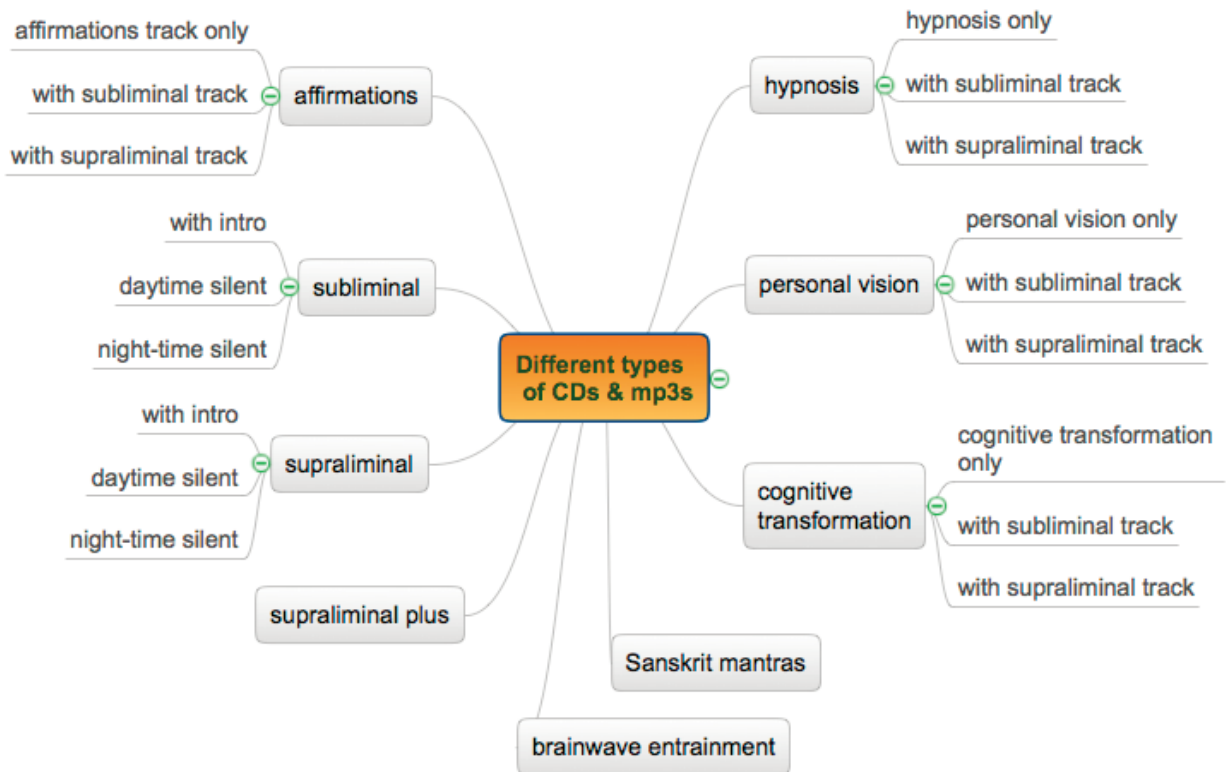


**Different Types of  
CDs & mp3s  
to Help You  
Program Your Mind  
For Success**



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You can access many free hypnosis, affirmations, subliminal, supraliminal and supraliminal plus downloads, by subscribing to [Deep Trance Now newsletter](#).

## Hypnosis CDs & mp3s

Hypnosis recordings are entirely audible throughout. Most hypnosis recordings require your active mental participation. This is particularly true when you are working with recordings which contain techniques from Neuro-Linguistic Programming or different esoteric techniques and also when you are working with generic recordings where it is left up to you when, where and to what extent you desire to apply the techniques you are mastering.

Hypnosis recordings have 2 parts. The first part contains hypnotic inductions which guides you into a state of relaxation, because this is the optimal state for impressing new ideas upon your subconscious mind through self-hypnosis.

When you are relaxed, your subconscious mind is more open to new empowering ideas. No matter how beneficial for you new ideas may be - the fact that they are different than what you have become

accustomed to experience may cause you to experience inner tension, discomfort and subconscious resistance to this new idea.

You may consciously desire to experience greater financial abundance in your life, but your subconscious may be rejecting this idea, because it is different than what you have accepted to be true for yourself so far. Getting into a state of deep relaxation will help you to overcome this resistance and to allow the suggestion for greater financial abundance to become impressed upon your subconscious mind.

The first part of hypnosis recordings also contains suggestibility tests and convincers, to help you to have an experience which clearly demonstrates to you that you are in hypnosis. For example, you will be told to close your eyes and to pretend that you cannot open them. Of course, if you really want to, you can open your eyes any time you want. However, if you truly engage the power of your imagination and play along, pretending that you cannot open them, you will find yourself immersed in your inner world where anything is possible, and so even though you consciously know that there is no reason that you couldn't open your eyes, you will be unable to open them.

Successful hypnosis is based on your ability to pretend, to engage the power of your imagination, to immerse yourself in your subjective experience and for this reason, giving yourself a "proof" that you are in hypnosis, will make it easier for you to create desired changes in your life.

The second part of hypnosis recordings contains suggestions and variety of techniques to help you get the change you desire more effectively. Different techniques are like mental tricks that help you to overcome inner obstacles, to bridge the gap between your current state and your desired outcome.

These different techniques may be from Neuro-Linguistic Programming, they may involve hypnotic language patterns, also referred to as Ericksonian or Conversational hypnosis, they may be techniques from different esoteric traditions and involve different methods of breathing, generating and manipulating energy, through sound, color or variety of guided imagery.

The suggestions used in the second part of hypnosis recordings may be both direct and indirect, some directed to your

subconscious mind through your conscious awareness and understanding, while others may be designed to by-pass your conscious awareness and engage your subconscious (unconscious) mind directly.

All the methods and techniques used on hypnosis recordings have been tested and proven to work. All the techniques which I teach I have used successfully in different areas of my life, and so have many other people.

Hypnosis recordings help you to create a subjective experience of your desired outcome. You are most effectively impressing your subconscious mind when you are subjectively experiencing the reality of your desired outcome - when what you desire to experience in your outer world, feels real in your inner world, in your imagination and in your emotions.

In most cases - for best and fastest results - you may want to work with hypnosis recordings or with some form of self-hypnosis and use one of the following: affirmations, subliminal, supraliminal or supraliminal plus CDs or mp3s. Ideally, you should use affirmations, subliminal, supraliminal or supraliminal plus CDs or mp3s to reinforce the work you did in your self-hypnosis session.

You can get desired results working only with hypnosis recordings or only with affirmations, subliminal, supraliminal or supraliminal plus CDs or mp3s - but using appropriate assortment of techniques provided through hypnosis recordings in conjunction with suggestions which are directly impressed upon your subconscious mind will bring you the fastest results.

## **Hypnosis with Subliminal Track**

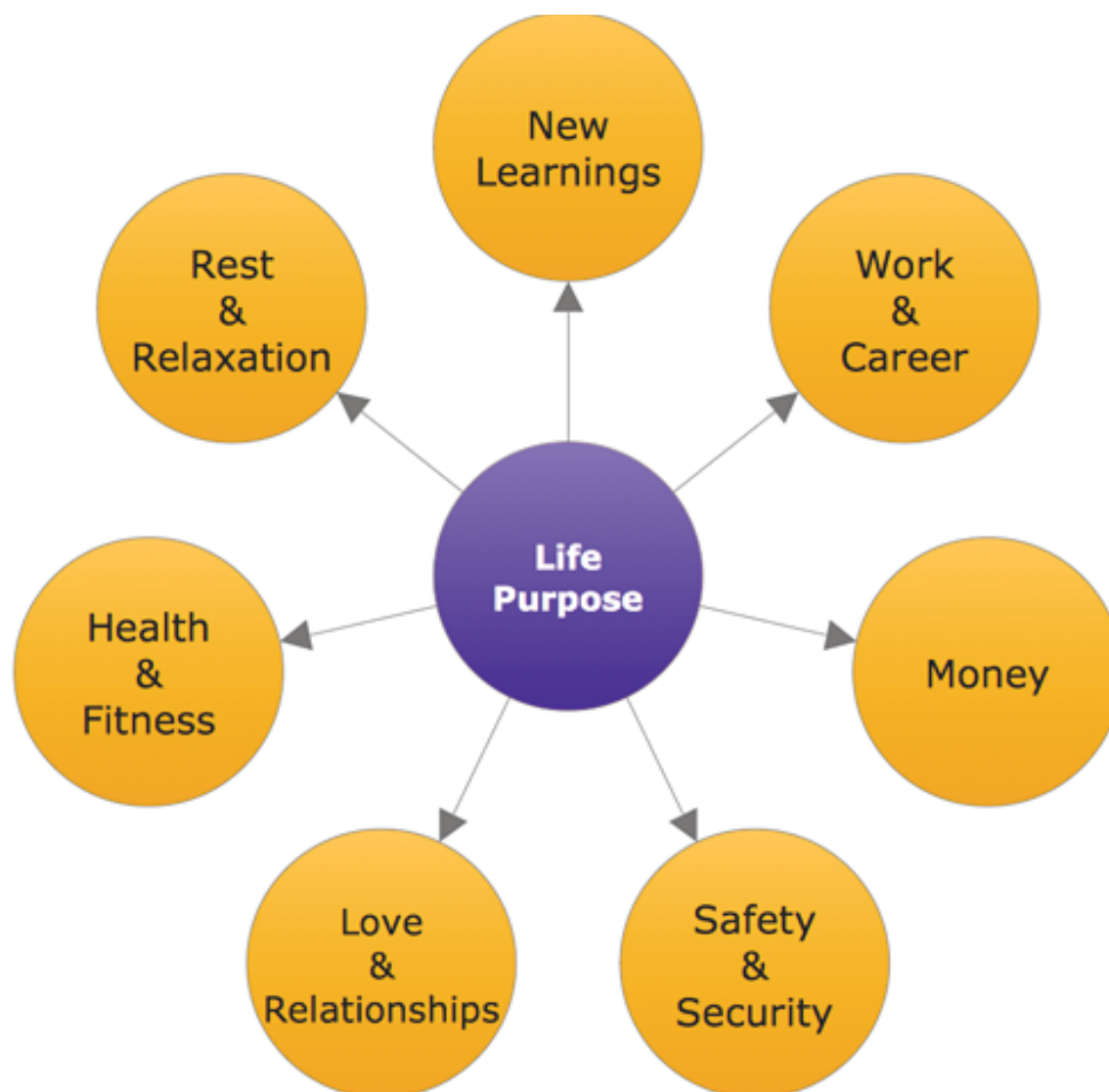
Hypnosis CDs or mp3s with subliminal track contain an entirely audible hypnosis track, plus silent subliminal track. At times, throughout the recording, a whisper may be heard from the subliminal track.

## **Hypnosis with Supraliminal Track**

Hypnosis CDs or mp3s with subliminal and supraliminal tracks contain an entirely audible hypnosis track, plus silent subliminal and supraliminal tracks. At times, throughout the recording, a

whisper may be heard from the subliminal track. The suggestions placed on the supraliminal track are placed at a high frequency inaudible to conscious hearing.

## Personal Vision Statement CDs & mp3s



Personal Vision Statement recordings include life-coaching questions and consultation through email to help you determine your goals and action plan that will help you to live a balanced life: physically, mentally, emotionally, and spiritually in your personal and professional life, and may encompass areas of your relationships (family, friends, colleagues), career, sources of income (active, passive, investments, etc.), continued learning and

professional development, health, nutrition, exercise, etc. While hypnosis recordings tend to focus on one topic, your personal vision statement may embrace and express your vision for your entire life, on one recording. Personal vision statement recordings are approximately 20 min long.

Personal Vision Statements are [customized](#) to your specific goals. These recordings do not include hypnotic induction, but may contain few suggestions for relaxation if you so desire, to help you enter a focused state of mind. Generally these recordings are designed so that you can listen to them at any time of the day.

You may also [schedule a private hypnosis and life-coaching session](#).

## Cognitive Transformation



Cognitive Transformation recordings contain indirect hypnotic language patterns tailored specifically to address the issue you are dealing with and to address its manifestation on different levels, including your environment, beliefs, behavior, abilities, identity, and in alignment with your purpose in life and spiritual goals if you so choose. These recordings include email consultation to determine how your problem currently manifests in your life, and what would you like to experience instead. These recordings are focused on one issue. Cognitive Transformation recordings are 8 - 12 min in length and you can listen to them at any time.

Cognitive Transformation recordings are [customized](#) to your specific issue. These recordings do not include hypnotic induction. They are created using indirect suggestions for mind programming and you may listen to them any time of the day.

You may also [schedule a private hypnosis and life-coaching session](#).

## Empowering Affirmations

Empowering Affirmation CDs and mp3s contain positive affirmations which are repeated in an entirely audible format throughout the recording. While supraliminal plus recordings contain several tracks, two of which contain audible suggestions throughout the recording and require headphones for listening, you can listen to Empowering Affirmation CDs or mp3s without the use of headphones.

Empowering Affirmation CDs or mp3s contain background music track as music helps to impress suggestions upon the subconscious mind, but they do not contain any subliminal or supraliminal tracks, and are suitable for people who want to hear every word that is on the recording.

And while hypnosis recordings contain induction designed to help you relax and then guided meditation imagery and different techniques to help you achieve your goals, empowering affirmations go straight to the point and delivers only positive affirmations.

These recordings can bring you the results you desire on their own, but for best results, I suggest that you either engage in some kind of meditation or self-hypnosis on your own or also get hypnosis

recordings to guide you through variety of techniques for achieving your goals.

## **Empowering Affirmations with Subliminal Track**

These recordings contain the same affirmations as Empowering Affirmations CDs and mp3s and in addition they contain subliminal track.

## **Empowering Affirmations with Supraliminal and Subliminal Track**

These recordings contain the same affirmations as Empowering Affirmations CDs and in addition they contain subliminal and supraliminal tracks.

## **Subliminal CDs and mp3s**

On Subliminal CDs and mp3s, the suggestions are placed at a low volume of approximately minus 15 – 40 db, in order to bypass your conscious awareness and go directly to your subconscious.

Original version of subliminal recordings I made had only subliminal messages which were entirely masked by music. This was puzzling to some people who were not familiar with subliminal recordings. Some wondered if there were any messages there, while others thought that the messages were encoded in the music they were listening to.

The current regular version of subliminal recordings contains the messages recorded once at a consciously audible level so that you can hear them, as well as subliminal track throughout the recording. These types of recordings are usually referred to as hybrid subliminal CDs or mp3s, and I refer to them sometimes as subliminals with intro.

The music is placed at a slightly lower volume than on the earlier versions of these recordings, so that at certain points throughout the recording where the volume of music gets very low you can actually consciously hear few words from the subliminal track. This is done mainly as assurance for your conscious mind - that the messages are indeed there.



## Daytime Silent Subliminal CDs and mp3s

On silent subliminal CDs & mp3s for daytime programming, the suggestions are placed below the threshold of hearing and are masked by music. While you will not consciously hear the suggestions - your subconscious will hear them - consciously you will hear the music.

You may listen to these recordings at any time during the day, even when you are driving or engaged in activities that require your full mental participation.

## Night-time Subliminal CDs and mp3s

On silent subliminal CDs & mp3s for sleep programming, the suggestions are placed below level of conscious hearing), and are masked by ocean waves - though you may [choose a customized background music also \(for additional fee\)](#).

While you will not consciously hear the suggestions - your subconscious will hear them - consciously you will hear the nature sounds or music.

Silent sleep programming CDs & mp3s also contain suggestions for restful sleep, as well as brainwave entrainment for deep sleep, so it is not recommended that you listen to these recordings during daytime hours when you need to be fully alert.

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- Access Inner Resources
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## Supraliminal CDs and mp3s

All supraliminal suggestions are placed at a very high frequency of 15.5 kHz. Due to high frequency, even though the suggestions on most recordings are very loud, they are inaudible to your conscious mind, and therefore bypass your conscious awareness and go directly to your subconscious mind.

In earlier versions of supraliminal CDs and mp3s, messages were placed at a high db level. Even though they were inaudible to the conscious mind because of a high frequency, many people could sense the pressure due to high volume. For some people this was an assurance that the supraliminal messages are indeed there, but others found this too strong.

The effect was somewhat like getting a buzz from too much caffeine. If you prefer the recordings with a higher db level, you can mention it when you are placing your order. Higher db level may be heard on some lower quality audio equipment as static.

If you want to be on the safe side, just order the regular current version of the supraliminal recordings. The current supraliminal CDs and mp3s contain supraliminal messages at a high frequency and at a moderate listening volume.

They also contain both subliminal and supraliminal tracks so that the suggestions are becoming impressed upon your subconscious mind both from below and above the conscious level of hearing.

You would still most likely not be able to distinguish the suggestions on the supraliminal track because they are placed at a very high frequency, but depending on your awareness and sensitivity to energy, you may feel a slight pressure when listening to supraliminal recordings, somewhat similar to what some people feel when changing altitudes in an airplane.

While some people are unaware of any sensations when listening to supraliminal recordings, some find them too powerful and may prefer to work with subliminal recordings which contain subliminal track only. Subliminal recordings are much gentler, but also the results take longer time to experience.

Supraliminal CDs & mp3s are much more powerful than subliminal and they help to get the desired results much faster.

## Daytime Silent Supraliminal CDs and mp3s

On silent supraliminal CDs & mp3s for daytime programming, the suggestions are placed in subliminal (below level of conscious hearing) and supraliminal format (at a high frequency beyond the threshold of conscious hearing), and are masked by music.

You may listen to these recordings at any time during the day, even when you are driving or engaged in activities that require your full mental participation.

## Night-time Silent Supraliminal CDs and mp3s

On silent supraliminal CDs & mp3s for sleep programming, the suggestions are placed in subliminal (below level of conscious hearing) and supraliminal format (at a high frequency beyond the threshold of conscious hearing), and are masked by ocean waves - though you may choose a customized background music also (for additional fee).

Silent sleep programming recordings also contain suggestions for restful sleep, as well as brainwave entrainment for deep sleep, so it is not recommended that you listen to these recordings during daytime hours when you need to be fully alert.

## Supraliminal Plus CDs and mp3s

Supraliminal Plus CDs & mp3s recordings contain embedded supraliminal suggestions, and they also contain suggestions which are audible throughout the recording.

The audible suggestions are placed on two channels and at different intervals, so that two sets of different messages are simultaneously delivered to your left and right ear. Even though you can consciously hear the suggestions, the suggestions to which you are not paying attention consciously, will bypass your conscious awareness and go directly to your subconscious.

This technology works powerfully because it engages both your conscious and subconscious mind. You must listen to these recordings with stereo headphones. Some people prefer to have background music loud to the point that the supraliminal plus suggestions can be barely heard, whereas other people prefer lower background music so that they can hear the suggestions loud and clear.

I try to keep the volume of the suggestions and background music somewhere in the middle, but if you have any preferences let me know.

## Sanskrit Mantras CDs and mp3s

Sanskrit is primarily an energy based language, where each sound puts you in resonance with a specific vibration. Sanskrit mantras tune you into and open you up to specific energies like healing, prosperity, inner peace, love, protection, luck, illumination, happiness.

Sanskrit mantras help you to release the energies that are not beneficial for you and are preventing your enjoyment of life. Sanskrit mantras help you to draw into your life whatever you need to live a fulfilling life.



Everything in the universe is made out of energy and everything vibrates with its own specific frequency. Each one of us is made out of energy that vibrates at a particular frequency and everything that we desire to have in our lives also vibrates at a particular frequency. Mantras help us to alter our vibration, our frequency, so that it resonates with that which we desire to experience. If you understand and apply the principle of vibration in your life, you will never suffer any lack. With the help of Sanskrit mantras you can tune yourself into whatever vibration you would like to experience in your life.

The rhythmic repetition of sanskrit mantras is hypnotic in effect. It opens the doors of your subconscious mind. For fastest results mantras should be repeated with devotion, with feeling, with love toward that which you desire to experience and with love toward Higher Power. The Laws of the Mind that apply to working with hypnosis also apply to working with mantras, namely that what you intend, what you focus upon, you will tend to draw into your life. However, mantras go a step further.

Each Sanskrit mantra has its own "siddhi" - a spiritual power that unfolds through the use of mantra. The word "siddhi" literally means "perfection", "attainment", "success", but is frequently used to refer to any powers we may view as supra mundane, from telepathy and clairvoyance to psychokinesis, levitation, remembering past lives, changing the size of one's body, entering the body of another person, and others. Together with "siddhis" are often included "riddhis", which relate to obtaining material wealth, power, having sexual appeal, etc.

Eight primary siddhis are: reducing one's body even to the size of an atom, expanding one's body to an infinitely large size, becoming infinitely heavy, becoming almost weightless, having unrestricted access to all places, realizing whatever one desires, possessing absolute lordship, the power to subjugate all.

Ten secondary siddhis are: being undisturbed by hunger, thirst, and other bodily disturbances, clairaudience, clairvoyance, teleportation, shapeshifting, entering the bodies of others, dying when one desires, perfect accomplishment of one's determination, orders or commands being unimpeded, witnessing and participating in the pastimes of "apsaras" - celestial nymphs.

Five additional siddhis are knowing the past, present and future; tolerance of heat and cold, knowing the minds of others, checking the influence of the elements - fire, sun, water, earth, poisons; being invincible.

As you work with mantras, you may find different abilities spontaneously emerging from within you, simply because through repeating mantras, your entire being begins to resonate with that particular vibration and any powers contained within that vibration begin to express through you.

As you begin working with mantras, the first beneficial effect you may become aware of is an increased peace of mind, and disappearance of any worries, fears or anxieties. You may experience increased sense of inner strength and well being.

If you chant mantras aloud, you may experience your entire being vibrating so exquisitely triggering endorphins, pleasure hormones within you that if you suffered from any addictions, you may find these addictions falling off of their own accord, because the inner pleasure will surpass whatever external addiction was able to do for you.

You may also find different aspects of your life improving and harmonizing even if you didn't "intend" to work on them, simply because you will begin to synchronize yourself with greater harmony.

Traditionally mantras should be repeated 108 times for 40 days. It may very well happen that the goal you are working on manifests sooner, but the more often you repeat the mantra, the more that particular vibration becomes established within you.

Some mantras for unfolding of special powers are traditionally repeated 125,000 times or even 500,000 and it may sound like a lot, but if something thrills your entire being with ecstasy and makes you feel good, then you welcome each new repetition - even more so when along the way, you notice some unexpected wonderful surprises coming into your life because you have chosen to work with changing the vibration of your life with mantras.

You can [get Sanskrit Mantra CDs and mp3s here](#)

## Brainwave Entrainment CDs and mp3s

Brainwave Entrainment recordings contain NO suggestions. They contain brainwave entrainment masked with nature sounds or music. Brainwave entrainment CDs and mp3s are designed to synchronize left and right hemispheres of your brain and to help you enter the optimal states of mind for desired activities, such as focus and concentration, learning, meditation, creative problem solving, lucid dreaming, falling asleep, etc. You can have them playing in the background while engaging in desired activity.

Brainwave Entrainment recordings are most appropriate if you desire to engage in meditation, do your own self-hypnosis sessions, get into optimal state of mind for learning, focus, concentration, and other activities of your choice.

You can get Brainwave Entrainment CDs and mp3s [here](#)

If you are looking for recordings that will program your mind with positive suggestions and empowering ideas, you should choose hypnosis, affirmations, subliminal, supraliminal or supraliminal plus recordings.

## Audio Visual Enhancement



Audio Visual Stimulation Enhancement enables you to play your hypnosis, affirmations, subliminal, supraliminal, supraliminal plus, mantra, or brainwave entrainment CDs in Light and Sound machines like David, Orion, Sirius, Zen Master, Nova, and others.

You can [order Audio Visual Enhancement here](#)

You can get hypnosis, affirmations, subliminal, supraliminal, supraliminal plus and brainwave entrainment CDs & mp3s [here](#)

## How to Choose the Type of Recordings Which Are Best For You?

For best results you may choose hypnosis CDs & mp3s in conjunction with affirmations, subliminal, supraliminal or supraliminal plus CDs & mp3s.

Hypnosis CDs & mp3s guide you through various techniques and help you to subjectively experience your desired outcome in as great detail as you can, engaging your imagination and your emotions.

If you already practice self-hypnosis or meditation and have techniques of your own which you like to use on the goal you desire to achieve, then you can keep using what you have found works for you the best.

Affirmations, subliminal, supraliminal, and supraliminal plus recordings contain only positive affirmations and they can work great on their own if you do not need any techniques.

Depending on your life-style and preferences, it is up to you whether you want to work with affirmations CDs & mp3s, which contain repeated affirmations throughout the recording, in a format that you can consciously hear and that you can listen even while you're driving, or whether you prefer to work with supraliminal plus recording which contain audible affirmations on two tracks and require you to use headphones; or you'd prefer to have the positive suggestions impressing upon your subconscious mind without consciously hearing them and instead where you can consciously hear only music or nature sounds.

Also depending on your personal preferences and life-style, you may prefer to work with recordings which are programming your mind throughout the day, and/or those which are programming your mind while you're sleeping.

Brainwave entrainment CDs & mp3s are designed to help you enter the optimal state of the mind for engaging in different activities, and while in some situations they may work on their own, such as helping you to feel more relaxed, to reduce stress, perhaps even to fall asleep, or to keep you alert, accelerate healing processes and help you to maintain greater focus and learn better, for most changes they may be best used with some form of self-hypnosis or positive affirmations.



You will also get best results if you work on goals that make sense to you, that represent a logical progression for you, and you believe are possible for you, based on the information you have gathered and on your past experiences, and you are motivated to achieve.

What some human beings can achieved using mind power may be even considered impossible by many other people, and while occasionally people make quantum leaps in their progress, even those seeming overnight successes have usually taken an enormous investment of energy and preparation.

And again, while you may pick goals that capture your imagination and may currently seem to be way out of your reach, in order to develop confidence in using the power of your mind, you should also work on goals which allow you to get more immediate feedback.

If a goal takes you several months to accomplish and during those months you are seeing no visible progress, you may get easily discouraged. On the other hand if you choose a goal that has measurable results, and you can notice that you are moving closer to it day by day, or at least week by week, and that you are making progress, you will remain motivated to keep going.

The successes you achieve will spur you on. They will feel like rewards for the time, energy and other resources you have invested in your goals, and they will condition your subconscious mind for success, so that when you work on each new goal, you will hear that little voice within you that will urge you on, whispering to you "You can! You can accomplish anything that you set your mind to accomplish!"

Now, in truth, it doesn't really take "time" to accomplish any goal. What it takes is a state of consciousness. When you open your mind, you can accomplish anything, and sometimes you can experience a leap in consciousness and find yourself experiencing seeming miracles each day, while other times you may need to exercise patience and let things unfold in their own time and in their own way. However, using the power of your mind, you can, like the alchemists of old, accelerate your evolution, and do more and more things, which once seemed impossible.

To your success!