

2010

Subliminal programming is very powerful and can help people to change and improve in many areas of their lives: personal, business, sports and social arenas. Subliminal messages are positive affirmations sent straight to your subconscious mind, and circumvents the conscious mind (the critical mind). The subconscious mind acts directly on these messages or commands to bring about often dramatic changes and improvements in a person's desired behaviour and ability.

As well as creating new and improved ways of living, you can use the subliminal programmes to let go of unwanted or negative behaviours and phobias. There are numerous examples of people achieving fantastic success through subliminal programming in all areas of life, business and sport. In my view, they can massively support and enhance your Professional Development (P.D.) when used as part of a comprehensive P.D. programme. This methodology combines the powers of the conscious and subconscious minds to maximise success. This approach helps to develop a powerful achievement mindset for your life: thinking, beliefs and actions all galvanised towards your or goals and success.

Affirmations must be phrased in the positive and be in a first person tense: example "I am learning faster every day." The phrases must focus on goals which are realistic, stretching and achievable - from the outset they must not be too easy or virtually impossible. This is crucial to the achievement process and long term results. You can more easily achieve changes in your life such as –

- Develop more confidence
- Enjoy better relationships
- Let go of bad habits
- Create positive life-changes
- Become super-motivated
- Lose weight
- Become a natural health non-smoker
- Improve your studying ability and success.