

paraliminal[®]

10-MINUTE SUPERCHARGER

Energize your body and mind in minutes



Paul R. Scheele

 Learning Strategies Corporation

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Learning Strategies Corporation

Innovating ways for you to experience your potential

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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 Paraliminals 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.
- Paraliminals 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).
- Visit our online Discussion Forum to interact with other Paraliminal users who have the same quest as you: *maximize potential!*

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. For more information about this program and how Holosync can accelerate mental, emotional, and spiritual growth, and to receive a free Holosync demo, visit www.Centerpointe.com.

10-MINUTE SUPERCHARGER

Energize your body and mind in minutes

PURPOSE

10-Minute Supercharger revitalizes the body, clears the mind, and channels energy to bring forth your full productivity and enjoyment all day long.

BEFORE LISTENING TO THIS SESSION

Clearly tell yourself how you want to feel after listening.

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

BENEFITS

- Clear away fatigue and revitalize.
- Multiply your concentration and energy during low-energy doldrums.
- Improve your productivity by drawing on your natural abilities to rest and refresh.
- With each listening session recover an extra 45 to 90 minutes of productive energy by the end of the day.

TECHNIQUE OVERVIEW

Have you ever needed to take a nap, but awakened feeling as though you were useless for the rest of the day? Some people dread napping, because afterward they can't regain their snap. With *10-Minute Supercharger* you will wake refreshed, and within 10 more minutes you are at full vitality, ready to go.

10-Minute Supercharger gives you a deep restful experience quickly that leaves you feeling bright and alert. The session begins with precisely designed, indirect suggestions to relax within. A countdown from five to one deepens your quiet state.

As with all other Paraliminal recordings, *10-Minute Supercharger* features original music. Gradually the notes blend into the gurgling of a stream. Nature sounds along with gently moving voice tracks help your nonconscious resources become available to accomplish your goal for the session.

BEST WAYS TO USE

Before listening to the session, tell yourself how you want to feel when you finish. Then clearly say to yourself, "When the session is over, I will be..." and finish the statement with your desired benefits. For example, you might say, "...refreshed and ready to enter the committee meeting with confidence and poise." Or, "...thoroughly recharged with ample energy to make it through the rest of the day." Or, "...completely relaxed and balanced."

If you start with very low energy, you may feel pleasantly groggy after listening. It may take you 5 to 10 minutes to experience the full refreshing effect of the session.

Put your phone on hold and listen in your office. Listen at home, at a highway rest area, or any other place where you can make time for yourself.

Use *10-Minute Supercharger*:

- Whenever you sense a need for a pick-me-up or a quick energy boost. When the clock says 4 p.m., but you feel like it's midnight.
- Instead of consuming an afternoon coffee, candy, or cola. Replenish your energy without the side effects of caffeine or sugar. Multiply your concentration and effectiveness.
- Before a presentation, an important meeting, or test.
- Before an athletic activity such as tennis or golf.
- After the relatives leave, a workout, an airplane flight, or whenever you feel yourself dragging.

POSSIBILITIES FOR GOING BEYOND

Your brain learns how to shift brain channels as easily as changing channels on a television. During the first week of using the *10-Minute Supercharger*, your brain gets used to quickly shifting channels. Going deep and fast into sleeplike states initially may leave you feeling logy; if so, simply give yourself five to ten minutes to let your body and mind achieve the fully supercharged state of energy and clarity.

Some people love the first listening session so much that they immediately do another session for the pure delight of the experience. That's fine if you choose to repeat.

10-Minute Supercharger is the perfect way to revitalize when drowsy. Originally created for the busy executive lifestyle, it was meant to be kept with a set of headphones in the desk drawer so it could be used during the usual post-lunch energy drop. Consider refreshing yourself with this recording.

INSIDE SECRETS

The unique protocol of *10-Minute Supercharger* was originally designed for an exceedingly successful sales executive who came to me as a personal development client. He often returned home so exhausted from his busy workday that he could never seem to reboot his internal energy system. His goal was to enjoy his evenings with the same energy and enthusiasm that he experienced in his work life.

He and I called the recording I created for him *The Buffer-Zone Transition*. He listened to it daily after returning home before having dinner with his family. This energizing transition created the perfect buffer between his work life and his personal life. It gave him time to integrate the workday, clear his mind, release any stresses, and supercharge his energy—all in the brief span of 10 minutes. He transformed the end of his day into quality time. Soon he no longer needed to listen, because his body automatically learned to use its energy more efficiently.

Listening to *10-Minute Supercharger* confers a grateful body, a quiet mind, and rebounding vitality in 10 minutes of relaxation that lasts all day.

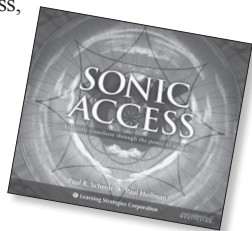
TAP THE POWER OF YOUR MIND

To Accomplish Greatness in Your Life

Paraliminal sessions are included with many self-study programs developed and published by Learning Strategies Corporation. We offer some of the finest programs to help you maximize your potential and get the most from life.

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 by Paul R. Scheele are set to the transformative music of Paul Hoffman. They 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.



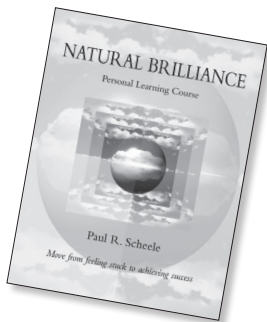
Bring riches into your life with ABUNDANCE FOR LIFE

This wealth-making course will help you rewrite the script of your life for overflowing abundance. Paul Scheele takes you on a journey from your familiar world to follow your hopes and dreams. You will free up energy as you awaken anew into a world of health, wealth, power, and possibility.

Overcome any challenge at will with NATURAL BRILLIANCE

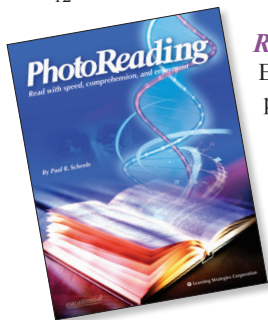
Unshackle blocks that have held you back. In this uniquely powerful course, Paul Scheele helps you understand how being stuck undermines your brilliance. See how you might be living with the *model of failure* instead of the *model of success*.

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*.



Read super-fast with **PHOTOREADING**

Experience *how mentally photographing* the printed page turns your mind into an information sponge. Learn 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. 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.

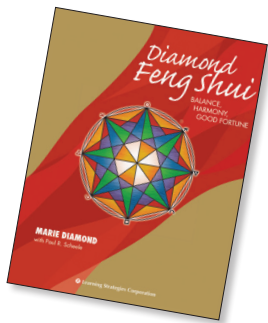
Mind development pioneer Win Wenger and Paul Scheele teamed up in this fascinating exploration into the human mind to bring you useful and practical applications that can benefit you immediately and for a lifetime.

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.

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

Harness the active energy of your environment and direct it in phenomenal ways. 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.



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

Energy emanates from the earth's core 24 hours a day. How the energy reaches you determines whether it has a positive or negative impact. Feng Shui master Marie Diamond reveals how the earth's energy and the energy created by electricity, machinery, and cell phones affect you. She 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.

Bounce back quickly with **RESILIENCY**

Learn mental strategies to overcome adversity and thrive in most circumstances. Get both the edge to handle life's annoyances and setbacks as well as confidence to deal powerfully with cataclysmic events. Al Siebert and Paul Scheele help you build mental and emotional flexibility to turn misfortune into good fortune.

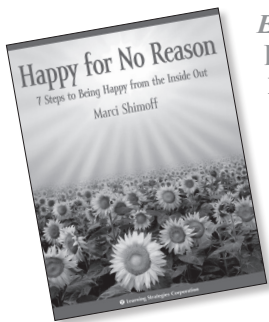
Discover the nature of awareness with
SEEDS OF ENLIGHTENMENT

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.



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

The mega-hit phenomenon *The Secret* reminded millions of people around the world about this ancient truth: “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.

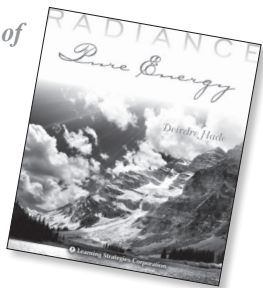


Experience lasting happiness with
HAPPY FOR NO REASON

Deep and lasting happiness doesn't depend on your circumstances. It just bubbles up from within... for no reason at all. You don't have to win the lottery, lose weight, or have happy genes. 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.

Beam inside and out with the 5-minute meditations of
PURE ENERGY

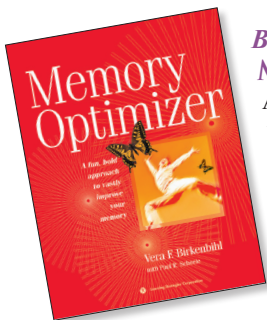
Vivid imagery, beautiful music, and healing sounds form the eight five-minute meditations of *Radiance Pure Energy* from spiritual teacher, mystic, and healer Deirdre Hade. Her teachings and meditations help you create a powerful energetic foundation of deep integration, peace, and connection to your higher self, the people you love, and your life purpose. This will help you greet each day with a vibrant outlook and meet every challenge and opportunity with greater focus, enthusiasm, and joy.



This easy-to-use program includes meditations for your day (*Morning Five Minutes, Rebalancer, Bedtime*) and for your life (*Abundance, Health, Relationships, Environment, Spiritual Expansion*), so you can tap the pure love that emanates from your heart and live harmoniously with pure energy.

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

Exercise your personal power so you can experience the peace, prosperity, and happiness you deserve. Breakthrough specialist Lisa Nichols helps you step into your greatness. Bounce back from setbacks faster, step fully into your authentic power, remove limitation, and push back any fear. Use your inner coach to make better decisions, create dynamic relationships, inspire people, and make a difference in the world—no matter what!



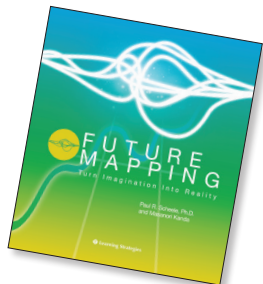
Boost your memory with **MEMORY OPTIMIZER**

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.

Turn Imagination into Reality with **FUTURE MAPPING**

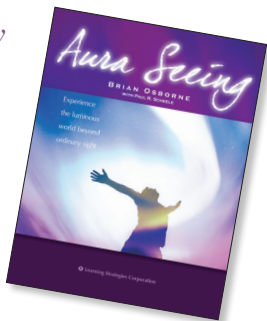
Free your powerful imagination to immediately generate ideas, find solutions, and spark creativity in ways that make a difference in every area of your life. Future Mapping helps you draw on the motivating resources of your inner genius mind to take the effort out of achieving your goals. Using the unexpected power of altruism, self-sabotaging self-interest drops away, giving rise to unexpressed potential. As you capture your conscious and nonconscious thoughts together in one unique *Future Mapping* chart, you reduce interference from your limited conscious mind and get relevant, practical, and creative insights for your goals.



Experience the luminous world beyond ordinary sight with **AURA SEEING**

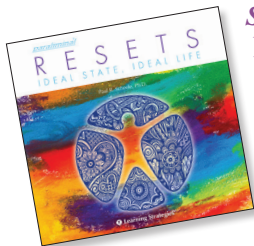
Everything in existence—every person, animal, plant, and object—generates an energetic field or aura. In this fascinating and interactive program, teacher and healer Brian Osborne helps you reconnect with your natural ability to see this life energy, Qi, giving you a clearer, more complete picture of 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 help open your “third” eye and train yourself to see what is normally outside of conscious awareness.



Shift into the right frame of mind with **PARALIMINAL RESETS**

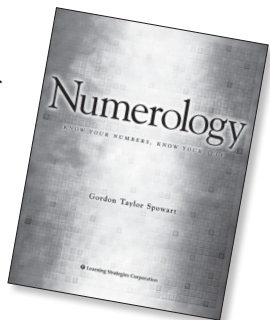
The *Resets* help you quickly shift from one frame of mind to another, from one mood to another, giving you maximum choice about how you feel so you can access full resourcefulness on demand. Choose the emotional state that supports you when you need it—*Calm, Focus, Adventurous, Radiance, or Success*—and accomplish what you truly want with greater ease, joy, and satisfaction.



Know your numbers, know your self, with NUMEROLOGY

Everything in the universe can be expressed in terms of numbers. Numbers embody specific attributes, traits, and challenges. The numbers of your birth and those associated with your name describe your personality, talents, and skills, and the way you approach your daily life.

Numerology helps you understand the nine basic lessons you are here to learn and the role “karma,” the cosmic principle of destiny, plays in your life. Numerologist Gordon Taylor Spowart teaches you how to uncover your lessons—or numbers—and create a Reading Chart that can help guide the choices and actions you take in pursuit of your goals and dreams.



Focus your goals with CLEAR MIND ~ BRIGHT FUTURE

Turn your hopes and dreams into realistic, absolutely attainable goals that make sense for you with this unique interactive program. Use the power of guided visualizations, creative brainstorming sessions, the ancient “Master Formula of Attainment,” and inner mind conditioning and programming.



Additional powerful programs to maximize your potential...

Influence the flow of energy into your home with DIAMOND HEXAGRAMS

Access the abundant universe with DIAMOND QUANTUM COLORS

Align your life with the energy of your SPIRITUAL CODES

Tap nature's cycle of abundance with SONIC ACCESS FOUR SEASONS

Learn Spanish, French, and German with EASYLEARN LANGUAGES

Live fully in every waking moment with EMBRACING FREEDOM

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

Experience the truth of your being with INFINITE GRACE

Communicate effectively with FOUR POWERS FOR GREATNESS

Embrace the power of reflection with BOUNDLESS RENEWAL

Affirm a happy and fulfilling life with PERSONAL CELEBRATION

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

Activate your brilliance with GENIUS MIND

To explore our full line of programs, visit www.LearningStrategies.com.

You may also call us at 1-605-978-2023.



10-MINUTE 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.**

TM/CDB

paraliminal

