

paraliminal

GET AROUND TO IT

Eliminate procrastination and succeed by design



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 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.

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).
- 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.)
- 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 one of the Paraliminal sleep learning tracks (Track 3 for Session A and Track 7 for Session B). 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 stereo 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.

GET AROUND TO IT-A

*Eliminate procrastination and
succeed by design*

PURPOSE

Establish clear priorities, and focus on activities that accomplish them. Conquer general patterns of procrastination that may have prevented successful actions in the past.

BEFORE LISTENING TO SESSION A

Clearly identify your priorities and a goal you want to accomplish. Focus on the results you desire.

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

BENEFITS

- Motivate yourself to break through barriers.
- Strengthen your willpower and find new levels of energy.
- Get far more accomplished in your available time.
- Make progress on tasks you have put off in the past.
- Eliminate wasted time and procrastination.

TECHNIQUE OVERVIEW

Studies show that people who are motivated by results are more likely to succeed than those who are motivated by activities. The motivation to achieve a desired result helps overcome any unpleasant tasks that may have to be performed. This forms the basis of both *Get Around To It* Paroliminal learning sessions.

Have you ever avoided high-priority tasks because they were unpleasant? Many people turn to easier low-priority activities. Procrastinating on important tasks is a choice that almost always lowers productivity. But don't make the mistake of labeling yourself a "procrastinator." That unfairly robs you of the power to choose differently. Many people live with the label rather than addressing the cause. Procrastination is simply making the choice to avoid tasks. When procrastination becomes a habit, it keeps many people from discovering their own greatness. The two *Get Around To It* sessions help you overcome the habit of procrastination while teaching your brain the essential strategies for all decisive actions. Together they instill a compelling motivation to complete tasks you need done.

Get Around To It—A helps you focus your energies on priorities. It gets you past the major blocks that keep you from getting started. Session B builds the habit of taking decisive action in the direction of your goal. It focuses your attention on a specific task you want to perform and stirs you to action. Right now, let's examine how Session A works.

The listening session opens with a calming time for focusing inward. You expand internal awareness in the visual, auditory, and kinesthetic sensory systems. From this more relaxed, aware state of mind, you are encouraged to remember that you *can* do what you set your mind on. In addition, you release negative and defeating ways of relating to yourself while focusing on your increasing self-confidence.

Next, you immerse your mind in images and feelings intended to align your values, goals, tasks, priorities, and benefits of achieving the results you desire. In turn, your sensory experience fuels your will to create. This pattern of harnessing and channeling emotional power into willful action is repeated so that your brain recognizes this easy path to self-motivation.

The session invites inner communication similar to how your intuition communicates to your conscious mind. This communication helps clear away competing desires. Attaining clarity and resolve to achieve your important goal calls forth your purest intention. This intention to achieve what you desire becomes the ignition switch for successfully launching any goal-achieving action.

BEST WAYS TO USE

- Listen to *Get Around To It-A* once a week to develop your power to take action and eliminate procrastination. You may choose to listen to it more often initially.
- Listen whenever you ever feel stuck. Perhaps you spend your time on stress-relieving activities instead of goal-achieving activities. You feel good, but you do not get to your desired destination. If you know you need to quit procrastinating, this session will work on you from the inside out to clear away mental cobwebs and clarify your intentions. When you honestly ask

yourself how to make the best use of your time, the answer rarely comes back, “watch more TV.” Almost always, the best way to use your time entails focusing on the priority activities that will move you forward. Try calculating the time you spent actively avoiding a task. Then compare that time to the actual time for completing the task. You will discover you can often finish the task several times over in the time you wasted avoiding it.

- Listen to *Get Around To It—A* when you have to get started on a project. You will build a deep inner drive to complete it. Being known as a person of profound willpower and determination means that when you say you are going to do something, you do it. Your motivation comes from knowing you will soon be in possession of the results you have chosen—“come hell or high water” you will accomplish your objective. Using this session at the beginning of an important project gives you firm resolve and puts you right on task.
- Use this session to enhance your time management skills. If you have trouble getting around to creating your daily “To Do” list, listen to this session first. Then, with your list in hand, identify the tasks as “A” or “B” priority and rank those “A1,” “A2,” etc. When you have unscheduled time, use it to accomplish your predetermined “A” activities on the “To Do” list. Remember that scheduled time, such as time committed to appointments, is not available for your own priorities. All other times during your day can be considered yours to use in accomplishing the items on your list. At the end of each day, review your list, and write down the most important things you need to do tomorrow.

POSSIBILITIES FOR GOING BEYOND

To achieve important results, we all need to move through unpleasant and challenging tasks. People who habitually fail tend to avoid such tasks.

They usually put off the activities that achieve important results, and often end up feeling guilty about the past and anxious about the future. It *does* help to move beyond any defensiveness about the past to focus on what can be done now. The best interventions help us look honestly at our disappointments so we produce a more desirable result.

To gain a new perspective on your ability to produce results, listen to *Get Around To It—A*. It helps turn the mind's focus from the tasks to the results. You identify what is important to you. Then, as you mentally live in the accomplishment of the task, you create a path that makes its accomplishment as easy as possible. This listening session provides an opportunity to let go of resistance and embrace the greater possibilities.

INSIDE SECRETS

The unique combination of listening to Sessions A and B of *Get Around To It* has a startling effect. You will probably discover that many things you have been putting off suddenly appear obvious to you—but not in a daunting way. In fact, clients report they have accomplished things they had avoided for months or years—automatically. In a short period of time they had completed the task and freed themselves from the anxiety of avoidance. A strong internal drive lasts for several days after a single listening session. Choosing to build this kind of temporary “overdrive gear” for your motivation allows you to bypass the blocks that keep most people from succeeding.

This sudden drive comes from a sudden freedom. That is, have you ever resisted doing something simply *because* someone told you to do it?

And as soon as they no longer interfered, you did it? Well, believe it or not, the act of telling ourselves we “should” do the high-priority items creates the same type of resistance. Most people stay busy on low-priority tasks, and feel guilty for procrastinating on the important tasks.

When we eliminate the “should-ing” and focus on what we want, the freedom to act connects us to the full personal power at our disposal. The ease of taking action, unencumbered by anxiety, pressure, and remorse, frees us to act every time we choose. To make the most of this burst of motivation, think clearly about what you desire to accomplish. This will keep you focused.

To stay focused on your top priority goals for the year, you may want to listen to this session every few months.

GET AROUND TO IT-B

Overcoming hesitation in specific situations

PURPOSE

Focus on what needs to be done and get to it now. Eliminate procrastination and the hesitations that derail good intentions.

BEFORE LISTENING TO SESSION B

Identify a specific task you want to start or accomplish. Think of the benefit for achieving it. Mentally choose to start today. Think of ways to reward your efforts along the way to minimize stress and eliminate fatigue.

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

BENEFITS

- Break free of restraints that have held you back.
- Strengthen the power of your will.
- Achieve important goals that may have eluded you.
- Get started on challenging tasks that may have sent you running in the past.
- Tap an unlimited source of personal motivation that energizes you.
- Hold onto the dreams that make life worth living, and turn them into reality

- Build your self-confidence and self-reliance, knowing you can achieve what you set your mind to do.
- Follow through and consistently complete the projects you begin.
- Eliminate procrastination and reclaim your faith in yourself.

TECHNIQUE OVERVIEW

This session explores a specific task you want to accomplish and gets you to take action now. It is not about the reasons you have put things off. Rather, it focuses your personal power to take action now and produce the results you desire.

The experience begins with a series of questions. First, you are asked to identify the one specific result or goal you desire.

Second, what tasks are there to complete in order to achieve the result? You are to keep it as simple as possible to ensure follow-through and success.

Third, what is the payoff for reaching your goal? What is the real bottom-line benefit for having the result? As you consider the payoff, you probe a bit deeper into your motivation. You are asked if reaching your goal will be worth the effort. If yes, then you must own that it is your choice to have it, and you must know, completely, that this is a goal you want. If the goal isn't worth it, then you are asked to pause your listening session to get clear on how you do want to invest your energy.

Finally, you are asked to select the reasonable time period and specify *when* you will do what it takes to achieve the result.

You are then ready to locate the internal resources you need to achieve what you are motivated to accomplish.

The relaxing, mind-calming component of this session helps you increase internal awareness. You imagine floating upward, light and free, to a higher perspective over your life. Feelings of safety and trust encourage an honest and straightforward appraisal of your capabilities as you continue to build your will to succeed.

You then harness the creative resources of your mind to resolve any considerations or problems on the path to your goal. The changework section of this recording guides you through an experience of stepping into your desired result and accessing the necessary internal resources for its accomplishment. From a place of internal alignment you immerse yourself in benefits of having achieved your goal. This rich sensory experience of success builds your energy and readiness for action.

How this session affects your ability to take action lies hidden in the concluding minutes of the recording. Nested inside the language are a series of compounding ideas that build higher and higher levels of motivation, confidence, and mental focus. This carefully scripted language invites your brain to make a habit of taking action, enjoying the feelings of progress, finding energy in your accomplishments, and following through to completion. As a result, you complete what you start and discover that each time you complete a task, you find it increasingly easier to get things done.

BEST WAYS TO USE

- Do you hesitate when opportunities present themselves? When you come to a task on your “To Do” list, do you find something else to do instead? This session will drive procrastination out. Use it to bring attention to your daily actions and focus on the payoff for reaching the goal that makes your day easier and more productive.
- Are you engaged in the right activities to achieve your goal? This session helps you clarify what you need to do. When your priorities are in doubt or motivation flags, listen to this session to get on track.
- When you must begin a project but dread the necessary tasks, you are unwittingly setting yourself up for struggle. Negative expectations are okay only in the planning stage. “Downside planning,” as it is called, causes us to anticipate the worse possible outcomes and to plan for contingencies. Once planning is over and action begins, you must focus on the goal. Once your goal is clearly specified, listen to this session to get started with excitement and positive expectations.
- Do you ever know what to do and have the time, yet find yourself avoiding the tasks? This session addresses ways to handle most stoppers, including fears, worries, self-doubt, lack of motivation, lack of energy, and poor follow-through. It transmits power to your goal by rerouting your mental energies into motivation.

POSSIBILITIES FOR GOING BEYOND

Consider the awesome power of a mind with resolve. You see this in peak performance environments such as Olympic and professional sports,

military operations, and businesses. Because the standards for goal achievement are supreme, training leaves no room for doubt and no margin for error. Harness that same power for yourself.

Do we call this awesome force by the term *willpower*? Yes, but only if you understand the true nature of willpower. Some people mistakenly think that willpower is a temporary emotional state or a quickly exhausted supply of motivation. This session embraces something much more profound. The temporary kind of willpower, which many people muster when starting a diet, exists because of a wishful state fostered by a glimpse of other people's success. Such temporary motivation fails with the first major challenge.

The kind of willpower we engender with *Get Around To It-B* taps an unlimited source of personal power. This wellspring of motivation flows from a deep commitment to yourself. Those who use such power live up to internal standards of excellence. They are not stopped by setbacks that commonly happen during important and difficult journeys. They don't flinch or back down when a challenge looms in front of them. Challenge and risk harden their resolve. And if someone says, "You'll never be able to do that," they determine more than ever to live up to their commitment.

My colleague Bob Nelson, author of *365 Ways to Manage Better*, wrote "Always keep your ultimate goal in the forefront of your mind, and ensure that every action you take brings you a step closer to achieving it." Sounds simple enough, especially with *Get Around To It-B*.

Two other Paraliminal sessions, *Self-Esteem Supercharger* and *New Behavior Generator*, can help produce the energy you need to complete a project.

INSIDE SECRETS

A major inspiration for the *Get Around To It* sessions came from Earl Nightingale's account of Dr. E. N. Gray's classic speech titled "The Common Denominator of Success." Successful people, he found, develop the habit of doing things that failures don't like to do. They are motivated by pleasing results, not by pleasing tasks. So when they have to perform unpleasant tasks in order to achieve important results, they simply do them because they have developed the habit of doing them. They do not give way to resistance and procrastination, which typically lead to failure.

When people with clear intentions get started on a task, the resources they need to accomplish it come rushing in, spontaneously and automatically. *Get Around To It* puts the compelling choice of a better future firmly within the grasp of the listener. It helps anyone who comes with a clear intention to realize the full power and magic of the mind—our greatest ally in success.



TAP THE POWER OF PARALIMINALS

Self-Growth for Busy People

If you enjoyed *Getting Around To It*, you will love *The Ultimate You Library* of Paraliminals. **You can improve any aspect of your life in 20 minutes a day—even while you're sleeping!**

Weight – Procrastination – Self-Sabotage – Memory – New Skills
Schoolwork – Problems – Anxiety – Cigarettes – Negative Beliefs
Recalling Dreams – Stress – Love – Health – Relationships
Self-Esteem – Energy – Sex – Aging – Prosperity
Career Breakthrough – Exercise – Debt – The Past – Goals – Time
Fear of Success – Money – Bad Habits – Creativity
Longing for Something – Negative Self-Talk

There are over 40 titles to choose from, including *Prosperity*, *Success Built to Last*, *Living the Law of Attraction*, *Peak Performance*, and *You Deserve It!*

Pick the result you want, and then choose a Paraliminal. Simply listen with headphones and relax as you gently activate your inner mind to make your life better and better. That's why they are called "Self-Growth for Busy People."

Additional powerful programs to accomplish greatness in your life...

Turn imagination into reality with FUTURE MAPPING

Read super-fast with PHOTOREADING

Explore the realm of genius with GENIUS CODE

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Experience lasting happiness with HAPPY FOR NO REASON

Focus your goals with CLEAR MIND ~ BRIGHT FUTURE

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



GET AROUND TO IT

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.**

GRCDB

paraliminal[®]

