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Creating Your Own Subliminal Files

You can easily create your own subliminal messages tailored to your specific needs. Using the NOTEPAD text editor supplied with Windows you can edit the subliminal files supplied with your disk or you can create your own. Subliminal files are text files with the extension *.sub. You must save any files you create with this extension. Also, save them in the same directory as your **Subliminal Persuasion** Program.

Keep your subliminal messages as short as possible. Your mind will find it easier to absorb a short phrase of three to five words than a long line of text. Write each subliminal on a separate line and end each line with a pound sign [#] and a carriage return [Enter]. Emphasize important words by typing them in caps. The following is an example:

I am THIN#
I am SATISFIED#
I look GREAT#
I LOVE my BODY#

Your subliminal files can contain virtually as many lines as you want. However, ten to twenty lines is probably optimum. With too many suggestions each subliminal will not be repeated as often and your mind will not absorb them as thoroughly. It is better to break down a large file into several smaller ones. For example if you desire to have more self-confidence, become rich, and lose a few pounds, you may be tempted to create one huge subliminal file containing all these suggestions. Instead, leave them as separate files and concentrate on one area of improvement at a time.

Writing appropriate subliminal messages can be an art in itself. You may wish to contact a hypnotherapist to help you fine tune them. For additional information see [Hypnosis Information](#).

Hypnosis Information

If you would like more information about reprogramming your subconscious mind with hypnosis and self-hypnosis we recommend the following texts:

Self Hypnosis: Creating Your Own Destiny, by Henry Leo Bolduc. A.R.E. Press, Virginia Beach, VA, 1985.

Hypnosis for Change: A Practical Manual of Proven Hypnotic Techniques, by Josie Hadley and Carol Staudacher. Ballantine Books, New York, NY, 1985.

You Can Heal Your Life, by Louise L. Hay. Hay House, Inc., Carson, CA, 1984.

If you would like to enlist the aid of a professional hypnotherapist, Transformation Publishing has a certified hypnotherapist on staff who will help you write your personal subliminal files. For information call 1-800-453-0499.

Editing the Subliminal Suggestions

Using the NOTEPAD text editor supplied with Windows you can edit the subliminal files supplied with your disk or you can create your own. If you are not certain how to use NOTEPAD see your Windows User's Guide. Subliminal files are text files with the extension *.sub. They should be found in the same directory as the program file (sublim.exe). You can change or delete any of the lines in a subliminal file but first make a backup copy of the original file in case you want to restore the original lines.

You can also add your own lines of subliminal suggestions to the file. However, remember to end each line with a pound sign (#). See also [Creating Your Own Subliminal Files](#) for more information.

Selecting a Subliminal File

Select a subliminal file to use by pulling down the FILE menu on the menu bar and choosing SELECT. If **Subliminal Persuasion** is already actively running subliminals on your screen you will not be able to select a new file or change any of the program settings. These items will be grayed. First stop the program by selecting STOP from the menu bar.

After choosing SELECT a standard Open File Dialog Box will appear. Change the directory to the SUBLIM directory or to wherever the **Subliminal Persuasion** program (sublim.exe) resides if necessary. Select one of the available files with a *.sub extension. Those supplied with the shareware demo version are:

<i>Subliminal Topic</i>	<i>File Name</i>
Boosting Self Confidence	confdent.sub
Enhancing Creativity	creative.sub
Prosperity Consciousness	prosper.sub
Weight Loss and Control	wtloss.sub
Stop Smoking	nonsmokr.sub

Select the file name by clicking on it with the mouse or typing its name in the File Name box and choosing OK. This will close the Open File Dialog Box.

Setting the Subliminal Duration

You can change the length of time the subliminals appear on the screen by selecting SETTINGS from the menu bar and SET DURATION from the drop down menu. You can set the subliminal duration to any value between 0 and 500 milliseconds by sliding the button on the scroll bar and choosing OK.

The best setting for the subliminal duration depends upon your personal preferences and the type of applications you will be running. Ideally, the subliminals should not be so long that they become a distraction to your work. **Subliminal Persuasion** is designed to send your mind messages while you are busy working on something else (ie. a document, spreadsheet, game, etc.). For this reason most people will find a short subliminal duration between 0 and 100 milliseconds optimum. However, some may prefer a longer duration in the 200 to 300 millisecond range just to be certain that they are getting the messages.

The 0 millisecond setting displays the subliminals at the fastest capability of your computer's video display driver. Thus it is not actually setting a duration a 0. It is telling the program to display the subliminal and remove it as quickly as possible. How long it actually stays on the screen depends upon your display configuration but it will always be less than any other (non-zero) duration setting. The 0 millisecond generally supplies the least intrusive subliminals and the smoothest program operation.

On the other extreme, the longest setting of 500 milliseconds will display each subliminal long enough for them to be clearly read. This is particularly useful for testing subliminal files you may have written yourself.

Occasionally a subliminal message will appear to get "stuck on" for a few seconds. This happens when the multitasking feature of Windows redirects operation to perform some lengthy task, such as loading a large program application, while a subliminal is displayed on the screen. This will occur more often for the longer duration settings and virtually never for a duration setting of 0.

In general, the subliminal durations and frequency settings are only approximate values. The actual times depend upon the operations and timed events belonging to other open applications that Windows is processing. Thus, consider these settings only relative values and not absolute. In other words, don't set your watch by them.

Setting the Subliminal Frequency

You can change the length of time between the appearance of subliminal messages by selecting SETTINGS from the menu bar and SET FREQUENCY from the drop down menu. Set the subliminal frequency by clicking on the radio button to the left of your desired value and choosing OK.

As in the duration setting, the best setting for the subliminal frequency depends upon your personal preferences and their level of distraction. The shorter the frequency the more often the subliminals are repeated and the greater their impact. A setting of 10 seconds here is probably optimum for use with most applications.

Also, these times are only approximate and will vary depending upon the other processing that Windows is performing.

Saving the Program Settings

Once you have selected the subliminal file you wish to work with and set the duration and frequency settings the way you like them, you may wish to save these settings for the next time you use the program. Simply select SETTINGS from the menu bar and then SAVE SETTINGS from the drop down menu. The next time you start the program your settings will automatically be loaded.

Introduction to Subliminal Persuasion

Congratulations! The program you now possess is a new approach for bringing about positive change. **Subliminal Persuasion** is based upon the basic principle of subliminal suggestion widely used by the advertising industry on both television and in print media. Subliminal suggestions can be either visual or audio. An audio subliminal is a spoken message that is masked by music or other background sounds. A visual subliminal can be either a written message or picture.

In the print media advertisers often place hidden messages in their ads that your conscious mind doesn't notice. (For example, the word SEX carefully hidden in the chest hairs of a man in a cigarette ad.) On television a subliminal can be a picture or message that is displayed so fast that your conscious mind doesn't notice. In any case the idea is to implant a message into your subconscious mind without you noticing.

Does it work? This is a subject of much debate, but apparently the advertising industry firmly believes so. If you've been exposed to psychotherapy or hypnotherapy before, you know the power of the subconscious mind. It drives you to do things and say things without you realizing. It even can make you ill. So why not use your subconscious mind to manifest what you desire instead?

For example, smokers and overeaters usually partake in their addictions sometimes without even realizing what they are doing. Other times their willpower to stop themselves is not strong enough to overcome the urge to smoke or eat. These urges come from the subconscious mind and are infinitely more powerful than the conscious will power. The only answer is to change whatever in the subconscious is supplying these urges and impulses.

Hypnotherapists have demonstrated conclusively that by placing positive suggestions in the subconscious, the mind can be reprogrammed much like a computer. Think of your mind as a computer with all its program scripts and memory. A computer can only do the things it's told to by its programs. It is the same with your mind. Your capabilities are limited to the things your mind knows how to do. For example, you can't play the piano without first learning how. Think of the subliminal files that come with this program as new lessons or programs for your mind. With them, you can teach yourself to be thin or a non-smoker, or anything else you like.

Registering Subliminal Persuasion

Subliminal Persuasion is distributed as a Shareware Program. This enables you to try out the program first before you pay. If you find it to be useful to you can purchase the program by registering it with us for a modest fee of only \$20. Registration entitles you to toll free technical support, notice of the latest upgrades, and a supplemental diskette containing numerous additional subliminal files. Some of the additional subliminal files on this diskette include:

- Stress Reduction
- Improving Public Speaking Skills
- Boosting Sales
- Success Motivation
- Exercise Motivation
- Attracting Love
- Peak Athletic Performance
- Improving Memory and Concentration
- Health Improvement
- Career Planning and Improvement

Please do not confuse the fee you may have paid to a shareware distributor for this evaluation disk with the registration fee. The distributor charges you for their copying and distributing services only. This is not payment for the program.

To register and receive your supplemental subliminal diskette send \$20.00 U.S. (add \$4.00 shipping outside the U.S.) to:

Transformation Publishing
861 NW 85th Terrace, #1811
Plantation, FL 33324

Please include your name, address, and the title and version number of the product you are registering. For your convenience a registration form (filename REGFORM.TXT) is included on this disk. For additional information or technical support call 1-800-453-0499.

About the Author(s)

David J. Condon is an author, lecturer, and computer programmer. His book *It's Time to Make It Happen on Earth: Applying Spiritual Principles to the Problems of a Material World* is available at New Age bookstores everywhere.

Venita N. B. Condon wrote the subliminal suggestions for this program. She is a professional hypnotherapist currently operating her practice in South Florida.

Using Subliminal Persuasion

Subliminal Persuasion is designed as a STAY ON TOP utility. That means once you start it you can move to any program or application and the subliminal messages will remain visible. The CLOCK program provided with windows also has this option.



You can start **Subliminal Persuasion** by double-clicking on its icon or by selecting RUN from the FILE menu in Windows. When the main menu appears default settings will be shown in the window. You can change these settings to your liking with the pull down menus. See [Selecting a Subliminal File](#), [Setting the Subliminal Duration](#), and [Setting the Subliminal Frequency](#) for more information. If these settings are okay click on START on the menu bar. The main window will then be minimized to an icon and the subliminals will begin appearing.

You can stop the program by double-clicking on the minimized icon to bring up the main window and selecting STOP from the menu bar. Please note that other applications you run may appear on top of the minimized spiral icon. To stop the program you will first need to minimize or resize your other applications windows to locate the icon on the desktop. A more elegant method is to summon the TASK LIST and switch to **Subliminal Persuasion**. The TASK LIST can be summoned without resizing your current application by selecting SWITCH TO from the Control Menu at the top left corner of the screen or by pressing CTRL + ESC together on the keyboard. See your Windows Users Guide for more information about TASK LIST.

To exit the program selecting EXIT from the FILE menu. Note that you can only exit after first stopping the subliminals by selecting STOP from the menu bar.

Program Distribution

Subliminal Persuasion is distributed through shareware and may be freely copied as long as all of the files are included and no fee is charged beyond a nominal copying and distributing charge.

The files that must be included are:

SUBLIM.HLP

SUBLIM.EXE

DEF.SET

README.TXT

REGFORM.TXT

CONFIDENT.SUB

CREATIVE.SUB

PROSPER.SUB

WTLOSS.SUB

NONSMOKR.SUB

Millisecond - One millisecond is one-thousandths of a second. Thus 500 milliseconds is one-half second.

Subliminal - The word subliminal simply means below the threshold of conscious perception.

Error Messages

Error: Cannot open file - If you receive this message the subliminal file you selected is either damaged or missing. Try again by selecting a new file from the SELECT option.

Subliminal Persuasion is already running! - We're not about to let you mess with your head like that. Only one set of subliminals at a time please.

Too many clocks or timers! - Timer events are used by many window applications. The CLOCK program is only one. CALENDAR, CONTROL, SPOOLER, TERMINAL, WRITE, and most game applications are others. But Windows only allows a finite number of timers at once. If you try to fill your screen with clocks you will quickly use up all the timers available. **Subliminal Persuasion** requires the use of two timers. If you receive this message when trying to start the subliminals you will need to first close some of your other applications and try again.

How Long Should I Use the Subliminals?

You can use **Subliminal Persuasion** as often as you like. It is best if you are the type of person who uses their computer everyday. Repeating the subliminals everyday will allow them to penetrate as deeply as possible. Stick to one subliminal file for at least a month before you change to a new file. You can put Subliminal Persuasion in your STARTUP group if you want it to startup everytime you turn on your computer. See your Windows User's Guide for more information about the STARTUP group.

The changes will occur in your subconscious mind gradually through the repetition of the subliminals. The more you use them the more effective they are. After about a month you may start noticing a difference in yourself. If you don't, keep going. It takes time. If you don't notice any difference after three months try editing the subliminals or writing new ones that more exactly match your specific needs.

