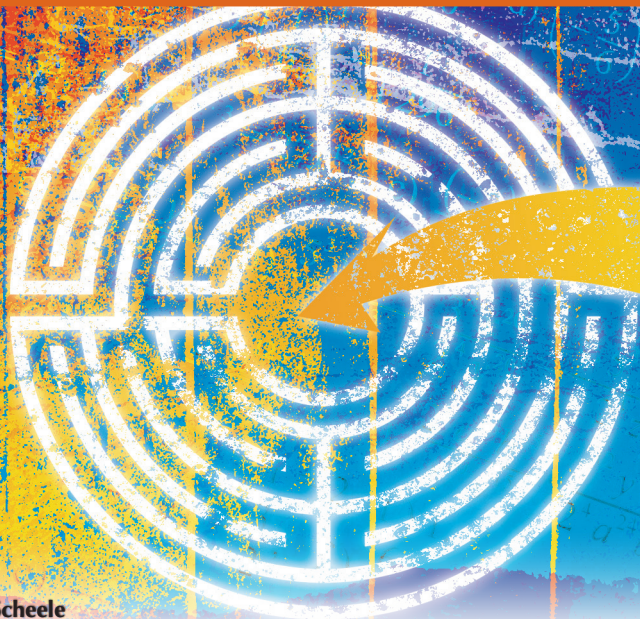


paradigm

POWER THINKING

Think clearer, smarter, faster



Paul R. Scheele
Bob Proctor

 Learning Strategies Corporation

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ISBN-13: 978-1-935200-04-8

First Edition October 2008

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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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POWER THINKING

PURPOSE

Develop dynamic and innovative thinking that supports success and personal satisfaction. This Paraliminal taps into the workshop of your pure imagination where you engage tools of thinking that help you express your talents and creativity in extraordinary ways.

BEFORE LISTENING

Habitual ways of thinking and feeling form the foundation for how you act, express yourself, relate to others, and achieve results.

When you realize the power of your mind and its tools of perception, memory, focus, intuition, imagination, emotion, and reason, you open yourself to limitless possibilities—possibilities that lead to greater well-being and abundance.

Before listening to this session, be clear about your target.

- What specific results would you like? These could be business and financial success, physical well-being, more satisfying relationships, new learning and wisdom, or anything you choose.
- Are you willing to explore new habits of thought that lead to those results?

When ready to take the next step, you may listen to your Paraliminal or continue reading for additional insights and tips.

HOW IT WORKS

The way we think leads to the results we produce. As we mature, we settle into habits of thought that serve our current aspirations, but they may develop into mental barriers that prevent us from accomplishing future goals.

This Paraliminal session helps you develop flexible ways of thinking and shows you ingenious paths to your destination. As the power of your mind grows, you explore new possibilities that accelerate your progress, generate success, and increase your happiness.

Listening also instills a sureness in your approach. You build increasing trust in your ability to focus with unbending determination, while finding a unique balance of patience and persistence. You come to demonstrate a calm confidence as you access the knowledge and skills that promote all that you envision.

As you listen, you gather the perfect resources to facilitate the accomplishment of your goals.

BEST WAYS TO USE

Achieving Your Goals

Listen to *Power Thinking* daily for a week when you establish a new goal. It will elicit the appropriate thoughts, responses, and actions to help you achieve your intention.

This session helps you identify new resources and approaches available to you. When you allow yourself to move beyond old habits of thinking—to play in the workshop of your imagination—you find new perspectives, viewpoints, and ways to achieve your objectives.

Habits of thinking that once proved productive can become limiting when we get stuck in old patterns. When you feel stuck or uncertain how to proceed toward a goal, listen to this session daily for three or more days.

Adapting to New Situations

Successful people readily adapt to new situations as they arise. When faced with a challenge that requires a fresh approach, take a break from your activities and listen to this session. It will help you adapt your focus to this new situation, promote new modes of thinking, and accelerate your progress.

Overcoming Negativity

The thoughts we think attract the results we get. When you find negative thoughts holding you back, listen to *Power Thinking* daily for several days.

Intend to build more constructive ways of thinking into your perception, judgment, decision-making, and beliefs. These new thought patterns will lead to positive feelings that enhance your day-to-day experience.

BENEFITS

Transcending old patterns of thinking increases the energy vibration of your thoughts and feelings so you:

- Take actions that enhance your results.
- Achieve expansive goals.
- Increase your personal power and satisfaction.
- Develop mental agility.
- Feel smarter.
- Adopt ideal mental and emotional states.
- Confidently apply the laws of the universe in artful and elegant ways.
- Enjoy a greater sense of well-being in every aspect of your life.

POSSIBILITIES FOR GOING BEYOND

When you trust in universal laws and are attuned to the vast knowledge that surrounds you, you concentrate your power to attract results. Thinking clearer, smarter, and faster accelerates your success and allows you to bring new and better things into your life.

Power Thinking facilitates the perspectives and attitudes that help you explore and learn new career skills, academic skills, interpersonal skills, and even physical skills.

Moving to a new job or a new city may demand new ways of interacting with people and physical surroundings. This session helps you become more flexible and balanced in any new surroundings.

And if you feel you have too little schooling or training, this session dispels your apprehension and opens you to expansive possibilities.

Power Thinking cultivates new and more successful ways of interacting with the world you live in. In the workshop of pure imagination, you play, experiment, and create, making tremendous talents and skills available to you.

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 stereo 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 that 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 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.

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 stereo 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 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.
- To listen to more than one Paraliminal, take a 20-minute break between.

How Often Should I Listen to a Paraliminal?

Refer to the *Best Ways to Use* section for listening recommendations regarding this particular Paraliminal. Your Paraliminal use will vary depending on your unique needs. Some people may notice benefits after their very first listening session, while others may experience change over the course of days or weeks during several sessions.

Some people will listen to a Paraliminal when they want to shift a particular pattern of behavior or change a belief. Others make a point of listening the night before an important activity or event.

Paraliminals are catalysts for change. They facilitate access to strengths already within you. Most changes are integrated within three days. Continued listening can reinforce continued development.

When not getting the results you want, consider changing:

- The time of day you listen.
- Whether you are sitting or reclining.
- The room where you are listening.
- The furniture you sit or recline on (listening on a sofa might not generate results if you usually use the sofa for napping).

Will I Still Benefit if I Fall Asleep or Am Interrupted While Listening?

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 event, 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. The following guidelines can help you clarify your purpose and ensure every goal you have is well formed.

1) State your goal in the positive.

Your goal must positively specify what you want, not what you do not want. Instead of saying, “I want out of this boring job,” state, “I apply my creative skills and energy to solve interesting problems in an exciting work environment.”

2) Focus on a goal within your control.

You cannot control how others feel. The goal, “I want my office team to be happy” is not within your control. But the following is: “I do my part to create an office environment that supports my team’s work.”

3) Create a goal that preserves what you value.

Craft a goal that maintains the things you value most in your life. If you have to give up too much to have a goal, it is unlikely you will seek it. For example, earning more money may take away from family time if it requires overtime or additional schooling. Make sure the trade-offs are worth it to you.

4) Write your goal in the present tense.

Write your goal as if it has already manifested. Choose phrases such as “I am...” and “I choose...” You only need to know what it is you choose to create.

5) *Craft a measurable goal.*

You must be able to know you have achieved your goal. To turn “I want to be happy” into a measurable goal, you must specify what happiness means to you. “I spend eight hours of quality time with my family each week” is 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 that 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 successful 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. He has authored two books: *PhotoReading* and *Natural Brilliance*. His works have been translated into 15 languages.

BOB PROCTOR

Bob Proctor is a master life coach and transformational leader in the science of success. For over 40 years, he has helped millions of individuals and business around the world develop strategies that assist them at all levels to grow, improve, and adapt to the ever-changing nature in today's world. He was featured in *The Secret* and is the best-selling author of *You Were Born Rich*.

Bob is the founder of the LifeSuccess Group of Companies and the creator of numerous personal development programs, including *The Art of Thinking*, which serves as the basis for this Paraliminal. His entire focus is

on helping people create lush lives of prosperity, rewarding relationships, and spiritual awareness through the transference of information and experience.



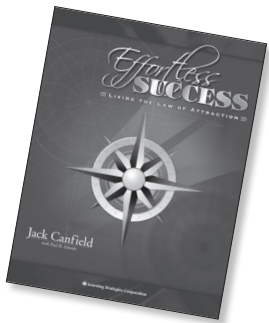
TAP THE POWER OF YOUR MIND

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You can maximize your potential in the easiest and most enjoyable ways possible with other programs from Learning Strategies.

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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.



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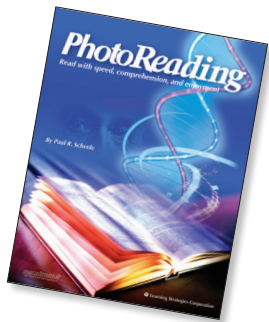
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PARALIMINALS



Abundant Money Mindset—Move beyond limits and build financial strength



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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

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POWER THINKING

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.**

PTCDB

paraliminal

