

*paraliminal*<sup>®</sup>

# SELF-ESTEEM SUPERCHARGER

Gain profound confidence and feel great about yourself

Paul R. Scheele

 Learning Strategies Corporation

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ISBN-13: 978-0-925480-04-0

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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!*

## 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 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.

For more information on how you can use Holosync to accelerate mental, emotional, and spiritual growth, and to receive a free Holosync demo CD and a free Special Report, visit <http://www.Centerpointe.com>.

# SELF-ESTEEM SUPERCHARGER

*Gain profound confidence and  
feel great about yourself*

## PURPOSE

Face life's challenges with a positive belief in yourself. Feel better in just 20 minutes.

## BEFORE LISTENING TO THIS SESSION

Think of how improved self-esteem can improve your life today.  
*You can now listen to your session. Read the rest at your leisure.*

## BENEFITS

- Develop healthy self-esteem.
- Overcome self-doubt and replace it with self-trust.
- Recognize your self-worth.
- Experience self-respect, personal dignity, and acceptance of who you are.
- Face challenges with willingness.
- Undo the negative influences of others.
- Make rapid progress toward your goals.

## TECHNIQUE OVERVIEW

Anything less than high self-esteem is a distortion of who you are: a person of infinite worth. Your self-esteem may have been shaped by mistaken judgments you have accepted from yourself or others.

Creating positive new results in your life is easier when you value and recognize the magnificent gifts you have as a human being. By increasing your awareness of your own true nature, you become more capable of producing the positive results you desire.

At any moment in time you might relate to yourself either positively or negatively. You have the choice. With *Self-Esteem Supercharger* you will reinforce your ability to make the positive choice. You can be high on yourself, thinking about your successes and strengths as a unique and powerful human being. As a result you will be increasingly more aware and capable of achieving the goals you desire.

In this session you get in touch with feelings of high self-worth and project magnificence into the world. This is the opposite of creating a self-image. Self-image is an attempt to compare yourself to others in order to decide how you feel about yourself.

The listening session begins with a monologue filled with commands to your inner mind. Phrases intended to guide you into a relaxed and open state include words carefully marked out with unique voice tones. These include strong suggestions such as “feel good, at peace with self,” “you accept your self,” and “feel adequate, feel worthwhile.” Because they are embedded in longer paragraphs, the conscious mind does not hear those commands.

After a countdown from five to one, you are invited to imagine two mirrors in front of you. One shows a distorted image based upon negative programming, false conditioning, and distorted concepts. The other reflects a brilliant, clear, focused, pure image of your true potential and represents full self-acceptance. You realize you daily choose how you see yourself and how you feel toward yourself. You learn that feeling high self-esteem is important and it is okay for you to feel good about who you are as you grow in awareness of your true nature.

## BEST WAYS TO USE

- When you are under the negative influences of other people, situations, or your own self-talk, listen to this recording. You'll feel better immediately and will be able to get on with your life in a powerful way.
- Listen to *Self-Esteem Supercharger* daily for a couple of weeks. Your willpower, determination, and stamina will improve. You'll face life's challenges with a positive belief in yourself. You'll bounce back easier and quicker. You'll find that things don't phase you like they used to.
- Listen before personal sporting events, important meetings, family time, tests, and so on. You'll feel more at ease, confident, self-assured, and relaxed. You'll truly discover how great life can be.
- The path to a goal can be filled with obstacles. Every day you can find examples of people who have already achieved what you want. When you get bummed out and need a boost, the *Self-Esteem Supercharger* brings you up from the inside. It finds the core of your magnificence and gives it a good buffing, so you get back on track shining with natural brilliance.



- At the beginning of a project, there is a romantic swell of energy. Everything looks like springtime and smells like roses. As the difficult work grinds on, it is easy to get caught in a winter of discontent. Finding the inner power to carry on for the duration, passing over the summit, and crossing the finish line require an extraordinary faith in oneself. The *Self-Esteem Supercharger* puts you into direct contact with the self-trust and faith you need to keep on keeping on. Find within yourself the drive to finish the journey and receive the rewards of accomplishment.
- When you ever have a gloomy outlook on the day or feel “just plain yucky” without really knowing why, this session is the one to grab. After listening, go into your day with a positive expectation of success. At the end of your day, notice how well the day went. Compare the day to the way such days used to go in the past. You will quickly realize how different life can be when you believe in yourself.

## POSSIBILITIES FOR GOING BEYOND

To achieve goals we create plans and take actions to fulfill the plans. But not everything works all the time. Even when we have the best of intentions, we can fall off the wagon. When you need to reappraise a situation and improve performance, *Self-Esteem Supercharger* can help immensely. Use this session to turn perceived backsteps into definite steps of learning and strength building.

Many people have used *Self-Esteem Supercharger* as an adjunct to their work in “12 Step” programs. Because it puts you in touch with your highest

potential, this session helps you live each day with a greater sense of trust and faith. It helps you go easy on yourself, feel more loving and lovable, and live one day at a time.

## INSIDE SECRETS

In any situation, we can only do the best our current awareness permits. It is easy to look back on a situation and recognize many ways you might have done things differently. Such hindsight, when used properly, is a tool of vast importance to personal and professional development. But, hindsight can be abusive if you look back and think you should have acted differently.

Few people learn to separate their behavior from who they are, believing that doing something wrong makes them a “bad person.” This pulls down how a person feels about himself and denigrates his self-esteem.

Your self-concept must be consistent with what you have chosen to create. People who fail cannot imagine themselves as one who could achieve success. Their self-image gets in the way of their self-esteem. When you possess high self-esteem, how you feel about yourself becomes more important than self-image.

According to a leading researcher of self-esteem, the self-image evolved as a way to compare oneself to others. Since there is always someone in the world who is better, smarter, faster, or richer in some way, the process

of self-imaging is almost always devastating to self-esteem. Increased confidence and motivation comes through self-esteem—trusting and valuing who you are in all you do. Whether you succeed or fail, with high self-esteem you can always learn to become better today than you were yesterday. There will always be steady progress and strength building when you esteem yourself.



## TAP THE POWER

*of your mind to accomplish  
greatness in your life*

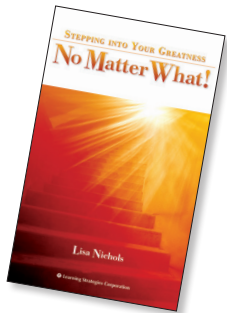
Paraliminal sessions are included with many self-study programs developed and published by Learning Strategies Corporation. We are here to help you maximize your potential in the easiest and most enjoyable ways possible.

### *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, or both, you will learn the secrets to having things you want miraculously appear as well as the mental processes that make it happen for you.

## *Step into your greatness with* **NO MATTER WHAT!**

Finding your passion and living your dreams becomes an exciting adventure in this transformational course. You learn to sing your song, dance your dance, and exercise your personal power so you can experience the peace, prosperity, and happiness you deserve. Bounce back from setbacks faster, step fully into your authentic power, remove limitation, and push back any fear. You learn to use your inner coach to make better decisions, create dynamic relationships, inspire people, and make a difference in the world—no matter what!



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

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. 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.

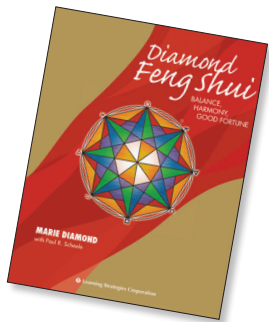
## *Transform the energy in your life with* **DIAMOND DOWSING**

Experience the ancient secrets of energy dowsing to control the energy around you. Marie Diamond 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.

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

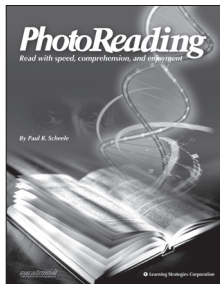
Universal energy continuously flows in and around our homes and workplaces. Learn to attract positive energy and deflect negative energy so that you experience fortune and happiness in the four main areas of living: success, health, relationships, and spiritual growth.

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.



### *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 PhotoReader you will get through your reading at least three times faster than you can now... without the stress of speed reading.



### *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.

### *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 without tiresome memorization exercises.

### *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*.

*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.



*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 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.

*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.

### *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.

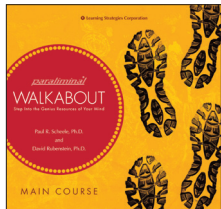


### *Step into the genius resources of your mind with* **PARALIMINAL WALKABOUT**

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.



Discover how entering the “Walkabout Zone” for fluid walking and balanced breathing can help you improve healthy functioning of your body, gain energy, release stress and discomfort, enjoy more restful sleep, elevate your mood, think clearer, and learn faster. Benefit from this super-learning state to overcome obstacles and achieve important goals by using four individual *Paraliminal Walkabouts* included with this course: *Abundance, Health Boost, Creative Thinking, and Quiet Mind.*



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

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

*Sharpen your verbal edge with MILLION DOLLAR VOCABULARY*

*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*

*Affirm a happy and fulfilling life with PERSONAL CELEBRATION*

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

*Communicate effectively with FOUR POWERS FOR GREATNESS*

*Activate the power to bounce back with RESILIENCY*

*Embrace the power of reflection with BOUNDLESS RENEWAL*

*Activate your brilliance with GENIUS MIND*

# 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



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[www.LearningStrategies.com](http://www.LearningStrategies.com). You may also call us  
 at 1-605-978-2023.

# SELF-ESTEEM 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.**

SECDB

*paraliminal*<sup>®</sup>

