

SUBLIMINAL PROGRAMS

THE IMPACT IN YOUR LIFE AND HOW THEY WORK



**SUBLIMINAL PROGRAMS ARE THE RECORDINGS
OF THE EXPERIENCES THAT HAVE OCCURED IN
IN YOUR LIFE. ALL OF YOUR MEMORIES HAVE
BEEN RECORDED IN YOUR MIND BELOW YOUR
YOUR CONSCIOUS AWARENESS**

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List For Success

SCWL - Subconscious to Conscious Way of Learning

Recommendations for success with SCWL
subliminal programs.

- 1) "A MUST"-Write down your goal (what you expect to achieve) with each SCWL program.
- 2) Listen to your CDs as often as possible using normal low volume.
- 3) Effective results are obtained with any CD player; however, an auto replay player is ideal for your listening
- 4) The great thing about SCWL programs is that they work while your conscious mind is active reading, watching TV, working on hobbies, etc.

5) use the action oriented programs in the morning and

afternoon. Use the relaxation programs in the evening.

6) Listen consistently on a daily basis and allow yourself a

minimum of 21 days to achieve your desired results.

7) When you reach your goals, continue listening to your

programs occasionally for reinforcement.

Not recommended for use while in a moving vehicle.

Excellent for children - use your discretion.

All SCWL scripts are approved by the STI board of doctors.

The SCWL technique has proven to be effective through years of

continuous research studies and testing.

SCWL - Subconscious to Conscious Way of Learning

Foreword

About your Mind. Your mind is divided into two brains, what I am

referring to is not right brain / left brain. What I am talking about

is your conscious mind, the part of your mind that you use to decide what you want and what you are going to do, and your subconscious mind which supplies your conscious mind with the necessary information to make any decision or choice that you may wish to make. Your subconscious is a vast storehouse

of everything that you have experienced in your life.

Everything

that all of your senses sight, sound, taste, touch, and smell, whatever you have experienced in your life, is stored here, these

memories are used to create the habits that run your life. Your habits are running in the background automatically, using your thoughts and memories stored in your subconscious to support

and affirm them. Your behavior and emotions are there also linked to your thoughts and your memories that have been continuously recorded since the day that you were born. Most of

your habits have been repeated so many times that they are automatic, you don't even have to think about them, you just do

it, and you may not or are unable to recognize that it is a habit.

When you do recognize that you have a habit that you wish to change, it seems almost impossible to change or remove that habit. How you think and feel about changing your habit is

Your subconscious will use self-defeating behaviors to try to protect you and keep you to where your subconscious mind feels you are safe. You have the power to re-program your subconscious mind and imprint into your mind a new outcome for your life. To initiate a change using affirmations, you will need to supply enough affirmations to override your current thoughts which will enable you to change the way you think about a goal, habit or desire. It does not matter what it is, you can reach a goal, overcome a habit and reach a desire with affirmations.

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Introduction to subliminal programs



Subliminal programs consist of messages recorded below our conscious awareness's Absolute Threshold Level. If it rises above the threshold of consciousness." if it rises above the (ATL). The word Subliminal means "existing or operating below the threshold line," it is referred to as supraliminal. We need to understand that even if we look for it, we cannot become consciously aware of subliminal stimuli. The first documented

use of Subliminal messaging was in the movie "picnic," where

James Vicary flashed some advertisements every 5 seconds,

undetectable by the conscious mind. Absolute threshold:

Absolute threshold is associated with the lower level of

stimulation that we can sense, whether visual, auditory, or olfactory, for example. External stimuli that fall below the ATL cannot be spotted consciously.

Subliminal perception is thought to be the result of an intentionally designed communication channel conducted to create a response, causing people to do things they would not

commonly do. In short, both perception and response to

subliminal programs occur at the subconscious level. Thus,

these subliminal programs are designed at a high level to reach

man's mind. These subliminal programs take the help of music

and images to work for men's minds. The body's center where

the subliminal programs work is the nervous system, mainly

consisting of the brain. These subliminal programs use

frequencies that bypass the conscious brain and deliver them to

the subconscious mind, affecting it according to its memory.

The Science behind subliminal programs



Subliminal programs are not just illusions but have proof by researchers and scientists to work. Subliminal

messages affect the thoughts and habits stored in mind; hence there is proof that it works faster than any other your

natural method. However, in recent decades, the outlook of

subliminal programs has shifted slightly. Subliminal programs

can influence our thoughts and behavior, according to new

research. According to scientific research, some conditions are required to reach the purpose of subliminal programs.

Conditions number 1: A person must meet the outcome of a subliminal program. For instance, a person who feels hungry will eat more food.

Condition number 2: people have a strong belief in the subliminal programs. Many people complain that they haven't seen any changes after using subliminal programs. The reason behind this is not believing in the subliminal. According to researchers, subliminal programs have messages below the threshold that affect the mind, and the person reaches the goal.

Subliminal programs, such as "Stop Procrastination," will have a positive outcome of getting it done; the proof is in the results by both the users, scientists, and researchers.

The Reticular Activation System (RAS)



Imagine you can have a life where you control the events around you. When you wake up tomorrow morning, look in the mirror and say, "I am rich. I am a millionaire, and I have everything I desire. and more than I need" There is just one problem, Your RAS (Reticular Activation System) is standing guard, and it verifies whether your affirmation is true or not using the information that it has access to, and either accepts or rejects your affirmation.

The Reticular Activation System (RAS) works as a filter that filters out incoming information and then directs our attention to what is the most critical information. The RAS is made up of two main parts: the Reticular Activating System, which is the part of the RAS that is responsible for filtering out the background information so we can pay attention to the things that are most important; and the Reticular Nucleus, which is the part of the RAS that is responsible for keeping the most critical information in our conscious awareness.

It works like this: you go buy a new car, let's say a Jeep, and suddenly everywhere you look, you see a Jeep; they didn't just appear; they were always there. Your RAS was filtering it out of your view. You see people driving the Jeep, going the other way on the highway four lanes over, in parking lots, even following you on the street. Your RAS has noticed it and has already started to filter out the other potential information so that you can focus on noticing the Jeep.

How to use subliminal programs



Here is a guide for you to get the maximum benefit from subliminal programs

There is no need to use earphones/headphones/earbuds when you listen to subliminal programs, unless you do not want to influence the minds of others near you. On the off chance that you are with others in the room, who know you are playing them, then it is alright to play them to influence to, using your

speakers. Everyone who hears the subliminal messages will

be affected

- ⑩ Listen to a subliminal audio program at least 2 to 3 times

each day or more. Ensure you don't tune in for over 8 hours

- ⑩ Every day, as this may cause daze subliminal programs at a

time. Simply ensure you tune in to every one of them for at

- ⑩ Fast 21 days to see the outcomes and for at least 21 days since

it requires at least 21 days to change a propensity, and listen

- ⑩ For 60 days for longer lasting results as

though they are going on or as of now occurred in your

existence. Envision as though you experience the

- ⑩ Stay positive at whatever point you tune in. Listening right now.

help you feel positive ideas contained in this

- ⑩ Continuously hydrate or drink water regularly when you

tune in to this sound program. Keep yourself hydrated as

listening to subliminal programs can be intellectually and

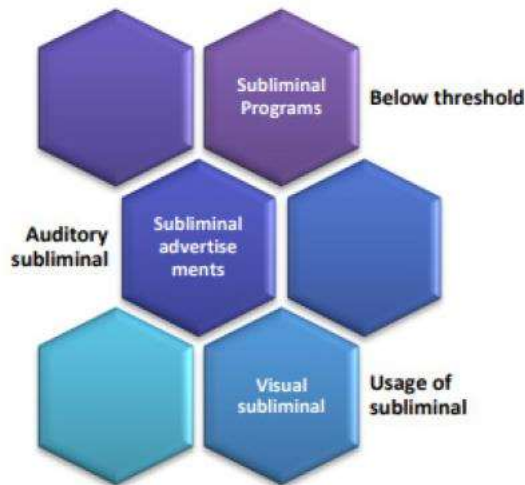
- ⑩ Try not to daydream about the outcomes when you tune in.

Treat Listening to these subliminal as a customary action.

Try not to ask when you will encounter the outcomes as

uncertainty and the sensation of vulnerability invalidate the ideas contained in the subconscious

- ⑩ You can listen to the subconscious programs at night and while you rest.
- ⑩ Do not use them while driving.
- ⑩ Do not operate machinery or drive when there are others around you on the grounds that the ideas may impact their
- ⑩ You may continue to perform multiple tasks as you listen to your subliminal program.
- ⑩ For quicker outcomes, utilize this apparatus close to different instruments that can viably reinvent your subliminal like entrancing, clairvoyance, guided perception, and making a move



Effects of subliminal programs



Subliminal programs work at the subconscious level, they affect the thoughts which are either imaginary the creative form of thoughts and habits or basic behaviors. Tapping into the subconscious with a subliminal program is like

upgrading your mind, changing your thoughts – changing your life. Close examination of subliminal messages has shown that small subconscious improvements can just trigger actions

intended to alter behaviors or habits with the ability to target specific actions. 95 percent of all activities are driven

subconsciously, your life is set up to respond a particular way,

taking actions that have been pre-programmed by your

environment. Things that boost how effective the influence of

subliminal messages are. For instance, assuming the objective

is to sell a drink, a subconscious message for a certain beverage

is probably going to impact which beverage to buy a certain

drink on the shelf. The subliminal messages can likewise impact

the objective to choose one item over other routinely picked

items. If the subconscious message is for an item that isn't

needed on the off chance that there is no desire for it, the

messages will have almost no effect. Individuals that recognize

they are making choices that are subconscious behaviors can

modify activities to change their habits. When you are prepared

to catch a spur-of-the-moment action, individuals who have

become aware will be able to utilize the choice regardless of

whether they are given a free decision between picking their

usual or the advertised item. However, an investigation of

Do subliminal programs work?



The answer to this question is yes, but the answer to this question varies different for different users, for example, a stop smoking subliminal program may not have an

effect on a non-smoker. Many users have a positive or negative

view that may be a result of being aware of subliminal programs

being used in their space. Still, many people tend to use

programs in order to get peace, obtain goals and improve their lives. To summarize, subliminal messaging works best when it taps into an already existing desire. If we are not currently experiencing whatever need or goal the subliminal message addresses, it is likely to be very ineffective. The effectiveness of subliminal programs depends upon the desire and belief of the user. When subliminal influences do occur, they can be brief. For example, a single subliminal ad can be aimed at getting people off the couch and into a store, on the other hand, are unlikely to create a permanent change. Repeated exposure can create a permanent change. However, a single message isn't that strong of force on someone to take action. Thus it is clear that repeated use of subliminal programs works, thus we have advertising and marketing companies that rely on selling and creating needs for certain items.

How Do Subliminals work?



There are five points of the human body where subliminal programming takes place. These five senses make it

list of senses: possible for us to reach our goals and desires. Here is

- ⑩ the Sound: use of audios. These waves of messages affect thoughts and behaviors.

- ⑩ Touch: the subliminal programs based on some objects that are to be touched for effect.
- ⑩ Taste: the object must be tasted by the tongue
- ⑩ Smell: the nose in order to get the fragrance into the nose.
- ⑩ Sight: the items are visually recorded by watching them.

Your subconscious is a storehouse of subliminal programs

recorded from all parts of your body. We know that we use the

information recorded in our subconscious to make decisions.'

Methods of Influencing the Subliminal Mind



In subconscious upgrades research, the limit is the level at which the member doesn't know about the boost being presented. Researchers decide an edge for the improvement that is utilized as the subconscious upgrade. That boost is then introduced during the examination eventually and measures are taken to decide the impacts of the improvement. The manner by which concentrates operationally

edges relies upon the techniques for the specific article.
The

strategy of the examination additionally shifts by the kind
of

Below are some supporting methods of the subliminal
programs:

1. Images: A visual stimulus. People saw slides
of

individuals performing natural everyday exercises in
the

wake of being presented with either a sincere scene,
like

a heartfelt couple or little cats, or an adverse scene,
like

a werewolf or a dead body between each slide,
the

conscious mind cues a judgment about each
slide.

People were also intentionally exposed to a blaze
of

light, the members showed more sure character.

2. Geometric stimuli: Lab research on oblivious
slides that frequently utilizes basic geometric
positive

that might be shapes (e.g., triangles) in which
degalival

is contrasted by using the same Masked tests are
the giving

different degrees of positive or negative induced target
influences.

preparing like results

worldview, members need to react to an objective
boost

(for example by distinguishing whether it is a
precious

stone or a square) which is quickly gone before a
covered

reactions when it is steady with the objective and eases

back reactions when it is conflicting. Reaction preparing

impacts can be separated from visual consciousness of

the prime, for example, whenever prime ID execution is a

3. possibility, or, when preparing impacts, increment Verbal and Non-Verbal Stimuli. Another type of visual regardless of diminishes in prime deceivability, boosts are words and non-words. In a bunch of Method tests,

of working of subliminal words and non-words were utilized as subconscious

primes. Preparing improvements that work best as

subconscious upgrades are words that have been

ordered a few times before they are utilized to prime.

Word primes can likewise be produced using portions of

rehearsed words to make new words. For this situation,

the real word used to prime can have the contrary

importance of the words it came from (its "folks"), yet it will in any case prime for the significance of the

4. parent Emotions booster: Subconscious boosts can inspire words. Non[1]words made from recently rehearsed enthusiastic changes, however, these upgrades have a comparable impact, in any event, when progressions are not important for a restorative effect. are unpronounceable (for example made. Students who were exposed to spiders experienced 1 of everything being equal). These primes commonly just outcomes positive, negative, or unaffected. 25

promptly by images of bugs or snakes. Utilizing visual

simple steps, the participants evaluated the emotional nature of the images. The participating members

evaluated the bugs as being more terrifying subsequent

to being exposed with a negative boost; however, the

5. Auditory subliminal: There are two forms of audio prompts: subaudible and backmasking. Subaudible

messages are low-volume messages embedded into

stronger sound documents with the goal that they can't be heard. Backmasking is a video message recorded in

reverse with the goal that the first message is

camouflaged when playing it forward

Real-Life Examples of Subliminal Advertising



1. Pepsi and coca-cola subliminal ads: This is subconscious

informing at its center - unpretentious, yet shrewd. Pepsi

delivered the picture on the left and Coca-Cola reacted

with the picture on the right. Pepsi's unique advertisement is subconscious in that it makes the

viewer think and laugh a piece: it's entertaining to

propose that getting a Coke when you needed a Pepsi

terrifying. Coca-Cola's reaction is awesome, also, and turns into an incredible learning instrument: some of the

2. ~~Subliminal audios to make the picture achieving positive~~

goals: there are many audios on the internet that

promise to influence your actions in achieving goals by

just listening to the subliminal audios. Similarly, there

3. ~~are many subliminal audios for pains, peace, and the amazon logo. It is a website that bears all the objects~~

loss journey around the world. The secret message here is basic:

Amazon sells everything, from start to finish. It helps,

obviously, that Amazon really sells everything. It's not

4. ~~pushy or sales, it's simply a shift of the directions across the hidden name of the company of TOYOTA. the logo~~

the board. The reality the bolt additionally frames a mainly consists of all the alphabet of the grin company doesn't do any harm, all things considered. name.

Real Life Testimonies



Testimonies about SCWL Subliminal Programs

Hello Albert

Thank you -- wow was it 9 years ago!

I remember I found the combination of Stopping Procrastination and overcoming Fear and Worry to have amazing results.

I have ordered some new CDs - and look forward to having them
very soon.
Anna

I just wanted to share a story with you.

Back in 1981, I was dying of depression, then one day a
psychologist friend called and said she had something she
wanted me to try. I put the depression tape on and could feel a
difference in 20 minutes. I lived with it on for a year. It
changed
my life. I subsequently bought 35 of your tapes. My children
grew
up with your Concentration, Taking tests, and others. I
Thank you again, You made life so much
easier.
Diane
original
Australia
tapes I bought back then and am going to expand my "box"
soon

as I can afford the Psychic and Astral tapes.

Hello S.C.W.L The names is Kath, I have a testimonial. I used
your
tapes when I was 16 or 17 years old, I'm now 21. Growing
up I
was always extremely shy. My nickname growing up
was
'mouse' as I was so quiet and never spoke. People knew me
just

as 'that quite shy girl' or 'that girl who never speaks' I couldn't manage a simple conversation with anyone, without turning bright red. It was a horrible time in my life and I didn't know how

I would ever get through it, get to live a normal life, and become

who I wanted to be. But One day I came across your catalog and

literally my whole life changed. I brought 2 tapes from you 'overcoming shyness' and 'the best in you'. I can't even tell you

how much of a huge impact your tapes gave me. After listening

to your tapes I took up acting and dancing, something I always

loved but was never able to do as I was too shy. Now as an actor

and a dancer I got to achieve my lifelong dream of being in TV

commercials, movies, and TV shows. I've done many performances since, but one main goal I'm most proud of is I had

the chance to be a dancer in a huge sports event, in our hometown Superdome in front of millions of people and broadcast across the world on TV. It was an amazing accomplishment! People now describe me as 'everyone's

best

Thank you

friend' as I'm so bubbly, happy, and outgoing. Along with achieving all my dreams I've now become the person I've always

wanted to be. And I truly believe I wouldn't have gotten to this point in my life without your tapes. You made all my dreams come true! I'm excited about what tomorrow can bring.

Thanks

to you, I now know I can achieve anything I put my mind to. Anything is possible. From the bottom of my heart

Thanks, Albert,

I appreciate it. I will be buying more CDs from you in the near

future. I bought my first SCWL tapes in the 80's when I was in the

Criminal Justice field and found they really work. Of course,

there were the people who said it is "mind control", like something out of the old movies, ha-ha, but I have

Kindest regards,
Jan

nothing but positive results. Hope all is well with you today.

Thank you for the email with suggestions to make them work

well. I got the Family Development Through Love, Harmony, and

Respect one for my daughter 2 year old toddler. He was very

mean and unpleasant from birth. She has been using it at least

4 times a day for a month and he has turned into a sweet

Thank you again,
pleasant friendly kid. He doesn't try to hurt anyone anymore.
Please I

How nice,
Danae H

Dear SCWL

I Have had great success with SCWL
CDs.

Rita

I have been listening to SCWL Subliminal Programs since
1983.

My favorite is Setting and Achieving Positive
Goals.

Thank You.

Clarence

Great, its good to hear from you, the programs work great.

I

myself had to cut back on listening to the goal-setting CD
when

my 5 and 6-year-olds would come around. They would wake
up

at 1:00 in the morning to play video games, and they
were

setting goals on how far they could get, and when school
time

Richard
came around they were so tired. But the good news is my
New York
12-

year-old has already mapped out what she wants to learn
in

school, what college to go to, and what she wants to be.

I didn't know what an important day in my life was when I met

Dr. Hodson at a trade fair and bought an scwl tape, 10yrs later it

God Bless you all and now I have found you on the web,

SCWL

KEITH C.

UNITED

KINGDOM

Pros and Cons of subliminal Programs



The benefit of using SCWL subliminal programs is that it becomes possible to reach and obtain the goal or goals that the listener has chosen from the library of subliminal extensive programs to change their Life. Users use the programs to get the thing that is not possible to get by simply wishing but by changing the behaviors and mental programming acquired throughout their lives.

On the other hand, some side effects of subliminal programs for

First-time subconscious listeners may feel slight shuddering,

~~Some distressing messages may be written deep (in the eyes),~~
habits

daily rituals that your mind might want to keep the negative programming by striking back by focusing on other behaviors,

~~Continuous listening and taking long breaks between~~
playing

programs. Please pay close attention to the thoughts and

~~These programs will change your thoughts with~~
embedded

subliminal messages transforming you with positive thoughts

~~Several years ago,~~
by

flashing lights or contrasting light and dark patterns. You should

discontinue use if this occurs.