

## Paraliminals - “Personal Development on Autopilot”

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Big Life subscribers get a **major discount** on the complete Paraliminals library - **read on!**

For several years now, readers have been asking if I could recommend any good meditation or relaxation MP3s. Unfortunately, most of the guided meditations I own are only so-so, so I couldn't offer much of a recommendation.

During the summer of 2006, however, I had my first encounter with Paraliminals. **They're unlike any other meditation MP3s I've tried**, and they've produced many tangible benefits for me beyond the temporary relaxation effect.

First I'll explain what Paraliminals are and exactly how they work. Then I'll share my personal results with them over the past 3 months.

### What Are Paraliminals?

Perhaps you're familiar with *subliminal* audio programs, which contain hidden messages below the threshold of conscious awareness. I've listened to many subliminal audio programs over the years, and I can't say any have had much value.

**Paraliminals, however, are something entirely different** -- despite the similar sounding name, Paraliminals don't include subliminal messages at all.

When you listen to a Paraliminal session, you hear two distinct voices -- one in each ear. To get the desired effect, you have to listen with stereo headphones, but since these are relaxing, meditative programs, you won't be listening while driving a car anyway.

Each ear receives a unique message tailored to a different hemisphere of the brain. Rather than a series of repetitive affirmations, **the messages are intricate and valuable in themselves.**

They include instruction, advice, and creative visualization exercises.

You might think that listening to two different voices at once would be confusing or overwhelming.

*But the way it's done is actually very relaxing.*

The Paraliminals don't begin with both voices immediately. First you're led through a few minutes of relaxation with music and nature sounds. By the time the second voice kicks in and the two voices split into separate stereo channels, you're already in a state of deep relaxation.

Also, the voices typically alternate phrases from one ear to another. When they overlap it's only for a few seconds at most. You needn't try to follow the two voices simultaneously. Just zone out and let the information and ideas passively flow through your consciousness.

**A typical Paraliminal session is about 20 minutes.** Some are longer, some shorter. Many of the Paraliminal MP3s include two separate programs -- an A program and a B program -- so that provides some additional variety.

Each Paraliminal MP3 has a particular theme based on some aspect of personal development, such as overcoming procrastination, improving your memory, breaking addictions, conditioning new habits, improving relationships, attracting financial abundance, and so on.

### **Here's the complete list of Paraliminal MP3s:**

1. Abundant Money Mindset
2. Anxiety Free
3. Automatic Pilot
4. Belief
5. Break The Habit
6. Conscious Time
7. Creating Sparks
8. Deep Relaxation
9. Dream Play
10. Focus & Concentration
11. Fresh Start
12. Get Around To It
13. Happy for No Reason
14. Holiday Cheer
15. Ideal Weight
16. Instantaneous Personal Magnetism
17. Intuition Amplifier
18. Letting Go

19. Living the Law of Attraction
20. Memory Supercharger
21. New Action Generator
22. New Behaviour Generator
23. New History Generator
24. New Option Generator
25. Peak Performance
26. Perfect Health
27. Personal Genius
28. Positive Relationships
29. Power Thinking
30. Prosperity
31. Recover & Reenergise
32. Sales Leap
33. Self-Discipline
34. Self-Esteem Supercharger
35. Simplicity
36. Sleep Deeply / Wake Refreshed
37. Smoke-Free
38. Success Built To Last
39. Talking To Win
40. Ten Minute Supercharger
41. You Deserve It!
42. Youthful Vitality

I own the complete collection, and I've listened to most of the CDs multiple times. With the possible exception of Smoke-Free (if you don't smoke) and perhaps Ideal Weight (if you already maintain your ideal weight), **all the Paraliminals are universal and should appeal to anyone.**

My personal favorites are Prosperity, Abundant Money Mindset, Deep Relaxation, Automatic Pilot, Belief, Perfect Health, and Get Around To It. My #1 favorite is Belief, which I've heard more than a dozen times.

## **Holosync Technology and Binaural Beats**

Every Paraliminal includes Centerpointe Research Institute's trademark Holosync technology.

Centerpointe is known for its enormously popular meditation CDs, and Holosync is the reason. Holosync employs a technique called binaural beats, which were first discovered in 1839 by Heinrich Wilhelm Dove.

Here's how *it works*:

When you hear a different frequency tone in each ear, your brain will actually perceive two other "phantom" frequencies which are the average and the difference of the two original frequencies.

For example, a 500 Hz sound in one ear and a 510 Hz sound in the other ear will cause you to perceive a 505 Hz tone that pulses 10 times per second. This happens normally in nature when two sound waves of different frequencies interact, but the human brain also produces this effect internally, even when each sound is isolated to a single ear. If the two sounds are close enough in frequency, the brain will produce these binaural beats. Under the right frequency and volume conditions, you'll be able to perceive them consciously, so it isn't merely a subliminal effect.

**What's interesting about binaural beats is that they can "entrain" brainwave patterns, meaning that your brainwaves will synchronize with the beats if the beats fall within a certain range.** So by manipulating the individual sound frequencies in each ear, binaural beats can automatically adjust your brainwave patterns to "dial in" to a certain frequency and stay there. This effect happens automatically and doesn't require conscious effort.

## **Boost Your Concentration, Memory & Creativity**

Various brain frequencies are associated with different states of consciousness, including beta, alpha, theta, and delta. Beta is your normal waking state. Delta is the stage of deep, dreamless sleep. **Alpha and theta are states of deep relaxation where improved concentration, memory, and creativity** are commonly experienced -- they're also states associated with dreaming.

I'm not privy to the exact frequency settings used by Holosync's binaural beats, but I have to imagine they target somewhere in the alpha-theta range. Now the theory is all well and good, but if you've been reading my site for a while, you know I don't put much faith in theories unless I test them personally.

So does it actually work?

**For me that's a definite yes**, and many others have reported positive results with Holosync-embedded audio programs as well.

I've regularly listened to guided meditations since 1991, and I have a large collection of cassette tapes, CDs, and MP3s. But this is the first time I've tried anything with Holosync technology, and *I was amazed at how effective it is.*

**I've listened to the Paraliminals dozens of times now, and without a single exception, they've always put me into a deeply relaxed, meditative state within the first few minutes.**

It doesn't matter if I'm really keyed up when I begin, if I'm distracted, or if I don't pay attention to what I'm hearing -- they've worked every single time.

**I've never experienced a guided meditation that was so consistent in its effect.**

Usually I don't even notice the binaural beats because they're blended with music and nature sounds. If I intentionally listen out for them, I can sometimes detect them, but mostly I just focus on the narrating voice or zone out completely.

## **Deeply Relaxing**

The first Paraliminal I listened to (in August) was Deep Relaxation. The title is certainly accurate. After listening to this MP3, I felt extremely peaceful and relaxed without feeling drowsy.

I later discovered that **all of the Paraliminal MP3s I listened to are extremely relaxing** -- I think that's a natural consequence of the Holosync technology.

*The best part is that the relaxation effect is entirely passive.*

You don't have to go through complex deep-breathing rituals or long-winded visualization exercises to enter a state of deep relaxation.

You can just zone out and let the binaural beats work their magic.

I must admit to being a little annoyed for not having discovered this sooner -- it makes the meditation audio collection I've built over the past 15 years seem a lot less exciting.

## **Reboot Your Consciousness**

After listening to Paraliminals regularly since August (at least 5 sessions per week), I primarily think of them as a mental reboot.

**When I'm feeling drained or tired, a 20-minute Paraliminal session refreshes me more than a 20-minute power nap.**

The Paraliminals are more consistent because they work every time, whereas with a nap I sometimes wake up groggy or don't fall asleep if I'm too keyed up.

When I finish a Paraliminals session, I feel very relaxed but not sleepy. Most of the time, I feel alert and wide awake as soon as the session ends.

But sometimes I'm not fully alert yet at the end of a session because I'm still coming back up. In that case I just take a deep breath and stretch for a few seconds, and full alertness returns within the minute. It's similar to coming out of a hypnosis session -- I need a moment to regain full awareness of my body and my surroundings. After that I feel well-rested and wide awake.

## The Ultimate Caffeine Replacement

As you may already know, I'm not a daily caffeine consumer. I used to drink several cups of coffee a day, but I kicked the habit a long time ago because I found that caffeine made me too jittery and unfocused.

When I drink coffee, my activity level soars -- I barrel through tasks in rapid succession. But at the end of the day, I have to admit I didn't accomplish anything of major value. Caffeine causes me to overload on busywork like email, web surfing, socializing, and other unproductive tasks.

Despite the negative side effects, I still missed the action boost that caffeine gave me. My best substitutes until now were a power nap, a brisk walk, some calisthenics like push-ups, listening to music, or a rapid Tony Robbins-esque physiology change. Those are all semi-effective pick-me-ups, but aside from the power nap, the effects are too short-lived, sometimes just a few of minutes.

**Paraliminals have done a beautiful job of filling this void.** After every session I enjoy a lingering aftereffect that usually lasts a couple hours. The Paraliminals provide a noticeable concentration boost that allows me to steadily flow through my work while still maintaining my priorities -- that delightful state of flow.

*For me this effect translates directly into practical, down-to-earth results.*

During a period of a few weeks when I used Paraliminals once or twice a day, I completed several key projects that required a lot of focus and concentration, definitely much faster and at a higher level of quality than I would have otherwise.

Whenever I notice myself feeling too keyed up, stressed, distracted, lazy, or unfocused during my workday, I now take a 20-minute break for a Paraliminals session.

Invariably I'm able to return to work with a high level of energy, focus, and concentration.

**I'm hard pressed to think of a better way to spend a 20-minute break, assuming I plan to return to work afterwards.**

If you're in a situation like me where your real-world results depend heavily on your ability to focus on priorities and concentrate for extended periods of time without succumbing to distractions, **I think you'll find Paraliminals an immensely valuable tool.**

Our beliefs have a powerful impact on our lives.

If you can get yourself to believe you'll perform well, lose weight, increase your income, overcome procrastination, and so on, you'll find a way to make it happen if it's within your human capacity to do so.

This is the level where I think Paraliminals work best.

With repeated listenings they condition you to believe you'll succeed, which ultimately creates a positive self-fulfilling prophecy.

## **Experience Paraliminals for Yourself - Special Discount for Big Life Subscribers**

Since I know many people will be interested in trying Paraliminals, I arranged a special discount with Learning Strategies Corporation for The Big Life's subscribers.

Normally the individual Paraliminals MP3s sell for \$29.95 each, which means the Complete Ultimate You Library of 42 Paraliminals works out at \$1260.

Fortunately, you can get a much better deal here.

With this discount you can get the Complete Ultimate You Library for only 12 payments of \$44, which saves you **\$729 off the price.**

If you'd like to try Paraliminals for yourself, just visit this special link:

<http://www.paraliminal.com/BigLifeProsperity>

Just so there's no risk to you, you also get a **30-day money-back guarantee.** Try all the Paraliminals you want for 30 days, and if you don't find them effective, just return them for a full product refund. I think you'll be convinced of their value after your first listening session.

## What Other Amazing People Are Saying About Paraliminals

“I highly recommend Paraliminals whether you want to make a small adjustment in your life or a major transformation. Paul Scheele’s technology is refreshing, soothing, and effective.”

- **Jack Canfield, #1 bestselling author of Chicken Soup for the Soul**

“Paul Scheele’s Paraliminal sessions are a significant breakthrough technology. They provide a powerful enhancement to any personal development efforts.”

- **Tony Robbins, World’s #1 Peak Performance Trainer**

“I absolutely love Paraliminals. I know they have helped me on so many levels, and I want to encourage everyone to use them. There is so much you can achieve... and I personally believe these can help you.”

- **Chaka Khan, Grammy Award Winning Singer and Songwriter**

“When you get Paraliminals you will discover a new world of personal achievement.”

- **Bob Proctor, star of The Secret**

“I call Paraliminals ‘self growth for busy people’ because you quickly get the results you want.”

- **Marci Shimoff, bestselling author of Happy For No Reason**

“Paraliminals help you resolve problems, achieve your goals, and become the person you are meant to be.”

- **Lisa Nichols, #1 bestselling author and star of The Secret**

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