

Take Control of your life and make anything possible with Inner Talk Subliminal Positive Messaging

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By Tzaf

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It aint what you do, it's the way that you do it! - That's what gets results!

INNER TALK is possibly one of the most powerful tools for self-improvement. It helps to re-script your subconscious mind, stripping away negative expectations and self-doubt and replacing these with positive messages bringing about positive changes effortlessly and naturally from the inside out. It changes the old inner beliefs about ourselves and gradually almost intuitively and imperceptibly, these gentle nudges to the subconscious mind loosen the grip of self imposed limitations.

Whether you want to stop smoking, improve your relationships, be more successful, make more money, boost your self confidence, attract the opposite sex - INNER TALK can help begin the cycle of self fulfilling prophesies.

The problem is that we are daily bombarded with more negative messages than positive about ourselves, which is soaked up like a sponge into our subconscious minds. In fact some behaviourists suggest that for every one positive message, the subconscious mind absorbs 100 negative messages. But it's our subconscious minds that determine who and what we are. Its no wonder our mindset is so inundated with so many negative expectations – "I cant do it, That's impossible, That will never happen to me, Its too late now, I wish I did things differently, Everything is going wrong"

We all want to achieve, improve and change. Doing it through sheer will power alone is not easy. We all need help and encouragement. INNER TALK is that still small voice, your subconscious mind that helps you overtake the negative with positive self-beliefs that tells you that you are capable of doing anything you set your mind to.

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INNER TALK SUBLIMINAL POSITIVE MESSAGE CD's are verbal stimuli perceived below the threshold of awareness. Inner Talk programmes are Audio CD's played in the background while working, driving, relaxing, playing sport, watching TV or even sleeping! They could also be used with a personal CD player while jogging, bike riding etc. No conscious thought or effort is required to produce dramatic positive and automatic results.

On the surface the programmes sound like any other easy listening music - but there is a powerful

difference. Carefully blended in the background are dynamic positive simple affirmations such as 'I feel good', 'I am successful' - messages that make long lasting impressions.

The Technology is so powerful that it is patented with US Government backed by independent studies at leading Universities and proven effective by the hundreds of thousands of users all over the world. All programmes come with a list of these recorded affirmations. These affirmations will become your new Inner Talk.

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Subliminal Message Power

By Maya Jakes

Subliminal Message Power
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Subliminal refers to something that exists below the consciousness (subconscious).

To make permanent and positive changes you need to reach the subconscious part of your mind and Subliminal CDs have been designed for many things, including:- to enhance performance, enhance mental attitudes, to reduce stress levels, to motivate people, for studying, to lose weight, to stop smoking, etc.

Subliminal CDs really do assist in releasing the amazing powers of the human mind.

How do they work?

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Subliminal CDs contain positive affirmations to help the listener achieve a particular goal and the brain, at the subconscious level, receives these affirmations and accelerates the process of achieving our goals.

Subliminal CDs accelerate the process because they bypass the logical mind which is where our beliefs and limitations about our self operate.

When Subliminal CDs are played worries stored in the subconscious mind are replaced by thousands of powerful positive affirmations but they will not work against a person's will. If the listener has no real desire for the changes then no amount of listening to Subliminal CDs will work as subliminal learning is really just a reinforcement to strengthen your will. Having said that, you should be aware that the programming of an entire lifetime is not going to be changed in a few days or even in a few weeks. Re-programming of the mind takes time and usually results will start to be felt within a couple of weeks but the listener should allow at least 28 days.

Subliminal learning is a proven tool and has been recommended by leading psychologists, physicians and professionals worldwide. However, the initial stages of Subliminal learning can irritate some people as it conflicts with their already established beliefs. Also, a Subliminal learning program will be more effective when you are in a positive frame of mind rather than when you are feeling down. The Subliminal learning messages are received and understood only by the subconscious mind, which learns and uses them to help guide the thoughts and actions of your conscious mind.

Subliminal learning can be enhanced through many methods such as Subliminal CDs and it is possible to buy software to create your own Subliminal CDs from your computer. If this is something that interests you please use the link in the resource box for obtaining further information. This is the software which I personally use with amazing results every time.

Why do I recommend creating your own Subliminal CDs?

For a start, I don't really trust third-party CDs from bookstores and New Age shops? They could

contain any number of dubious messages, such as "I will buy the entire series of XYZ tapes"! I also believe that no mass-produced CD can really address my own personal needs and desires so by simply creating my own Subliminal CDs I can choose exactly which messages to use and they'll probably work 1000 times better than any general CD. Besides, why purchase general Subliminal CDs when any person with a computer, speakers, microphone and online Internet connection can create their own?

Are you aware that all of us are receiving Subliminal messages every day? Most high budget advertising campaigns are filled with subliminal messages and most advertising companies and agencies have at least one person in charge of how to incorporate Subliminal messages to increase the influence of their advertisements. At least now we can now balance the stream of incoming messages by making our own Subliminal messages!

Mind Power and Subliminal Messaging is a fascinating subject and one that I will continue to research.

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Jugglingmum finds the subject of Subliminal Messaging, Mind Power, Universal and Metaphysical Laws fascinating and is constantly researching this area. She often posts articles and information at

and has added a link for obtaining the Subliminal CD

software that she personally uses.



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