

A Guide To Subliminal Messaging



Includes:

- An Introduction To Subliminal Messages**
- How To Use Your New Subliminal Album**
- Answers To Frequently Asked Questions**

Congratulations on your purchase, to help you get started straight away here is a simple introduction to subliminal messaging and a guide to using our albums and how to get the most from them.

How Subliminal Messaging Works

Subliminal Messaging is a technique by which an audio message is moved beyond the level of conscious human hearing; however the message still gets registered and processed by your unconscious mind.

Everyday we encounter much more information than we are capable of consciously processing. Our conscious mind only focuses on what we are doing at that moment and filters everything else out - so we are not overloaded. However this information is still registered by your subconscious mind - for example when you hear your name from across a crowded room you instantly tune into that conversation. You were not consciously following the conversation, but your subconscious mind was, and this is why you were able to tune in.

Your subconscious mind is constantly processing all sorts of information on the edge of your consciousness - including the subliminal messages embedded in this album. By choosing to use subliminal messages you are **sending your brain focused messages** to re-program your subconscious mind: ensuring your whole mind and body is aligned towards your goals.

How to Use The Albums

There is no "best way" to listen- it largely comes down to personal choice, and finding a method which fits your lifestyle. However, we do generally recommend listening to the album **once per day** and offer 3 main guidelines:

1. Most commonly we recommend listening once per day, in a relaxed position - either lying down or seated.
2. You can also listen while you work / exercise / drive * / study etc. If listening like this the album should be repeated 2-3 times to get the same benefit, simply because you may miss some parts.
3. Or lastly you can listen while you sleep - many people repeat either the whole album on a lower volume, or just play the silent track while they sleep - with excellent results. Your subconscious mind is accessible while you sleep so the messages in our albums will still reach your mind.

As long as you can hear the ocean / nature sounds you will be benefiting from the subliminal sounds, so experiment a little and use whichever method suits your lifestyle best.

* Listening while driving is safe as our albums do not lower your consciousness or send you into a trance - however albums such as Deep Meditation, Insomnia Cure, Relaxation Aid etc do have messages which are designed to help you to relax / sleep so please do not listen to such albums whilst driving.

Frequently Asked Questions

Below are the most common questions received by our support department.

Can I Listen to Multiple Albums at Once?

Yes you can, however, we recommend that you do not listen to more than two albums per day.

The idea is to create a focus of information entering your subconscious mind by playing specific and similar subliminal messages on a regular basis. To send too wide a range of messages may overload you, and you may not get the benefit. If the albums are related in subject area it may be okay to listen to them one after each other. However if they are vastly different then it is best to listen one at a time and let a cumulative effect develop from repeated exposure to the same positive statements before moving on to a new album.

How Long Does it Take to Work?

Everyone is different and any two people, even using the same album will probably experience a difference in the quantity and speed of changes and benefits they experience - simply due to the fact that everyone's mind is unique.

However, as a very rough guide **you should notice results within 2 weeks, but it may be as fast as only a couple of sessions!**

Also, some of our albums address deeper issues (some of our personal development titles for example), and they will take longer before you see results - this is due to the fact they are dealing with deep psychological issues, or behavior that you have conditioned into yourself over many years.

Is it Safe? Is it safe for children?

Yes, it is completely safe – our subliminal learning MP3s and CDs will NEVER do you any harm.

We only use positive suggestions on our albums, they will never encourage any negative behaviour, and they are completely safe for use by adults, and children alike.

What is the best way to listen?

There is no best way to listen which will work for everyone - it largely comes down to personal choice, and finding a method which fits your lifestyle. However, we do offer 3 main guidelines and ways to listen:

1. Most commonly we recommend listening once per day, in a relaxed seating position.
2. You can also listen while you work / exercise / drive / study etc. If listening like this the album should be repeated 2-3 times to get the same benefit, simply because you may miss some parts.
3. Or lastly you can listen while you sleep - many people repeat either the whole album on a lower volume, or just play the silent tracks while they sleep - with good results. Your subconscious mind is accessible while you sleep so the messages in our albums will still reach your mind.

As long as you can hear the ocean / nature sounds you will be benefiting from the subliminal sounds, so just use whichever method fits your lifestyle best.

How often should I listen to the album?

We recommend listening to the album at least once per day at first - ideally when you are in a relaxed state of mind. However we designed our albums so that you can listen multiple times; you can play it constantly in the background for a few hours while you work and you will still receive the benefits.

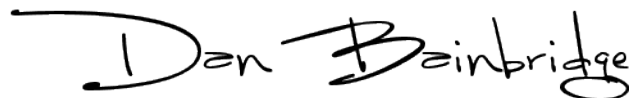
Can I play the album while I sleep?

Whilst sleeping, studies have shown that the brain is most receptive to new information. The conscious mind is at rest and easier access is gained to the sub-conscious. While sleeping you process the any new information you encountered during the day and it is further stored within your subconscious mind, so yes, subliminal sleep learning is possible!

Can I burn a CD from the MP3s?

Yes - Simply burn your MP3s onto a blank CD as you would with any other MP3s. As long as you can still hear the ocean / nature sounds in the new format you will still be experiencing the benefit of the subliminal messages.

We wish you the best of success with your new album and your personal development journey!

A handwritten signature in black ink that reads "Dan Bainbridge". The signature is written in a cursive, flowing style with a large initial 'D' and 'B'.

Director - Real Subliminal