

Harmony 4 Life



YOUR SUBLIMINAL MESSAGING RECORDING

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“RELEASE YOUR FULL POTENTIAL AND ACHIEVE YOUR DREAMS”

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When and how to use your recording

You can listen to your recording through head phones or speakers, whilst on a computer at work or repeatedly throughout the night, whilst you are asleep. The first time you listen to your recording it is advisable to set aside some time where you will not need to concentrate as it may make you drowsy or too relaxed to work, which may not go down very well with your boss! Please read the 'important warning' below.

It is important that you adjust all settings (such as volume) so that you are 100% comfortable before starting. The best way to do this is to use the same volume as you would if you were listening to the radio through headphones.

It is advisable to drink a glass of water before each session as brainwave stimulation increases blood flow and metabolism, which can make you thirsty mid-session. The key fact to remember is your subconscious mind always absorbs all the positive suggestions you need.

It takes approximately 21 days to make a habit.... and approximately 21 days to break a habit... so if you're considering using this recording to change a habit, then you must be committed to playing it at least twice a day for 21-30 days or until you see the changes you want!

IMPORTANT WARNING!

This subliminal recording may make you drowsy and/or relaxed due to the use of relaxing background audio, such as binaural beats. You are therefore advised NOT to listen to this recording whilst driving, operating machinery or 30 minutes prior to any activities, which require your full attention, as this may put you and other people at risk. Please also read the 'warnings' on page 12 before listening to your recording.

The evidence for subliminal messaging

The US Government tried to ban subliminal messaging in the 70s, as it was thought to give individuals too much of an edge. Magazines such as the New Scientist have christened subliminal messaging the "future of all learning". Celine Dion, Steven Spielberg, Tiger Woods and Anthony Robbins refer to it as the single key to their life success.

Subliminal messaging is indeed powerful. How do we know that? The following is some recent evidence which has implications for the positive use of it in self development.

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March 2007, Science Daily

'University College London researchers have found the first physiological evidence that invisible subliminal images do attract the brain's attention on a subconscious level. Subjects' brains did respond to the object even when they were not conscious of it. The wider implication for the study, published in Current Biology, is that techniques such as subliminal advertising, now banned in the UK but still legal in the USA, certainly do leave their mark on the brain.'

Dr Bahador Bahrami, of the UCL Institute of Cognitive Neuroscience and the UCL Department of Psychology, said: "What's interesting here is that your brain does log things that you aren't even aware of and can't ever become aware of. We show that there is a brain response in the primary visual cortex to subliminal images that attract our attention -- without us having the impression of having seen anything."

These findings point to the sort of impact that subliminal advertising may have on the brain. What our study doesn't address is whether this would then influence you to go out and buy a product. I believe that it's likely that subliminal advertising may affect our decisions -- but that is just speculation at this point."

Furthermore, researchers have shown that if conditions are right, subliminal advertising to promote a brand can be made to work. Previous experiments claiming this were debunked. But in a recent experiment, scientists found that eighty per cent of volunteers who had been exposed to the subliminal advertising message chose that product, compared to only 20 per cent of the controls. Here is the report on this.

New Scientist, April 2006

Johan Karremans at the University of Nijmegen in the Netherlands and his colleagues wanted to see if they could subliminally induce volunteers to favour a particular brand of drink, Lipton Ice. For comparison, they chose a brand of mineral water called Spa Rood, as it was deemed to be as well known as Lipton Ice and equally thirst-quenching.

The researchers asked 61 volunteers to perform a nonsense task - counting how many times a string of capital Bs was infiltrated by a lower-case b as they flashed up on a screen. The B strings appeared for 300 milliseconds each, and before them, a string of Xs always appeared, flanking a 23-millisecond subliminal message. For the experimental group, the message was "Lipton Ice". Controls saw "Nipeic Tol".

When the volunteers had completed this task, they were asked to choose between Lipton Ice and Spa Rood by clicking one of two keys - though they were told this was part of a separate study. They were also asked how likely they would be to order either of these drinks if they were sitting on a terrace, and to rate how thirsty they were. Volunteers who rated themselves as thirsty were more likely to choose Lipton Ice, but only if they had received the subliminal message.

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In a second study the researchers made half of their 105 volunteers thirsty by giving them a very salty candy before the task. As predicted, among the thirsty, subliminal messaging had an impact. Eighty per cent of thirsty volunteers who had been exposed to the Lipton Ice message chose that product, compared to only 20 per cent of the controls.

“Eighty per cent of thirsty volunteers who had been exposed to the Lipton Ice message chose that product” The thirstier volunteers rated themselves to be, the more likely they were to choose Lipton Ice. Those who were not thirsty were only slightly more likely to pick the iced tea (Journal of Experimental Social Psychology, DOI: 10.1016/j.jesp.2005.12.2005).

The effects of subliminal television advertising could be even more powerful on children. It’s been found that for each additional hour per day that a child watched television an average of one additional request was made for an advertised product. However, it doesn’t take a scientist to tell us what most parents know anyway! Most of us have experienced pester-power first-hand.

The researchers also found that priming only works when the prime is goal-relevant. In plain English, this means you’re likely to buy a product that quenches your thirst only if you were already thirsty anyway. So, subliminal messages could be more useful in priming a target audience to choose one brand over another, rather than in creating an actual need for the product.

This suggests that as long as the suggestions you receive are in line with what you consciously desire then your subconscious will instantly understand and act on them.

Affirmations

Affirmations, also referred to as ‘mantras’, are positive sentences that describe a desired situation and/ or how you want to be. They are similar to computer commands, with which you program your subconscious mind. The repeated words build mental images and scenes in the mind, and help you to focus on the aim, object or situation you want to achieve or create.

Affirmations have been used in your recording as positive suggestions which are delivered subliminally (below your conscious awareness). Frequent exposure to such affirmations affects the subconscious mind, which in turn will reshape and affect the way you think, act and behave and even the events and circumstances you experience. Ultimately affirmations can affect your life and your destiny. Sometimes affirmations work fast, but more often they need time to make changes.

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When affirmations are repeated many times, they affect the subconscious mind and trigger it into positive action. The subconscious mind always accepts and follows what we tell it, whether it is good or bad for us. If you often repeat in your mind negative sentences and statements, you might consequently bring upon yourself undesirable situations.

The thoughts and words you keep repeating in your mind work both ways, to build or destroy, to bring positive or negative results. Repeating positive affirmations a few minutes, and then thinking negatively, neutralises the effects of the positive words. You have to endeavour to avoid negative thoughts and doubts about what your recording is affirming, otherwise you will not get positive results.

More about subliminal messaging

The term “subliminal message” was popularised in 1917 (World War I), when the US army would sneak messages into songs and put subliminal messages in posters trying to get people to join the army.

Subliminal means ‘below the threshold of consciousness’. A subliminal message is defined as a signal or message designed to pass below the normal limits of perception. So, for any such message to be truly subliminal, it must not be consciously detectable and for this reason you will find the affirmations in your recording are barely audible. Subliminal messages target the subconscious mind which is powerful enough to make sense of them.

Subliminal messaging bypasses the more critical conscious mind, which usually acts as a filter and screens out messages not consistent with our deeply held beliefs. The subconscious mind then accepts messages without filtering them - rather like the mind of a child. This works because the affirmations are barely audible.

This means they go straight past the conscious mind, so they bypass any barriers or resistance. The subconscious is powerful enough to piece them together and make sense of the messages even though you can't consciously hear them. They can then be absorbed directly by the subconscious mind.

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The power of Harmony4Life recordings... tapping into the potential of your subconscious mind

Do you find it hard to change feelings, behaviour or emotional reactions to certain things through conscious effort and willpower alone? If you have answered yes, this may be indicative of conflicts between the conscious ('cognitive' or 'thinking centre') and subconscious (inner or 'emotional') mind.

Our conscious mind is believed to represent only 10% of our brainpower, leaving the subconscious mind to use the other 90% to conduct the majority of our brain functions. Therefore most people only use a small proportion of their potential! Due to the strong 'mind-body' connection the subconscious can often be at the root of problems related to health and anxieties.

The subconscious controls positive and negative reactions/feelings and is the home of our unique personality, survival instinct, human potential, creativity and intuition. Also known as the 'unconscious', 'inner' or 'feeling' mind, the subconscious mind holds the life record of our memories and learning. The natural mental potential you were born with is waiting to be tapped!

Subliminal messages work to synchronise your conscious and subconscious mind because they are barely audible. This means the subconscious mind is sensitive to positive suggestions and will take these on board as the critical factor of the conscious mind is not able to block them. Thus, the door to the subconscious mind is opened and through this huge potential for the positive change you desire is unlocked

Frequently the critical factor of the conscious mind will block and refuse new information as this is in conflict with information or beliefs in the subconscious mind. Positive change is often only established when new positive suggestions are accepted by the subconscious mind wholeheartedly.

Just simple conscious thought is not enough to reach the subconscious mind and make the changes that you would like. For example, people fail to change their habits as deep down (within the subconscious) something is holding them back. Often deeply engrained beliefs are at the root cause of this resistance to change.

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The importance of beliefs

So what is a belief? It is a perception of reality, or something you were told or learnt that you had no reason to doubt. Some beliefs are helpful and some are limiting but they all determine our motivation, feelings, perceptions, attitudes, behaviour/ actions and success in life. They are often held within the subconscious mind so we are not even consciously aware of them. Beliefs can be so deeply ingrained due to learning these from a young age and having them reinforced throughout our lives.

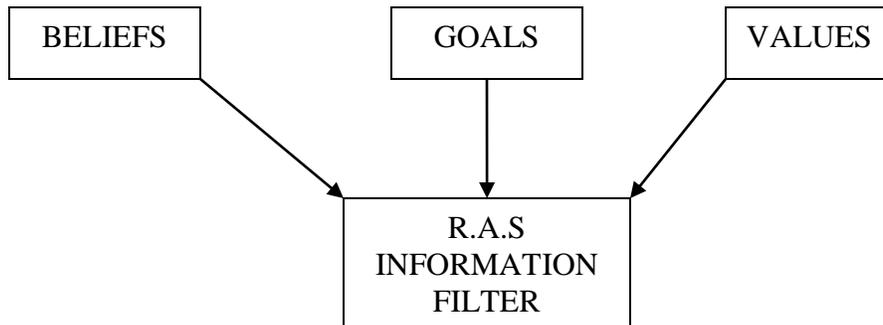
For example, people who grew up during WWII may be resistant to throwing things away due to beliefs such as 'it may come in useful one day', or 'you never know when you may need it', etc. This has been reinforced each time they have ever thought of throwing something away and then later needed it. Quite often the fact that they hold such beliefs means that they will find a use for anything they keep as their brain is tuned into this.

The RAS (Reticular Activating System) is a cluster of brain cells which filters information consistent with our beliefs, goals and values. This can be really effective in helping us move towards positive change. Holding positive beliefs helps individuals move towards living the life they want and being who they want to be, as this sets the RAS up to filter positive information consistent with those beliefs. If your internal thinking is negative then any positive external information may not be there for you, your RAS will be unable to help you find it.

If you hold a belief, based on past experience that you can't do something and that you are just incapable of doing it, then your filters will be set for all the things that can go wrong and you will inevitably find it difficult. For example, you may believe you are useless at presentations, you've never delivered a successful presentation and never will be able to. This leads you to filter information in alignment with this.

You will become acutely aware of any physical signs of nervousness and you will probably have internal representations in your mind of you delivering a poor presentation which you may not even be aware of. This then determines your state which will affect your behaviour (see diagram below). This then becomes a continuous cycle, reinforcing the limiting belief until the cycle is broken.

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Why don't people invest more in themselves and stop repeating unhealthy patterns of behaviour? It takes mental effort to learn anything more than currently fits into our current beliefs (all of which were programmed by others long ago). Due to this pre-programming it's much easier to simply go with what we feel like doing at a specific time rather than learning to do things differently, which could positively change our lives in the long term. For example, the instant reward of food, drink or anything that feels pleasant is far more compelling to humans than to save or get educated for the future.

KEY: Learning anything **NEW** that conflicts with current programming (deeply held beliefs) or significantly modifies it is generally rejected in favour of doing that which is familiar and has instantly predictable results.

As you can see changing beliefs is one of the most powerful ways to break this cycle and is often the initiator for behaviour change and improved performance. As outlined earlier solutions, such as subliminal messaging and hypnosis, which work with the subconscious mind are necessary for change at this deep level.

Does it work?

Subliminal messaging can help you to make long term changes in thinking/ behaviour with minimal effort. When exposed to the same messages over a period of time you'll notice dramatic changes, as your impressionable subconscious takes on board these messages, which then influences your whole mindset.

The effects are gradual, resulting in noticeable changes in the way you are acting, feeling or thinking, over weeks or even days. One day you will just suddenly realise how you did something very differently than you would have previously. You can listen to your recording whilst you sleep to speed up the change process. The more your subconscious mind is exposed to the subliminal messages the quicker you will see positive results.

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About Harmony4Life recordings...

Harmony4Life recordings are instant MP3 downloads, approximately 20 minutes long. CDs are available at an additional cost, please contact Harmony4Life for details.

Advanced software is used to create Harmony4Life recordings, which means that the conversion from 'Wav' to MP3 does not reduce the quality and impact of the recording.

The Six Segment Subliminal System™ includes powerful and advanced techniques that other subliminals don't often use and if they do use these, they tend to only use one or two. This unique system is designed to result in powerful permanent changes and that's exactly what it does, resulting in significant positive change.

H4L includes the following six different segments in each recording, as well as other unique features to reinforce their powerful advantage:

1. Subliminal messages are not delivered until five minutes into your MP3. Therefore, the first segment of your recording consists of relaxing background audio, such as binaural beats, exploration soundscape, relaxation music with soothing tones and sounds of nature, e.g. ocean waves, etc.

The background audio used is designed to relax your conscious mind and open your subconscious so that it can absorb all the positive subliminal messages. This segment is always five minutes long as this is proven to be the optimum time to ensure the subconscious mind is receptive to absorbing messages subliminally.

2. Simple subliminal messaging- in the second segment of this Subliminal System, positive affirmations are delivered subliminally simply by being played at a soft, low level. Most subliminals will only give you this basic type of subliminal messaging.

3. Concentrated subliminal messaging- affirmations are recorded at a faster tempo which means this segment of your recording subliminally delivers four affirmations in the time it would normally take for only one. This alone can result in the Six Segment Subliminal System being four times more effective compared to other subliminal messaging. Think about it... that can increase the positive results you get by 200%.

4. Reverse subliminal messaging- affirmations are reversed and delivered subliminally. This overcomes any resistance by the conscious mind as it will never be able to comprehend the affirmations. As a result the powerful effect of the first three segments is reinforced and the gateway to the subconscious is opened. The sophisticated subconscious mind can then receive these reversed affirmations, decipher and absorb them, to result in positive change.

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5. Stereo subliminal messaging- affirmations are delivered in stereo so that your left and right ear receive different affirmations. This segment in your recording delivers twice the number of messages compared to simple subliminal messaging. However, the real reason this is one of the most effective techniques is because the conscious mind is unable to distinguish between the two affirmations. As a result it will simply become confused, which breaks down its resistance.

The more powerful subconscious mind can then take over and process the two affirmations separately, even though they are played simultaneously. This doubles the power of this subliminal messaging segment as the subconscious absorbs them as two individual affirmations, which are then used to increase positive results by at least 50%.

6. Silent subliminal messaging

When I first heard of silent subliminals I thought they must be easy to create- simply mute the volume of your affirmations rather than just turn them down low. However, there is so much more to creating silent subliminals than this and I was amazed to see after creating my first one that the sound waves on my recording had actually become more pronounced! This is because the recording is delivered at a much higher frequency- a frequency, which is inaudible to most people.

You may have heard of dog whistles and animal deterrents that work in this way too. It's therefore worth bearing in mind that if you have pets they will probably be able to hear your Silent Subliminal MP3. Many animals are sensitive enough to detect high-frequency sounds that humans are unable to hear. The human mind cannot process these frequencies at a conscious level; however it can at the subconscious level, due to a process known as 'slope detection', which takes place in the inner ear. This has even been proven to be the case for deaf people.

The beauty of this type of MP3 is that you really can make time to use it wherever and whenever you want and nobody will know. This is really useful if you are working on more sensitive issues, e.g. sexual issues, or if you simply don't want anyone to know that you use subliminals. You can keep this all completely to yourself; nobody ever has to know.

In fact you could play it 24/7 with the added benefit that you will not get bored of it! You can listen to it whilst you sleep, watch a film, drive to work, over dinner, along with your favourite music, at work, etc. With this in mind Harmony4Life has created this segment of the Subliminal System as an additional MP3. As there are no audible sounds so you can play it wherever and whenever you like.

You may be cynical and think that this is actually just an MP3 with nothing on it; you can buy this with confidence- all you need to do to be sure is buy it and then import it into Audacity, where you will be able to see the sound waves I mentioned above.

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If you don't already know, Audacity is audio editing software which you can download for free at <http://audacity.sourceforge.net>. Alternatively, by just turning your volume right up you will be able to detect the sound waves- some people find this uncomfortable so it's probably best not to do this wearing headphones!

The end of your recording:

After the silent subliminal messages have finished there is five minutes of relaxing background audio. This is included to give your subconscious mind chance to consolidate the positive messages you have been given, in order to reinforce their impact.

In summary...

Harmony4Life recordings use methods that have been proven to lead to deep and lasting change. The subconscious mind is primed so that it becomes receptive to positive suggestions. It then works to make sense of the suggestions and will act upon them in line with the outcome you desire. The end result- positive change to enable you to become the person you want to be and live the life you deserve.

Copyright

Please note Harmony4Life recordings are copyrighted and only Harmony4Life holds commercial rights to them as the legal owner. They are for your personal use only and cannot be sold, transferred or given away.

Warnings

- Do not listen to Harmony4Life recordings if you are pregnant, epileptic, wear a pacemaker or are prone to seizures
- If you are under the influence of medication or drugs you should consult a doctor before listening to Harmony4Life recordings
- Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of Harmony4Life recordings
- Do not listen to Harmony4Life recordings whilst driving or operating machinery

100% SATISFACTION GUARANTEED!

Harmony4Life offers a 100% money back guarantee if you are not completely satisfied with your recording(s) and let us know within 30 days.