREATNESS*

*Transform the energy in your life with DIAMOND DOWSING*

*Focus your goals with CLEAR MIND ~ BRIGHT FUTURE*

*Embrace the power of reflection with BOUNDLESS RENEWAL*

*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!*

*Here are more of the powerful and effective*  
**PARALIMINAL CDs**



Paraliminals increase your personal power by activating your “whole mind.” Each CD is carefully scripted by Paul R. Scheele, trained in neuro-linguistic programming, whole mind learning, and preconscious processing. Truly, nothing gets results like a Paraliminal.

***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

***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

***Living the Law of Attraction***—Consistently attract the good, positive, and extraordinary

***Memory Supercharger***—Strengthen your memory and concentration





***New Behavior Generator***—Neutralize unwanted behaviors & take on new ones



***New History Generator***—Transform emotions and memories that block you



***New Option Generator***—Resolve issues with new solutions and choices



***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



***Sales Leap***—Perform with the winning attitude and skills of the best



***Self-Esteem Supercharger***—Gain profound confidence & feel great about yourself



***Simplicity***—Uncomplicate your life for more freedom and joy



***Smoke-Free***—Effortlessly cut back and give up smoking



***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 **1-888-800-2688**.*

# PEAK PERFORMANCE

## 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 stereo headphones.

Please  
review this  
booklet.

PPCDB

*paraliminal*

