

# Subliminal Research Project



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## Hybrid vs. Pure Subliminal CDs and MP3s

Many people have been wondering whether [subliminal CD and mp3s](#) really work so here is your opportunity to find out.

Of course you could click on this subliminal, or even [supraliminal](#) link here and get CDs which will help you to get specific results, and if you want to find out just how effectively can [Deep Trance Now subliminal or supraliminal CDs](#) would work for you, by all means get them.

The difference between [Deep Trance Now subliminal CDs and mp3s](#) and the ones you will be using in Subliminal Research Project is that Deep Trance now subliminals are “hybrid” subliminals, while the subliminal recordings used in Subliminal Research Project are “pure” subliminals. In hybrid subliminals, at the beginning of each recording, all the suggestions are placed once in an audible format, and then they are masked by music. In “pure” subliminal recordings all messages are masked by music and the only thing you will hear is music. When the suggestions are placed close to the music, you may occasionally hear a whisper in places where the music volume is lower.

## Personal Experiences

While I have experienced successful results working both with pure subliminals and with hybrid subliminals, I tend to believe that hybrid subliminals are much more effective, because both your conscious and subconscious mind are involved in the process. In some instances pure subliminals may be more effective - for example when a person has conscious resistance to change, but the person's subconscious is ready for a change.

I have initiated the Subliminal Research Project because some people tend to believe that pure subliminals have no effect at all, and that the only way you'd get results is if you're working with hybrid subliminals. It is possible that those people have never worked with subliminal recordings; that they had set up goals that were out of their league; and it is also possible that they have purchased recordings that may not have had any suggestions masked by music, and instead contained only music.

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## Visual vs. Auditory Subliminal Messages

Some people who create and sell subliminal CDs will offer you “the proof” that pure subliminal CDs work by having you check out the article related to the [effectiveness of subliminal images from the news on BBC website](#) and quoted here:

### Subliminal images impact on brain

The brain does register subliminal images even if a person is unaware they have seen them, UK researchers report.

The research, in Current Biology, suggests subliminal advertising is probably effective.

The practice, which was first used in the 1950s, has been banned in the UK, but is still permitted in the US.

Using brain scans, a team from University College, London, showed people only registered the images if the brain had “spare capacity”.

**“ If there is ‘spare capacity’, in terms of attention, the brain will allocate that resource to subliminal activity .”**

*Dr Bahador Bahrami, UCL Institute of Cognitive Neuroscience*

Subliminal images may be contained in other information, which people are aware of receiving.

The researchers cite the example of the film Fight Club, where a character who works as a cinema projectionist inserts a single frame of pornography into the 24 frames of a film shown each second.

In the movie, those watching were unaware of the split-second shot, but felt depressed or aggressive afterwards.

### ‘Invisible’ objects

Although it has long been thought that subliminal images can be detected without people being aware of them, and have been used in techniques such as subliminal advertising, this is the first time researchers have provided physiological evidence of the impact.

The seven participants in the study wore red-blue filter glasses that projected faint images of

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everyday objects, such as an iron, on to one eye and a strong flashing image on the other. The strong flashing image meant the participants were not consciously aware of the faint images projected on to the other eye.

At the same time, they were asked to carry out an easy task, such as picking out the letter T from a stream of letters, or a harder task of picking out a white N or a blue Z.

Using functional MRI brain scanning, the researchers found that during the easy task the brain registered the 'invisible' object although the participants were unaware they had seen it.

This was highlighted by activity in a part of the brain called the primary visual cortex.

But during the harder task, which required more concentration, the fMRI scan did not pick up any relevant brain activity suggesting the participants had not registered the subliminal image.

## Buying power?

Dr Bahador Bahrami, UCL Institute of Cognitive Neuroscience, said: "What's interesting here is that your brain does log things that you aren't even aware of and can't ever become aware of.

"The brain is open to what's around it. So if there is 'spare capacity', in terms of attention, the brain will allocate that resource to subliminal activity.

"These findings point to the sort of impact that subliminal advertising may have on the brain.

"What this study doesn't address is whether this would then influence you to go out and buy a product."

Dr Bahrami is set to carry out more research to evaluate the further impact of subliminal words and images.



Visual images used in advertising and in movie theatre experiments are designed to trigger some of your basic human urges - for sex, food, and survival - the ultimate experience of pleasure and relief from pain - and tie them up to the product(s) you should rush to buy.

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Our minds are absorbing and processing information all the time, but we tend to process different kind of information and the information we receive through different channels in different ways.



If you are hungry and thirsty, and someone flashes you the image of a burger and a coke on a screen while watching a movie, your subconscious will register information.

If you see an image, even for a split second, it is very different than if the image were hidden in a box.



You are likely to react differently if someone whispers a suggestion to you, shouts a suggestion at you, sends you a message telepathically, or you overhear someone telling someone else something related to you, possibly even with intent that you hear it, thus delivering the message indirectly to you.

You are likely to react differently if someone suggests to you something that you are naturally inclined to do, something that you've been fantasizing about already in some way, and if someone suggests to you something you don't care less about, which brings us to the topic of motivation.

## Intention, Motivation, and Expectations

The results you get with subliminal CDs and with most anything you do or use in life, will tend to be influenced by your intention, motivation, and expectations.

I remember the first time I was blown up working with a subliminal CD. It was a hybrid subliminal CD, with positive suggestions placed at the beginning of the recording, but nevertheless, the results were beyond my wildest expectations.

The day before a 4-hour written exam where I was to be tested on 3 months of course material which I was too lazy to study, I decided to spend an afternoon going over the material, while having a subliminal CD for passing exams playing in the background.

The following day, before the test, I was convinced that I was going to fail because my mind was completely blank. I remembered nothing. But when I got the paper

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and the questions, the information started to pour out of me effortlessly, and to my amazement, I got one of the highest scores in the class.

Of course I was totally motivated to pass that test. The training program was extraordinarily expensive and I had no vested interest in failing. I had no conflicting desires, nothing to hold me back, and I can attribute a good deal of my success to my eagerness to pass test. Still, I didn't expect to do that well on the test, so yes, I am convinced that having the subliminal recording play in the background helped.

These days, though, when I work with recordings, I may have supraliminal CDs playing in the background during the night and something during the day, but my first choice are supraliminal plus CDs.

Many people think of subliminal audio messages as those where you cannot hear any suggestions and where the suggestions are masked by music - but in hypnosis subliminal messages are delivered in variety of formats - sometimes hypnosis CDs contain hypnotic language patterns where even though you can consciously hear every word (unless you fall asleep while listening to hypnosis CD), the suggestions are formulated in a way where they will by-pass your conscious awareness and become impressed directly upon your subconscious mind.

You can liken that effect to subliminal visual messages where even though the images are plainly visible in front of your eyes, you may not necessarily be consciously aware of the subliminal images designed to trigger your



unconscious response.

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These images may be too obvious :)

Supraliminal plus CDs contain three tracks - one is supraliminal, which you cannot hear consciously, and two are entirely audible through the entire recording. The two audible tracks deliver different messages simultaneously to your left and right ear. Since it is challenging to consciously attend to both of them, the messages to which you are not directing conscious attention are having a subliminal effect, by-passing the critical faculty of your mind and are being delivered directly to your subconscious.

As you can see there are many different ways that you can program your mind and many elements may be contributing to the results you are getting. The purpose of the subliminal research project is to determine the effectiveness of subliminal messages when the listener is not aware of what messages are placed on the recording.

## How Does Subliminal Research Project Work?

You will receive two recordings - one subliminal and one supraliminal - in downloadable mp3 format. Both will contain identical messages, however subliminal recording contains only subliminal track and supraliminal recording contains subliminal and supraliminal tracks.

The difference between subliminal and supraliminal mp3s is that on subliminal recordings the messages are placed below the threshold of hearing, whereas on supraliminal recordings, one track is placed below the threshold of hearing, and one is placed above threshold of hearing by raising the frequency of the messages placed on the supraliminal track.

The recordings contain messages for overall well being, so that in case these messages worked for you, you could say that participating in this project was more than worth your time.

The recordings also contain a selection of key words which may relate to focusing upon and improving one particular area of your life, or it may contain key words, phrases or suggestions to inspire you to take some beneficial actions that may not be currently part of your lifestyle, and while beneficial they may also be unusual.

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The purpose of these suggestions is to help to trace them back to the recordings. If the main source of specific information or activity is the message on these recording, then it will be easier to distinguish it from the information that is normally part of your daily life.

All suggestions placed on subliminal and supraliminal recordings used in this project are stated in a positive way and all are beneficial in some way. By the time you're done with this project, if the subliminal recordings do not work, you will experience no difference in your life; if they do work and you are willing to listen to the recordings you receive daily, you will experience some positive changes in your life.

The suggestions placed on your recordings will be revealed to you at the completion of your participation in the subliminal research project.

While few changes in our lives occur seemingly overnight, most are a result of gradual unfoldment, of many preparations happening on deep unconscious levels - for that reason should you decide to join subliminal research project, your participation in the program will last one year.

I recommend that while you are listening to these recordings you keep a journal and you write down anything that may seem out of the ordinary in your daily life or even in your dreams.



If you happen to listen to these recordings while sleeping, the contents of the messages are likely to play out in your dreams in some positive way.

If you desire to participate in Subliminal Research Project, you can [click here](#) to join. It is free.

You will be asked to share some information regarding your goals, challenges and whether you have worked with subliminal CDs before.

All of your personal information will be held strictly confidential.

*Laura De Giorgio*

To your success!