



Quite a controversial title I hear you say :)

We know some of the larger subliminal messaging companies are not going to be happy about us publishing the information in this eBook. The hype, and the exaggeration of what is possible with subliminal messages is quite good for business.

However, we want to give you the truth about subliminal messages, without the fairy icing, without the Hollywood spin, without the corporate sales pitch.

We want you to approach subliminal messaging with a strong knowledge of what it is, and what exactly is and isn't possible. With this knowledge we believe you will get a better result, and hopefully see how you can use subliminal messages to pursue various goals as you move through life.

Without further delay, finally, here is the truth about subliminal messaging!

## 7 Common Misconceptions about Subliminal Messaging

(and the truth behind them)

**1. It is instant:** One of main ways subliminal messaging is portrayed is as an instant fix. This, sadly, is not the case. While there will be a few lucky people who experience a benefit very soon after listening, they are in the minority. Subliminal messaging works better in the longer term, when the messages really start to build in your mind. Generally early experiences may range from you feeling more energized and focused to experiencing a clarity of mind and a burst of motivation. However, in the longer term you should experience a larger shift in your perception and beliefs and a solid, lasting change in your behavior.

Of course it also depends on the type of album you are using. If it is a personal development type of album addressing a deep personal issue then it will likely be a gradual change. Albums with more instant results are ones such as albums in our relaxation range, and even our [positive attitude album](#) - these albums are meant to focus you straight away and give you a boost there and then - i.e. help you to relax, or help you to think more positive.

**2. You lose control:** Some people are worried that they will lose control, or could even be made to do things against their will. Nothing could be further from the truth. Unlike traditional hypnosis for example you will stay conscious and in full control throughout the experience.

**You can never be made to do something you don't want to do. You actually keep full control at all times** - i.e. if you do not fully want the change and are not focusing on it happening then it won't. We give the disclaimer that you should not use the albums on other people, but this is mainly a legal requirement as using subliminal messages on other people is deemed to be manipulative - but the truth is that if you do not want the change, or you don't want to do something then you can't be made to do it. **It will only ever help, or give you a boost towards goals you do want to achieve.**

**3. You enter a trance:** Unlike hypnosis **you will NOT enter a trance at all.** You will be fully conscious while listening. This means you can listen on the move, while studying, exercising etc - you can fit the album into your day as you prefer. We still recommend not listening while driving however, as even though you will not enter a trance there are suggestions to help you relax and calm your mind.

**4. They are illegal:** This is an exaggeration. The only instance they are not allowed is within advertising or to manipulate others without their knowledge. **For personal use subliminal messages are completely legal.** The key is that you have to be aware that subliminal messages are being used and consent to them - but if you are using them on yourself, to overcome problems and help you achieve goals then there is no problem at all.

**5. They are dangerous:** Although it is true that they are banned from within advertising due to the potential to manipulate people against their will, the label of them being "dangerous" is irrelevant when positive messages are used for personal use. You will never be in any danger from our albums, they will only ever produce a positive result.

**6. The can contain negative messages:** In relation to the point above, all of our albums only contain positive statements. We have strict quality control over the messages we use. You can also read every message we use on each album page to make sure they are a good fit for you. Some people are still skeptical, wondering "perhaps they contain messages like 'buy more subliminals' or just 'I love subliminals'?".

We certainly don't do this, and we have never heard of any company doing this to be honest. Even if they were to be used we don't think it would produce the desired effect. If an immoral company did include these types of messages yet the album still did not achieve it's primary purpose then it is unlikely that you would buy more subliminals - **you still have control and the ability to think logically** that the album didn't work for you.

**7. They require no further effort:** We've saved this one till last - it is a double edged sword for us, it is one of the things which attracts people to subliminal messaging, but at the same time it is an exaggeration, and not strictly true.

The bottom line is that if you ONLY use a subliminal album, i.e. without taking any conscious action or working towards your goal - then you will not get a very positive result. **Subliminal albums are simply meant as an aid - a tool to help you reach your goal, but not do it all for you.** Subliminal messages work in several ways, but primarily they align your mind to your goals - to [make you focused](#), committed, and [more motivated](#), to make sure you stay on track and go all out to achieve success. If you do not put in this primary level of effort to work towards a change to start with then the subliminal messages will only have a limited effect.

We hope you have found these truths interesting, there are actually a lot of benefits of using subliminal messages if they are used correctly...

## The REAL BENEFITS of Subliminal Messaging

So, now you know the truth about subliminal messaging - I hear you asking "so if it can't make me do something, if I have to want the change and put in effort too anyway, what is the point?"

If you want something entirely effortless then perhaps this is not the right method for you - as with any form of development you must put in some effort to make it work.

**If you use subliminal messages with an open mind, and use them to support your goals rather than expecting them to achieve them for you then you will receive some fantastic benefits and advantages.**

Ultimately sending subliminal suggestions into your subconscious mind will rewrite your self beliefs, ways of thinking, and even patterns of behavior. In this way you can make changes in your life and even overcome deeper issues you have held for years. This is because the messages bypass your conscious mind, and therefore avoid any "logical" resistance, limiting beliefs, or negative thoughts which would otherwise hold you back.

**You can change in ways which would not be possible with conscious methods of personal development alone.**

More specifically, subliminal messaging can:

- Increase Your Focus - it will help you give you an [enhanced level of concentration](#) and clarity of thought, giving you that extra attention to detail in everything you do.
- Boost your **willpower and give you strength of mind** to push on. It will help to [strengthen your persistence](#) and determination. You will bounce back and grow even more hungry for success and determined to succeed upon encountering setbacks
- Fire up your **motivation, and give you a burning desire to succeed**. It can help you really go that one step further and go all out for success. You can keep a [higher level of motivation](#) and stay committed after the initial excitement of a new project and continue on, no matter what.
- Help you to change long held negative self beliefs - as the affirmations build in your mind they will slowly enter your reality and change the way you think about things, and the way you think about yourself, and [boost your self belief](#).
- **Change long held limiting behavior patterns**. Perhaps the ultimate benefit in the long term is that with consistent use the messages will spill over into your conscious reality and really help you to change actual patterns of behavior and bad habits.

All of these factors add up to give you the **best chance of success** when pursuing your goal - just that extra boost to align your mind and focus you on achieving your goal can be the difference between success and failure.

## 5 Tips for Success With Subliminal Messages

The information above in this eBook will help you to approach subliminal messaging in the right way, but here are some more specific tips to success with subliminal messages:

1. **Set a clear goal.** Make it clear in your mind exactly what you want to achieve - what success would mean and how you want the album to change you. Being clear in your mind from the outset will set the path, and help you to define and measure your success. A clear goal is a solid foundation to start from - even write it down if you have to.
2. **Expect Success.** This can be difficult, especially if you are new to subliminal messaging. At the very least you should "suspend your disbelief" and keep an open mind about the possibilities. If, however, you can really focus your mind and "expect success" - expect it to work, to give you the exact result you want, then you will get great results.
3. **Develop Consistency.** Listen in the same ways, and listen every day. **A consistent approach will lead you to success** - it will make sure your mind receives the messages regularly and that they build up over time.
4. **Visualize.** View yourself in the future as the new you - having achieved the result you want. A little visualization will go a long way when combined with your subliminal audio. It will help align your mind to the result you want, and even trick yourself a little into imagining it is already true. Your visualization should go beyond just a still image - make a movie, see yourself behaving in the future in different scenarios, notice how people react to you, and importantly how you feel inside. Remember: **"Whatever the mind can conceive and believe it can achieve"**.
5. **Create A Total Immersion.** Ultimately we recommend immersing yourself in the albums as much as you can. The people who have most success with our subliminal messages are those which are serious about wanting to change their lives and who use the albums as much as they can, and in all different areas of their lives - while relaxing, studying, exercising, taking the album with them out walking or on a bus journey, even playing the album or using the silent tracks while they sleep. Everyone is different, so however you use the albums must be a good fit to your lifestyle, but **if you can use the albums frequently, and play them as part of your regular life then you will get the best result.**

Thank you for taking the time to read this guide, we are flattered to have you on our website and honoured to be involved in your development. If you have further questions our would like more information we have a very comprehensive FAQ which explains more about how subliminal messaging works and answers some technical questions about our albums:  
<http://www.subliminalmp3s.com/faq>

If you still have questions we really admire your thirst for knowledge, but we receive 100s of questions every day. We just don't have the time to answer everybody.

The best advice we could give you is to [just get started](#). Subliminal messaging is a very personal thing, and everyone experiences it differently, and indeed, uses our albums differently. Our albums will never do you any harm, so **experiment today, and FIND OUT what the best method of listening and using the albums is FOR YOU**. It is just personal preference, and finding the right solution and a good fit for you.