

paraliminal

PERSONAL GENIUS

Accelerate your learning abilities



Paul R. Scheele

 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.)
- 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 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.

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.

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.

PERSONAL GENIUS

Accelerate your learning abilities

PURPOSE

Activate your hidden intelligence and use more of your natural genius to accelerate learning, improve problem solving, and receive intuitive guidance. Develop quick access to the *flow state* so that you can perform effectively and achieve your goals.

BEFORE LISTENING TO THIS SESSION

What would you like to accomplish? Do you need to acquire knowledge or develop skills?

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

BENEFITS

- Learn faster with less stress.
- Improve the effectiveness of all your study sessions.
- Integrate your practice sessions for rapid skill development on any instrument, equipment, or subject area.
- Overcome blocks or barriers to learning that plagued you in the past.
- Enhance creativity and sharpen your intuition.

- Develop deep and trusting esteem for yourself as a learner—of anything you set your mind to.

TECHNIQUE OVERVIEW

You learn and perform best in a relaxed state of alertness. When you are distracted, negative, suspicious, or stressed, your brain's full potential shuts off. Learning the hard way becomes associated with internal conflicts and frustration.

Your brain requires a high-potential mental state for optimal learning just as your car requires specific gearing for high performance. Listening to *Personal Genius* helps develop your ability to quickly attain and maintain an ideal state. *Personal Genius* helps engage your natural capabilities to move you into an ideal learning state automatically.

The session begins with a request. Choose your purpose for listening. What knowledge do you want to acquire or what skills do you need to develop?

Then you bring into mind the ideal sequence for learning—you remember a situation when you learned efficiently and effectively. The sequence includes moving from not knowing or confusion into curiosity, which engages positive learning behaviors for acquiring knowledge and skills.

The ideal sequence for learning—performed in an ideal brain state for learning—helps release your genius to learn anything you set your mind to accomplish. During the listening session, you vividly and repeatedly reinforce these positive states to develop a rich trust in your personal genius.

BEST WAYS TO USE

Everyone's brain has a profound capacity and drive to learn. Unfortunately, traditional education sometimes dampens a student's natural abilities. Schools primarily work with only two of eight intelligences, linguistic and mathematical/logical. Freeing you to make the most of your full range of intelligences is a goal of *Personal Genius*.

Another goal of *Personal Genius* is to develop quick access to the well-researched state of body and mind in which humans function optimally. Called the *flow state*, it is characterized by feelings of enjoyment, concentration, and deep involvement. You can enter a state of concentration so focused that it amounts to absolute absorption in an activity. *Personal Genius* helps you use the flow state to perform effectively and to achieve your most valued goals.

Excellent times to use *Personal Genius*:

- Anytime you want to increase the complete range of your personal genius.
- To achieve a specific learning or problem-solving goal. Choose the results you desire before you begin listening. Whether you are learning to play a musical instrument, a new technique in sports performance, a complex new cognitive procedure, or a form of artistic expression, decide on your goal first.
- In preparation for a long period of study or practice. Listening will help you relax and concentrate. Consider studying in 20- to 30-minute periods with 5-minute breaks. This timing allows your mind to work at its peak.
- Before a difficult class, problem-solving session, test, challenging situation, writing session, or performance. Listening will help you confidently stay in the flow state throughout the experience. Tune in to *Personal Genius* the night before and the morning of a special event.

POSSIBILITIES FOR GOING BEYOND

Your brain learns best by taking action with positive emotions. Doing something and getting feedback on how well you did sharpens your learning. Let your early confusion lead to curiosity and deeper exploration. That's how genius works!

We recommend listening to *Personal Genius* before study or work sessions and to *Memory Supercharger* afterward to store the information properly and retrieve it effectively. This combination will increase concentration, retention, and recall in all your studies.

Adult students returning to college often feel out of place with their younger classmates. Their image of themselves as “out of it” or unable to compete with youngsters fresh out of high school, puts an unnecessary burden on the mind and emotions. Every time a mild sense of confusion appears, it becomes blown out of proportion as a catastrophe, and proof that everyone ELSE knows what is going on and supports their feelings of being the “odd man out.” The resulting anxiety creates a self-fulfilling prophesy of defeat.

Adult learners tend to need many of the same flexible, optimistic attitudes that very young students need. The problem with adults is that they think they should attain mastery after one try. As a result, they give up too easily, and before giving themselves a chance.

The principles behind *Personal Genius* are central to the counseling I did with students. The best learners are highly resilient to setbacks or temporary defeat. They are highly flexible, receptive, creative, and persistent. The *Personal Genius* Paraliminal encourages all of these traits by building the self-concept, self-esteem, and self-confidence of the listener.

INSIDE SECRETS

Some people think that genius simply means being smart or knowledgeable. Genius is also demonstrated in your capacity to learn and be resourceful with social skills, leadership abilities, creativity, and problem solving. You can use *Personal Genius* to attain high-level functioning in any endeavor you set your mind to achieve.

Creativity and Problem Solving. *Personal Genius* helps you trust that you can solve any problem or overcome any obstacle you face. It also puts you in direct contact with intuitive guidance, the internal resource that offers insight beyond your conscious, analytical mind.

Learning Languages. Discover a childlike receptivity to learning languages. Practice is everything in learning languages. Immerse in new languages without fear of speaking, without concern at not knowing a precise word, and without worry about sounding like a novice. Accelerate your learning tremendously. *Personal Genius* frees you to practice with the abandonment of a curious child.

Sports Performance. The flow state is a significant contributor to high-performing athletes, providing the ability to be unselfconsciously aware of everything happening during performance.

Great benefits in any area of life can be attained when you approach it with a positive trust in your *Personal Genius*. The *Personal Genius* Paraliminal will make sure you have access to all of your greatest internal resources.

TAP THE POWER

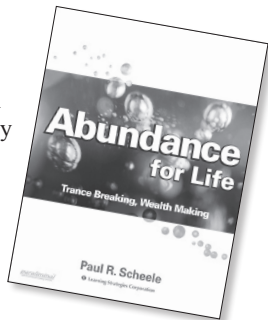
*of your mind to accomplish
greatness in your life*

Paraliminal sessions are included with many self-study programs developed and published by Learning Strategies Corporation. We are here to help you maximize your potential in the easiest and most enjoyable ways possible.

Bring riches into your life with ABUNDANCE FOR LIFE

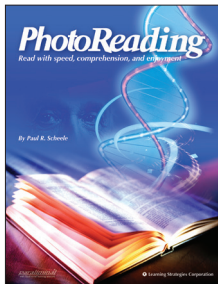
This wealth-making course will help you rewrite the script of your life for overflowing abundance. Whether you want outward prosperity of family ski trips, additions to your home, and BMWs, or a spiritually complete lifestyle of Truth, Beauty, Freedom, and Love, you will learn the secrets to having things you want miraculously appear as well as the mental processes that make it happen for you.

Abundance for Life will help you 1) get control of your feelings, emotions, judgments, and beliefs that keep you stuck, 2) decide what you want and manifest it, and 3) deal with the world around you so that others bend over backward for you and problems—that inevitably come up—don't stop you.



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. As a beginning Photo-Reader 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

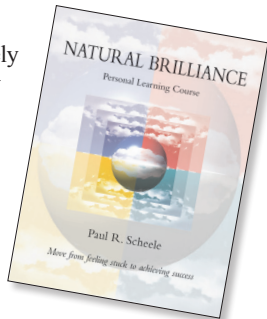
Your powerful inner mind talks to your conscious mind through a steady stream of images. Break the code of these messages to boost your IQ, solve any problem, accelerate learning, recognize golden opportunities, and supercharge your intuition.

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.

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.



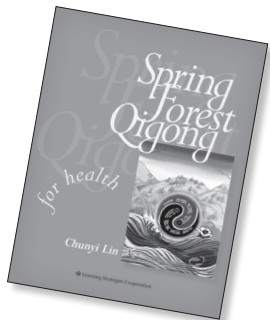
Step Into Genius with PARALIMINAL WALKABOUT

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*.

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.



Enjoy the gift of health, balance, and energy with EUPHORIA!
 Experience six diverse, yet phenomenal ways to feel a natural, euphoric high. Learn to instantly enter a sense of calm whenever you want. Regularly feel blissful happiness, love, rapture, and peace of mind.

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.

Activate the power to bounce back with RESILIENCY

Some people are able to overcome adversity and thrive in most any circumstance. What an important skill in today's world of uncertainty. Learn the mental strategies for this awesome and vital ability. You'll soon find yourself turning misfortune into fortune.

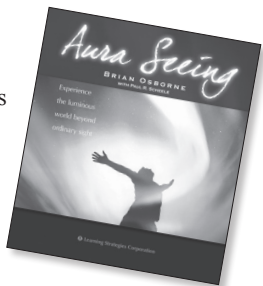
Communicate effectively with FOUR POWERS FOR GREATNESS

Discover the four *power* skills that can stop you cold or lead you to greatness. Quickly absorb thoughts, ideas, and feelings by becoming a more effective listener and reader. Enjoy expressing yourself thoroughly and completely with powerful speaking and writing skills.

Experience the luminous world beyond ordinary sight with AURA SEEING

Everything in existence—every person, animal, plant, and object—generates an energetic field or aura. In this fascinating interactive program, teacher and healer Brian Osborne helps you reconnect with your natural ability to see this life energy, Qi, giving you a clearer, more complete picture of the world around you including the people in your life.

Brian integrates ancient Eastern and Western shamanic traditions with modern science in ways that are easy to follow and fun to do. Using vivid meditations and gazing diagrams, you train yourself to see what is normally outside of conscious awareness.



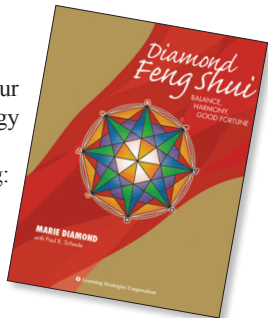
Boost your memory with MEMORY OPTIMIZER

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.

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

Universal energy continuously flows in and around our homes and workplaces. Learn to attract positive energy and deflect negative energy so that you experience fortune and happiness in the four main areas of living: success, health, relationships, and spiritual growth.

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.



Additional powerful programs to maximize your potential...

Instantly transform your energy patterns with SONIC ACCESS
Discover the nature of awareness with SEEDS OF ENLIGHTENMENT
Attract everything you want in life with EFFORTLESS SUCCESS
Transform the energy in your life with DIAMOND DOWSING
Focus your goals with CLEAR MIND ~ BRIGHT FUTURE
Influence the flow of energy into your home with DIAMOND HEXAGRAMS
Access the abundant universe with DIAMOND QUANTUM COLORS
Live fully in every waking moment with EMBRACING FREEDOM
Tap nature's cycle of abundance with SONIC ACCESS FOUR SEASONS
Experience the truth of your being with INFINITE GRACE
Learn Spanish, French, and German with EASYLEARN LANGUAGES
Beam inside and out with the 5-minute meditations of PURE ENERGY
Step into your authentic power with NO MATTER WHAT!
Experience lasting happiness with HAPPY FOR NO REASON
Embrace the power of reflection with BOUNDLESS RENEWAL
Affirm a happy and fulfilling life with PERSONAL CELEBRATION

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

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

10-Minute Supercharger—Energize your body and mind in minutes



To explore our full line of programs, visit
www.LearningStrategies.com. You may also call us
 toll-free at 1-888-800-2688.

PERSONAL GENIUS

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.**

PGCDB

paraliminal

