

# SELF-DISCIPLINE

Follow through with consistency and determination

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# SELF-DISCIPLINE

## PURPOSE

Access the source of inner power, determination, and commitment to effectively accomplish your tasks and goals in the most efficient ways possible. This Paraliminal session helps you eliminate energy wasters and develop a disciplined habit of taking consistent action on the things you need to do.

## BEFORE LISTENING

Self-discipline is more than self-control. It is a process of channeling your intentions, values, actions, and habits to create the life you choose to live. Self-discipline may be found in simple, consistent behaviors like brushing your teeth every day as well as in persistent endeavors that help you accomplish larger goals.

This Paraliminal session helps you create new disciplines in any area of your life by artfully, yet decisively, steering your daily energies.

Before listening to this session:

- Focus on an area where you want unwavering self-discipline.
- Be clear about what you are choosing to accomplish.

- Consider why you want to achieve this result and how working toward it complements your life.

When you are ready, you may listen to this session.

## HOW THIS SESSION WORKS

This Paraliminal enables you to create the life you choose through joyful, effective self-discipline.

In the past you may have thought self-discipline was a process of working with grim determination to correct weaknesses in performance or plough through difficult tasks. But true self-discipline is actually positive, powerful, playful, and consistent with a healthy life. True self-discipline flows naturally from the strength of your clear purpose and living in alignment with your values. You tap into your inner resources as you increasingly recognize the power of your determination, the steadfastness of your perseverance, and the gentle guidance of your patience.

The design of this Paraliminal is based on a different format from most, one that was first used in the *Natural Brilliance* personal learning course. Known as the “Natural Brilliance Protocol,” the session takes you through a series of progressively more immersive stages. At times there will be just one voice in the center of your listening field. At other times there will be three voices located to your left, right, and center, then shifting to one voice in the center, then to two voices to your left and right, and then back to one in the center again.

During this Paraliminal experience, you will hear questions as well as statements. Each evocative question invites your brain to access specific inner resources you already possess. The questions gently connect you with your own creative and powerful ways to stay on track for achieving your success. The positive, affirmative statements support the purpose of your listening: to demonstrate a high degree of self-discipline in areas of your life where you need it.

## BEST WAYS TO USE

Use this Paraliminal daily for the first week. Then, one to three times a week for a period long enough to recognize changes in your self-discipline behaviors. Two to three weeks should be sufficient. You may want to revisit this Paraliminal in the future if life circumstances affect your results.

This section will give you additional insights and direction.

### **Fulfill Your Passions**

Self-discipline is as natural as a child shooting baskets until it's too dark to see the ball. A group of kids working on a video creation until they get it just right. Or, an aspiring blues guitarist spending hour after hour listening to the masters and imitating their sound.

This session will unlock the energy you need to follow your passions. Listen to this Paraliminal before practicing any discipline as a prelude that makes your actions more effective, efficient, and enjoyable.

## Practice Joyfully

Being self-disciplined does not have to be burdensome or taxing, and it does not mean you cannot be free-spirited. Self-discipline means you can immediately find the reward in any task so you can follow through with as little resistance as possible.

This Paraliminal session can help you discover the joy and pleasure in any practice or endeavor you undertake.

Notice someone you want to emulate who practices joyful self-discipline in an activity or area of life in which you would like to achieve similar results. Observe them at this form of play. Notice the particulars—when, where, and what they are doing. How are they doing what they do? What aspects of their approach appeal to you? What might be something you could adopt in your life to make your self-discipline more enjoyable and effective?

When you have identified the behaviors, attitudes, strategies, or habits you want to strengthen or adopt, listen to this session.

## Increase Your Mastery

Research has shown the path to success in any endeavor lies in *practice* far more than any in-born talent. Mastery comes as a result of hundreds, even thousands, of hours spent in activities focused on a future you truly desire to create.

According to the Rule of 10,000, a phrase coined by sociologist Malcolm Gladwell in his book *Outliers: The Story of Success*, it takes 10,000 hours of practice to master a given skill or field. That's 20 hours a week for 10 years.

A study of violinists at Berlin's Academy of Music found that while all students started playing at an early age, the best violinists practiced much more than the least successful players, attaining 10,000 hours of practice by the age of 20. Psychologist K. Anders Ericsson found similar results among pianists.

Gladwell says the rule applies across the board from athletes to mathematicians to scientists. The good news is expertise, mastery, and success are possible for everyone when we harness our self-discipline. To strengthen your inner drive to excel at what you do, listen to this session periodically.

## BENEFITS

- Follow-through on what you need.
- Be clear about your reasons for taking action.
- Do the right things in the most efficient way possible.
- Eliminate unnecessary tasks that waste your time and energy.
- Access inner resources, trusting your knowledge and intuition to guide your actions.
- Become more fully aware of what serves your purpose.
- Deepen trust and confidence in your ability to achieve your goals.
- Initiate new projects easily and joyfully.
- Complete tasks with as little resistance as possible.

- Increase your agility to adapt to emerging situations without stress or strain.
- Align your motivation with the results you commit to.
- Adopt necessary tools that make you more effective and efficient.
- Integrate your desires, goals, and actions to create the life you want.

## POSSIBILITIES FOR GOING BEYOND

### Create Powerful Affirmations

Affirmations are positive tools for transforming intentions into realities. Those used in this Paraliminal help build greater trust in your natural abilities and emerging skills. To support your dreams, consider writing your own personal affirmations.

Identify five of your most important dreams and write an affirmation for each, following these rules from our *Effortless Success* course with Jack Canfield:

- Start each statement with “I am” to bring it into the present tense.
- Make it a positive statement.
- Use an action verb.
- Keep the statement brief and concise.
- Include at least one feeling word reflecting the emotion of having achieved the goal.
- Make affirmations only for yourself, not for others.



Words have a vibrational energy, so infuse your affirmations with emotion. Say your affirmations aloud, with feeling, at least once a day for at least the next thirty days. By doing so, you acknowledge or affirm the thing you want as if it's already complete.

Say your affirmations immediately before listening to this Paraliminal session. Visualize the action, outcome, or experience you want. This focus trains your brain on what you need to make it happen.

The human brain has an amazing faculty called the reticular activating system. It operates full-time to let in the information appropriate to your current intentions.

When you form inspired intentions linked to powerful emotions, the reticular activating system filters out what you do not need and lets in those resources you do need—the ideas, people, and possibilities. Those resources were there before, but you were not seeing or sorting them because your focus was elsewhere.

## Understand What Makes You Tick

Although you may not be aware of it, you naturally possess what you need to achieve what you want. Observe your own practices for clues to your resources and strengths. Notice especially instances when self-discipline flows for you. Allow those times to teach you how to make your self-discipline more easeful, pleasant, and effective.

To help you notice more specifically, ask yourself:

- What time of day is self-discipline easiest for me?
- What locations and environments nourish my self-discipline?
- What level of distraction strengthens my focus and practice? Is my self-discipline enhanced by silence and solitude? By a certain kind of music? Or, by a certain level of hustle and bustle around me?
- Who energizes my self-discipline? This could be anyone you connect with in your daily life, either in person or via social networking through the Internet. Perhaps your self-discipline is reignited through the energy of people whose stories you have encountered. Is there a coach, mentor, or peer who could help inspire your practice?

Then ask yourself, “How can I make these things part of my days more often?”

## Practice the Five Pillars

For some people “discipline” carries a negative undertone, as if someone is cracking a whip over them. Instead consider the whip as this useful acronym, “A WHIP,” from blogger Steve Pavlina, author of the book *Personal Development for Smart People*.

In his blog post, “The Five Pillars of Self-Discipline,” Pavlina explains the letters of the acronym stand for Acceptance, Willpower, Hard work, Industry, and Persistence.

“Self-discipline is the ability to get yourself to take action regardless of your emotional state,” Pavlina said. It’s a powerful tool that will help you follow through on any decision you make and empower you to overcome addiction, lose weight, learn any new skill, or achieve any goal.

Here are the five pillars from Steve Pavlina in brief.

*Acceptance:* To perceive reality accurately and consciously, acknowledge what you perceive. The most basic mistake people make with respect to self-discipline is a failure to accurately perceive and accept their present situation. It's important to openly accept where you are right now.

*Willpower:* Your ability to set a course of action and say, "Engage!" Willpower provides an intensely powerful yet temporary boost. It burns out quickly, but if directed intelligently, it can provide the burst you need to overcome inertia and create momentum.

*Hard work:* That which challenges you. People often do what's easiest, yet it is hard work that pays off and creates long-term success. Hard work goes hand-in-hand with acceptance. Your life will reach a whole new level when you stop avoiding and fearing hard work and simply surrender to it.

*Industry:* Working hard. In contrast to hard work, being industrious does not necessarily mean doing work that is challenging or difficult. It simply means putting in the time to carry out all your tasks, including more mundane ones. You squeeze more value out of your time, becoming more productive and efficient in everything you do.

*Persistence:* The ability to maintain action regardless of your feelings. You press on even when you feel like quitting. Persistence allows you to keep taking action even when you do not feel motivated to do so, and therefore you keep accumulating results that can motivate you onward.

## Use the Rule of Five

To boost your passion and motivation for what you want to achieve, apply focused attention to it daily. Jack Canfield refers to this daily focus as the Rule of Five. In his *Effortless Success* course he suggests making a list each day of the five action steps that will move you closer to each goal.

Be specific in your actions. To maintain discipline toward a weight loss goal, for example, your five action steps one day might look like this:

- 1) Do morning stretches for 10 minutes.
- 2) Walk for 30 minutes.
- 3) Prepare a healthy, low-fat lunch.
- 4) Schedule an appointment for a massage.
- 5) Spend 15 minutes visualizing how I will look and feel when I achieve my goal.

## Support Your Progress

As you work with this Paraliminal, you may find yourself drawn to going deeper into related areas. Additional Paraliminicals you may find helpful include:

- *Get Around to It*, to overcome the procrastination you can experience when the goal seems beyond your capabilities.
- *New Behavior Generator*, to instill the successful behaviors of those you admire.

- *New History Generator*, to bring insight to memories of hurtful past events that may be hampering your progress toward your goal so your history can support your positive movement forward.
- *Automatic Pilot*, to eliminate self-sabotage and wire in behaviors and actions.

## HOW PARALIMINALS WORK

Paraliminal, as derived from the Greek para (beyond) and liminal (threshold), means “beyond the threshold of conscious awareness.”

Through their unique application of neuro-linguistic programming and whole brain learning technologies, Paraliminials stimulate your mind to quickly improve your life and maximize your potential—without subliminal messages.

As you listen with headphones, you will hear a variety of messages. At the very heart of the program, the voices are artfully woven together. You will hear one voice speaking in one ear to one part of your brain and a second voice speaking in your other ear to a different part of your brain.

Your conscious mind finds it difficult to process two voices speaking simultaneously, so it shuts down, putting you into a deeply relaxed, clear-headed state—which leaves your inner mind to absorb the message at a deep level. The voices you hear gently guide your mind so you get the results you want.

Each Paraliminal is meticulously crafted using state-of-the-art digital recording equipment to produce a soothing 3-D sound that allows music,

voices, and nature sounds to project spatially in your mind in a soothing, effective, and pleasurable way.

## 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).

## USING YOUR PARALIMINAL

Paraliminals are the easiest, most relaxing personal development tool to use. Simply:

- Create a quiet time to focus inwardly. Choose an environment relatively free from distractions. Sit comfortably or recline.
- Set your purpose for listening.
- Listen with headphones. You will receive minimal benefit if you merely play a Paraliminal in the background; do not listen while driving or operating machinery.
- Many people enjoy working with their unconscious during dreamtime. You can enjoy the benefits of sleep learning by setting your audio player to repeat the Paraliminal sleep learning track (Track 3). Adjust the volume so you can tune out the sound as you sleep. Waking is an indication 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.
- To listen to more than one Paraliminal, take a 20-minute break between.

### How Often Should I Listen to a Paraliminal?

Refer to the *Best Ways to Use* section for listening recommendations regarding this particular Paraliminal. Your Paraliminal use will vary depending on your unique needs. Some people may notice benefits after their very first listening session, while others may experience change over the course of days or weeks during several sessions.

When not getting the results you want, consider changing:

- The time of day you listen.
- Whether you are sitting or reclining.
- The room where you are listening.
- The furniture you sit or recline on (listening on a sofa might not generate results if you usually use the sofa for napping).

## Will I Benefit if I Fall Asleep or Am Interrupted?

Yes, you will still gain benefit providing you clearly state your purpose for the session at the beginning. If interrupted, simply open your eyes, deal with the matter, and then continue.

## How Do I Clarify My Purpose?

On some Paraliminal recordings you will be asked questions to help you focus on the benefit you desire. Pause the recording as needed.

You may also choose to write down your purpose for listening to strengthen your intention and focus. The following guidelines can help you clarify your purpose and ensure every goal you have is well formed.

### *1) State your goal in the positive.*

Your goal must positively specify what you want, not what you do not want. Instead of saying, “I want out of this boring job,” state, “I apply my creative skills and energy to solve interesting problems in an exciting work environment.”



### *2) Focus on a goal within your control.*

You cannot control how others feel. The goal, “I want my office team to be happy” is not within your control. But the following is: “I do my part to create an office environment that supports my team’s work.”

### *3) Create a goal that preserves what you value.*

Craft a goal that maintains the things you value most in your life. If you have to give up too much to have a goal, it is unlikely you will seek it. For example, earning more money may take away from family time if it requires overtime or additional schooling. Make sure the trade-offs are worth it to you.

### *4) Write your goal in the present tense.*

Write your goal as if it has already manifested. Choose phrases such as “I am...” and “I choose...” You only need to know what it is you choose to create.

### *5) Craft a measurable goal.*

You must be able to know you have achieved your goal. To turn “I want to be happy” into a measurable goal, you must specify what happiness means to you. “I spend eight hours of quality time with my family each week” is a measurable goal.

## ACCELERATING YOUR RESULTS

- 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).)

- If you are familiar with Diamond Feng Shui, remember to face the appropriate *Best Direction* when listening to your Paraliminal. Energy flows in and around you all day long from different directions. Feng Shui Master Marie Diamond says energy from one direction supports your Success, energy from another direction supports your Health, another direction your Relationships, and another your Spiritual Growth. These directions vary from person to person.
- Visit our online Discussion Forum ([www.LearningStrategies.com/Forums](http://www.LearningStrategies.com/Forums)) to interact with other Paraliminal users with similar intentions.

## PAUL R. SCHEELE

Paul Scheele, co-founder of Learning Strategies Corporation, 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 Learning Strategies Paraliminials. His unique expertise and collaborative genius creates a transformative experience for you.

Paul has designed and developed over fifty programs relating to personal development including *Natural Brilliance*, which helps you overcome blocks and move from feeling stuck to achieving success with four simple steps you do in your mind. Others include *Abundance for Life*, *PhotoReading*, *Sonic Access*, and *Clear Mind ~ Bright Future*.

## TAP THE POWER OF YOUR MIND

If you enjoyed *Self-Discipline*, 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! Career, relationships, energy, weight, procrastination, self-sabotage, anxiety, and much more.

There are over 30 titles to choose from, including *Get Around To It*, *New Behavior Generator*, *Automatic Pilot*, *New History Generator*, *Self-Esteem Supercharger*, *Personal Genius*, *New Option Generator*, *Belief*, *Power Thinking*, *Focus & Concentration*, *Memory Supercharger*, *Peak Performance*, and *Prosperity*.

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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.**

SDCDB

*paraliminal*

