



## USE OF SUBLIMINALS

### **Definition: Subliminal Perception**

<https://medical-dictionary.thefreedictionary.com/subliminal+perception>

subliminal perception

The reception of stimuli, often complex or verbal and usually visual, that are presented for such a short time as to be barely noticed or unnoticed. Such stimuli can, however, influence behavior and present potential opportunities for abuse. The conclusion, now verified by physiological research, that consciousness and information transmission may involve different systems that can operate independently has major implications for psychology and philosophy and has aroused much controversy.

### **Teach Clients to Use Subliminal Messages to Shift Old Conditioning**

**Some easy ways to use subliminal messages to enhance the benefits of hypnosis:**

#### **Play Subliminal Recordings while you Sleep**

**Clients often ask:** What if I fall asleep while listening to my session recording? ... Will I receive the same benefits? The answer is YES. That said, it is important to have your client listen to the recording at times they will not fall asleep. Benefits are faster and more efficiently received. However, listening while sleeping is still effective. Changes may be a little more gradual but still effective. It is important to understand, your subconscious never stops working, never takes a break, and never sleeps. While you sleep your subconscious is bringing powerful new messages on board without interference from conscious worry doubt or fear. You can easily turn 6 to 8 hours of sleep in your own personal development seminar.

#### **Play Subliminal Messages during the Daytime**

Most people are unaware of the value of subliminal messages during the day, while they are focused on other activities. Although you are functioning with beta brain waves while awake,

new information is still entering the subconscious. Your subconscious mind receives data non-stop.

You can simply allow your subconscious mind to absorb subliminal messages automatically, even while your attention is focused elsewhere. Isn't that amazing? During the day you don't have to try to deliberately focus or communicate with it in anyway. Simply let it absorb the subliminal messages like a sponge. You can play hypnosis sessions in the background and even while you function on beta brain waves, and everything will be absorbed by the subconscious.

Teach your clients how to create their own recordings of hypnotic suggestions and affirmations. There is nothing more powerful than your own voice speaking directly to your own subconscious. Even when you are operating on beta waves, you can still receive ALL subliminal messages.

**Why is this so?** There are significant scientific studies which confirm that the Reticular Activating System (RAS) of your mind processes 40 million bits of information every second! Your capacity to integrate empowering subliminal messages during the day is enormous. Practice Makes Perfect – You can Rewire your Brain with Diligent Practice Cultivate the habit of listening to subliminal messages daily, for 20 to 90 days. You will notice a shift in the right direction. You may reach your goal within 2-4 weeks. If so, you can then listen occasionally, to enhance and strengthen the change. Depending on your goal, it is perfectly fine if you need to take more time with it. This doesn't mean you didn't fully absorb the desired information; it means it is taking a little longer to construct a new neural network with regard to your goal.

### **Use of Subliminal Notes**

This is where post-its, pictures, vision boards and other creative ways of receiving subliminal messages come into play. You can integrate and absorb new concepts, behaviors, etc. while you brush your teeth, getting dressed, washing dishes or cooking. Place your notes at strategic locations in your home. I even have a client who posted inspirational materials on the ceiling above her bed!

**What's really exciting is this:** When your conscious attention is somewhere else, your subconscious has the opportunity to freely accept your chosen messages without the interference of over-thinking and hyper analysis that your conscious mind is prone to engage in.

### **Set a Clear Goal or Intention**

Take time and reflect on what you really want and in what ways you wish to transform your life. Set a clear goal. What do you want and why do you want it. What will be different in your life when you achieve that goal?

After you've done that, place your attention on that particular goal only. Don't overwhelm your subconscious mind with too much to do at once. Put all of your energy into that one goal, until you are satisfied with the results. Don't build a pyramid of subliminal messages on a number of

topics. The key to your transformation is one shift at a time. Give yourself a chance to fully integrate one goal at a time.

### **Enjoy the Journey**

Trust yourself. Have fun and never stress over the outcome. If things don't go your way; immediately be okay with that. Transformation will happen eventually if you persist. You can be certain that you will take in all of these positive subliminal messages. It will happen in the right time and place for you.

### **NEVER USE SUBLIMINAL MESSAGING:**

While driving a car

When operating heavy equipment

Or, while engaged in any activity which requires focus and attention