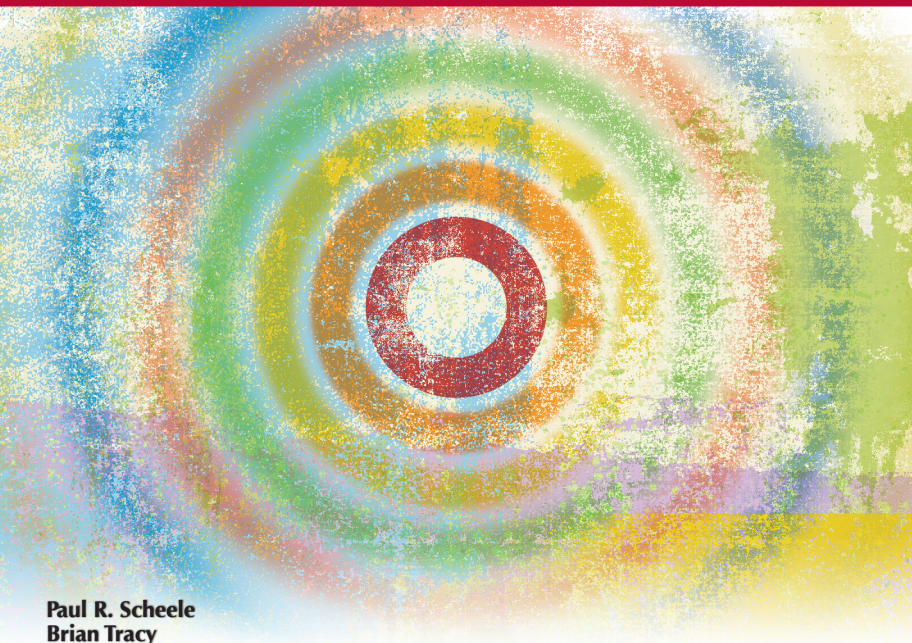


*paraliminal*<sup>®</sup>

# FOCUS & CONCENTRATION

Accomplish more in less time with *focal point* thinking



Paul R. Scheele  
Brian Tracy

 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.

More information on how Paraliminials work can be found at [www.LearningStrategies.com/Paraliminal](http://www.LearningStrategies.com/Paraliminal).

## 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 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](http://www.Centerpointe.com).

## PAUL R. SCHEELE

Paul Scheele is a highly trained and internationally acclaimed innovator within the fields of neuro-linguistic programming, whole mind learning, and preconscious processing. He has skillfully crafted each of the successful Learning Strategies Paraliminals. His unique expertise and collaborative genius creates a transformative experience for you.

Paul has designed over fifty programs relating to personal development including PhotoReading, a unique reading system for processing the written page 25,000 words a minute. He has authored two books: *PhotoReading* and *Natural Brilliance*. His works have been translated into 15 languages.

## BRIAN TRACY

Brian Tracy is one of the world's most successful speakers and consultants on personal and professional development. He addresses more than 450,000 people each year throughout the world on leadership, sales, managerial effectiveness, and business strategy. Brian has helped thousands of people double their incomes, reduce their working hours, get control of their time, and dramatically improve their relationships with family, friends, and others.

Brian is the best-selling author of *Time Power*, *Maximum Achievement*, *TurboStrategy*, *The 100 Absolutely Unbreakable Laws of Business Success*, and *Focal Point*, which provides the basis for this Paraliminal session. You can reach Brian at Brian Tracy International, 2840 Fifth Avenue, Suite 400, San Diego, California, 92103, by phone at 1-858-436-7300, or online at [www.BrianTracy.com](http://www.BrianTracy.com).

# FOCUS & CONCENTRATION

*Accomplish more in less time  
with focal point thinking*

## PURPOSE

Focus your thoughts, feelings, and actions on what is absolutely consistent with achieving success and enjoying the life you choose. Develop goals and plans, set clear priorities, and focus single-mindedly on the one thing you can do at any given time to achieve the greatest reward for your efforts.

## BEFORE LISTENING TO THIS SESSION

When you intelligently choose the time, place, and activity on which to focus your energies, you can achieve maximum success in your career while achieving harmony with your relationships and personal life. You can have it all and still be happy and fulfilled!

Take a moment now to project forward three to five years and imagine the life you choose, in every respect. Be clear about who you are, what you want, and what you need to do to get it. You can achieve success simply by choosing to do more of what takes you closer to your vision as well as less of what moves you away from it.

For your listening session, do one of the following:

- Focus your thoughts, feelings, and actions on *starting* or *continuing* to do what you know works best to achieve what you choose to create.

Or

- Focus your thoughts, feelings, and actions on *reducing* or *stopping* whatever is not absolutely consistent with accomplishing success and enjoying the life you choose.

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

## BENEFITS

- Focus on what generates success.
- Develop a firm belief in your purpose and establish a clear sense of direction.
- Set clear priorities among the competing demands for your time.
- Authentically express what is most important to you.
- Develop greater knowledge and skills to expand your personal capacity for success.
- Find valuable lessons in every situation that strengthens your personal power.
- Communicate your goals and desires with clarity and effectiveness.
- Cultivate the peace and balance that is at your very core.
- Open yourself to creative insights.



- Increase your enthusiasm and motivation to perform at higher levels.
- Translate your visions into specific tangible actions that you implement with absolute confidence.

## TECHNIQUE OVERVIEW

What you focus your energies upon is called your *focal point*, and how you direct it ultimately controls your time—and your life. The one thing you can do, at any given moment to get the best result possible, is to deliberately direct your focal point. No other factor has a greater impact on your life.

This Paraliminal helps you direct your focus and strengthen your concentration so you can achieve your goals faster and easier. You will tap into your personal powers at a higher level than ever before, concentrating your full power on results you choose to create right now.

During your listening session you will be inspired to live a life of freedom and fulfillment as you venture on a metaphorical journey to ascend a mountain peak. You learn that asking “how” to any challenge, goal, or dream opens more creative insights that help turn your vision into reality.

If you want something strongly enough and are willing to persist long enough, nothing can stop you from achieving it. In fact, everything in the known universe will help you make it happen.

Recognizing the inner resources, knowledge, and skills you possess within, you will raise your self-confidence and increase your enthusiasm and motivation to reach the summit—the life you envision for yourself.

Each time you listen to this Paraliminal session, you clarify the deep values, qualities, and traits most important to you in creating the complete, balanced, and fulfilling life you desire.

## BEST WAYS TO USE

- Listen when undertaking any goal-setting and planning process in your career or personal life. This Paraliminal session will help clarify your vision and strengthen your purpose. It will also build your inner resolve for change.
- Listen whenever you feel scattered, off track, aimless, or stagnant. It will help you refocus on your goals and objectives.
- Listen before starting any new activity or project. This session will instill an attitude of openness to the challenges ahead and inspire your creativity as you respond. You will crystallize your ideas into positive behaviors that energize you every step of the way.
- After you plan your day first thing in the morning, listen to this session before getting started. It will help you develop a deep commitment to perform at your personal best and keep you on track with your most important tasks.

## POSSIBILITIES FOR GOING BEYOND

The Focal Point Process as described in Brian Tracy's book, *Focal Point*, involves a personal strategic planning system that helps you clarify what

you want in the following seven areas of your life. Ask yourself how happy and fulfilled you are in each. If you were to rate yourself on a scale of 1 to 10, with 1 being the lowest, you would probably find your lowest ratings in areas where you experience the most stress and unhappiness. Consider what areas may need adjusting for you to be satisfied with your results.

**Business and career:** How do you become extremely successful and satisfied and move to the top of your field?

**Money and investments:** How do you get your financial life under control and achieve financial independence?

**Health and fitness:** How do you achieve and maintain high levels of fitness, energy, and overall well-being?

**Family and personal life:** How do you achieve balance between external success and personal relationships?

**Social and community activities:** How do you structure your life so that you make a real difference in the world and leave a lasting legacy?

**Personal growth and development:** How do you identify and acquire the key knowledge and skills that you need to live an extraordinary life?

**Spiritual development and inner peace:** How do you organize your inner life and thinking so that you realize your full potential as a human being?

Once you rate yourself in those seven areas, you can determine what steps you need to take to turn things around. The following seven steps make up

a system of planning and goal setting you can use to decide where to put the emphasis of your attention in each of these areas.

**1) Values:** What are the values, virtues, qualities, and traits that are most important to you in each area of your life?

**2) Vision:** If your life were perfect in this area five years from today, what would it look like?

**3) Goals:** What specific goals must you achieve to fulfill your ideal future vision in that area?

**4) Knowledge and Skills:** In what areas will you have to excel in the future to achieve your goals and fulfill your vision?

**5) Habits:** What specific habits of thought and action do you need to become the person who is capable of achieving the goals you have set for yourself?

**6) Daily Activities:** What specific activities do you have to engage in each day to ensure that you become the person you want to become and achieve the goals you want to achieve?

**7) Actions:** What specific action or actions are you going to take immediately to begin realizing your ideal future vision?

The greater clarity you have about who you are, what you want, and what you need to do to create the life you envision, the more power you have to make it happen.

Over a weeklong period consider listening to this Paraliminal session for each of the seven areas of life.

If you are familiar with Diamond Feng Shi, remember to face the appropriate “Best Direction” when listening to this Paraliminal.

## INSIDE SECRETS

Personal strategic planning saves you an enormous amount of time and money, much like corporate strategic planning. However, while the restructuring activities of a corporation are designed to achieve higher profitability and a return on equity, personal strategic planning is aimed at increasing your *return on energy*. It increases your return on *life*.

Your personal equity is measured in terms of your own human capital. It is composed of the mental, emotional, and physical energies you have to invest in your career and life.

When you are no longer getting the results you desire, when you feel frustrated or dissatisfied, it's time to sit down and ask yourself good, hard questions. When you experience resistance or stress or find yourself working harder and harder but getting fewer and fewer rewards, it's time to revise your strategic plan.

By thinking through the following key concepts and questions, you very quickly find yourself doing more of the important tasks that move you toward your key goals and doing fewer of the things that move you away from them.

### *Key Questions for Your Work*

Ask these key questions over and over again for your career. Sometimes a new answer can dramatically change the direction of your work or business. Asking these questions can lead you to establish new goals and new focal points for your future.

#### 1) What business am I in?

Define your business or work in terms of what you do for your customer or your company. Define it in terms of the effect your work, products, or services have on the life or work of your customers, other people, or organizations. Define your personal work in terms of the effect you have on the people you work for and with.

#### 2) What business will I be in if things continue the way they are today?

Think about your future. If you do not change, what will you be doing one year, two years, or five years from today? Based on your talents, ambitions, energies, and passions, what business *should* or *could* you be doing sometime in the future? What changes would you have to make to do the work and live the life you would like in the future?

#### 3) Who is my customer?

Determine whom you have to satisfy to survive and thrive in your career. This can include clients, colleagues, staff, and your boss. Your ability to identify and satisfy key customers is a critical determinant of your success and your rewards in life.

#### 4) What do I do especially well?

You will be successful only to the degree that you become excellent at the most important part of your work. Identify and develop the core competencies you will need to be in the top of your field.

#### 5) What are the 10 to 20 percent of my activities that could account for 80 to 90 percent of my results?

Identify those tasks that yield the highest returns and rewards relative to the cost and effort of performing them.

#### 6) What are the critical constraints on my ability to achieve my goals?

As you examine the steps you need to take to achieve your goal, determine which are limiting you. The constraints may be external, but more often they lie within your own habits, beliefs, attitudes, opinions, skills, and abilities. You have limited influence on other people and external factors, but you have an enormous amount of influence on what you do personally...or fail to do.

#### 7) What specific action or actions am I going to take immediately based on my answers to these questions?

The purpose of strategic thinking and planning is to choose the actions you can take to bring about different results than what you are achieving today. What are they?

### *Key Questions for Your Relationships*

Asking better questions can also help you develop winning family and personal relationship habits and enrich and improve the quality of all your relationships.

Ask your loved ones the following four questions. Whatever they say, resist the temptation to argue or defend. Listen quietly and attentively. Ask them for specific examples to help you understand.

- 1) Is there anything I am doing today that you would like me to do more often?
- 2) Is there anything I am doing that you would like me to do less often?
- 3) Is there anything I am not doing that you would like me to start doing from now on?
- 4) Is there anything I am doing that you would like me to stop doing?

Thank your loved ones for their input and ideas, then take their answers away with you and turn them over slowly in your mind to evaluate them. Good personal relationships are characterized by openness to input and ideas from each person. Keeping this in mind will make it much easier for you to make the adjustments necessary for happy, healthy relationships.





# 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.

### *Turn imagination into reality with* **FUTURE MAPPING**

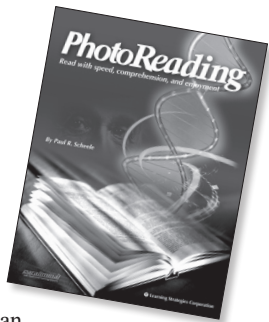
Free your powerful imagination to immediately generate ideas, find solutions, and spark creativity in ways that make a difference in every area of your life. Future Mapping helps you draw on the motivating resources of your inner genius mind to take the effort out of achieving your goals. Using the unexpected 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.

### *Focus your goals with* **CLEAR MIND ~ BRIGHT FUTURE**

Life is too short to wait a minute longer. In just a couple of hours, international learning expert Paul Scheele will help you discover your guiding purpose in life, sort out what you really want, create a workable path, and get you on your way to manifesting your hopes and dreams.

### *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. 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.



### *Quickly shift your state of mind and mood 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.

### *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.

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

*Explore the realm of genius with* GENIUS CODE

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

*Instantly transform your energy patterns with* SONIC ACCESS

*Discover the nature of awareness with* SEEDS OF ENLIGHTENMENT

*Bring riches into your life with* ABUNDANCE FOR LIFE

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

*Know your numbers, know your self, with* NUMEROLOGY

*Boost your memory with* MEMORY OPTIMIZER

*Activate the power to bounce back with* RESILIENCY

*Overcome any challenge at will with* NATURAL BRILLIANCE

*Transform the energy in your life with* DIAMOND DOWSING

*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

*Step into your genius resources with the* PARALIMINAL WALKABOUT

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

*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

*Sharpen your verbal edge with* MILLION DOLLAR VOCABULARY

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## 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.**

FOCDB

*paraliminal*

