

Messages In This Album

The messages in your album are very precise. You will likely not hear any of these messages when you listen to the audios, but sometimes you may hear them. If this is the case, it is okay and will not hinder the effectiveness of the audios.

You can also read these suggestions aloud to train your conscious mind. The subliminal suggestions are designed to penetrate your subconscious mind and consciously looking and reading the suggestions is sometimes all that's needed to accelerate your results even more.

For advanced users only: if any of the verbal suggestions don't seem to resonate with you, this is also okay and makes no difference to the scope of the changes which will take place. You can also simply re-word the suggestion when reading verbally to suit yourself. This will allow the conscious and subconscious minds to link in more closely with your own unique identity. The subconscious mind in itself is very diverse and suggestions implanted in the subconscious can be linked in with your conscious re-wording.

The Suggestions Themselves

We present the "I" and "You" suggestions below. From the instruction manual included, you will know that "I" suggestions are on tracks 1 and 3 of your album. "You" suggestions are on tracks 2 and 4. They are on the next page.

I Suggestions (On Tracks 1 and 3)

I open my mind to new possibilities
I let my energy flow freely
I am organised and efficient
I like clean environments
I like positive emotions
I associate with people who make me feel good
I like happy people
I like things that make me feel good
I like to focus my mind
It's important to focus my mind
My concentration improves daily
I eat foods that help my energy
I eat healthy foods
I let go of the past
I am free to be who I am
I think about what I want in life
I act now
I make good decisions
I appreciate my friends and family
I appreciate other people as they are
I let others be who they want to be
I am open and considerate
I am thankful and appreciative
I attract all good things into my life
I am happy

You Suggestions (On Tracks 2 and 4)

You open your mind to new possibilities
You let your energy flow freely
You are organised and efficient
You like clean environments
You like positive emotions
You associate with people who make you feel good
You like happy people
You like things that make you feel good
You like to focus your mind
It's important to focus your mind
Your concentration improves daily
You eat foods that help your energy
You eat healthy foods
You let go of the past
You are free to be who you are
You think about what you want in life
You act now
You make good decisions
You appreciate your friends and family
You appreciate other people as they are
You let others be who they want to be
You are open and considerate
You are thankful and appreciative
You attract all good things into your life
You are happy