

Subliminal Messages & Their Use In Self Help

The positive subliminal messages are positive phrases that are directed to the deep levels of the mind to re-program the thought's structure. When your subconscious is programmed in a positive way, your life receives positive results, but if you are filled with fears, anguish, jealousy, pain and other limitations, your life will show it. It doesn't matter why your mind may be contaminated with negative thoughts, you are free to decide what is it that you want for your life, and re-programming your mind is the only way to get it. WHERE CAN YOU PUT SUBLIMINAL MESSAGES A subliminal message may be inserted into a movie, images and sounds. When you mix sounds with the subliminal messages, that sounds can be listened at any moment or place, even while you are driving your car, or when you need to remain alert; because they are created in such a way that you don't need to pay attention to them (you can even be walking, watching TV, working or reading while you listen to them) When the subliminal audio files are created, the messages may be put under music or different sounds in such a way that they are only listened by the subconscious mind (that is towards they are directed) HOW ARE THE SUBLIMINAL MESSAGES CREATED There are many ways to create a subliminal message, one way is to hide the subliminal messages under music or a mixture of sounds like the sea waves and the Alpha sound. And as they all contain this same mixture of sounds, some people might think that they are all alike, but although you will find the sea waves and Alpha sound in all of them, below that sounds, in a frequency that can only be listened by the subconscious mind, must be included the positive phrases. IS IT WRONG OR HARMFULL TO RECORD SUBLIMINAL MESSAGES? Some people feel a little uneasy with the idea of re-programming their minds. The first thing that I would like to say is that each day even without being aware of it, you try to convince others of what you think or believe. And this can't be considered harmful or incorrect. Every one deserves the right to think in the way he wants, and if you have noticed that the kind of life that you are living, is not the kind of life that you would like to live, because your subconscious mind is sabotaging you, then it is not only right and correct, re-programming the way that you think, in order to change your life's quality. It's the best that you can do. The subliminal messages won't force your mind in any way, they will only make you know other way of thinking, that in our case, it's not a secret formula, but the same positive phrases that can be listened in our positive motivation exercises, that are the kind of phrases that you need to reach the goals that you are looking for. The subliminal messages then, are definitely the most effective way to reach the kind of thought's changes that you may need.

About the Author

Author of "THE SECRET of The Magic Lamp" (written in 1987) and it's 42 Self Help CD with Subliminal Messages, that can be found at <http://www.drbonomi.com> Author of The Easy Home Business Web Site at <http://www.easy-home-business.com>

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