



WARRIOR MIND TRAINING

Success in life is not a matter of chance; it's a matter of managed emotions, focused attention and deliberate action.

Warrior Mind Programmer Inside Brainwave Entrainment

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WARNING & DISCLAIMER

The user of the Warrior Mind Programmer application agrees that this software is designed solely for self-improvement, learning, aid in motivation, relaxation, and experimentation. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended express or implied.

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to seizures
- Those who are photosensitive

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs.

This application is not to be used while under the influence of alcohol or other mood altering substances, whether they are legal or illegal.

Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of Warrior Mind Programmer, as they are more susceptible to seizures.

Finally, **DO NOT LISTEN TO ANY WARRIOR MIND PROGRAMMER AUDIO WHILE DRIVING OR OPERATING MACHINERY.**

The user of the Warrior Mind Programmer application assumes all risks in using the Warrior Mind Programmer, waiving any claims against Warrior Mind Coaching and Training, and its affiliates for any and all mental or physical injuries. This includes all self-created suggestions for mood altering, brain wave states altering, and for self-improvement or motivation. The user also agrees to assume liabilities when allowing other persons access to the Warrior Mind Programmer application.

In no case will Warrior Mind Coaching and Training or other distributors of the Warrior Mind Programmer application be liable for chance, accidental, special, direct or indirect damages resulting from use, misuse or defect of its software, instructions or documentation.

Introduction

Warrior Mind Programming® allows you to reach your true potential with absolutely no effort on your part!

We know that even if you have the best opportunities available to you, this does not necessarily mean that you will succeed. Why do some people succeed and some do not? Many people become their own obstacles to success with negative inner talk and beliefs.

Some very impressive "success" results are being achieved with the Warrior Mind Programming® technology. Warrior Mind Programming® actually re-programs the subconscious mind, which in turn dictates our realities. Our conscious mind is similar to a computer keyboard and our subconscious mind is like the hard drive. One serves as the input and the other is the processor of the information.

No one's success or failure is predestined. And, yes, everyone does have the potential for success and happiness within themselves.

With Warrior Mind Programming® you can receive the successful mental programming to reach your ultimate goals. One of the main benefits of this technology is that it requires no conscious effort or work on your part, to breakthrough to the "ultimate successful and happy you."

Many individuals have used these programs with great results. And now, you too can use these special programs to help you reach new levels of success that you may have only dreamed of in the past. By playing these programs in the background, you too can achieve amazing results!

The brain has been compared to a computer. The analogy has power, but it is quite an understatement. Science has discovered many of the connections that appear to give the brain/mind so much control over our bodies (health, wellness, longevity, youthfulness) and our destinies (success, learning, wealth and prosperity). Still, what we have discovered is only the tip of the iceberg.

The Left Hemisphere: The Rational Mind (for right-handed people) controls your logic and reason. It analyzes the information it receives and organizes it into a logical framework. The Warrior Mind Programming® unique technology delivers positive messages to both hemispheres of the brain according to how each receives and processes information. To sidestep your rational left brain's resistance to positive messages that conflict with negative beliefs, Warrior Mind Programming® delivers permissive messages such as, "It's okay to succeed." (Direct statements trigger all kinds of negative self-talk from the left brain, such as, "Succeed? I've never succeeded at anything." What makes this time any different?)

The Right Hemisphere: The Creative, Intuitive Mind is non-discriminating. It absorbs information without question or any analysis. It is here that early childhood messages such as, "You'll never amount to anything," are stored, even though you may not be aware of them. No matter how much you try to re-program these negative messages on a conscious level, the emotional imprint is so deep that negative beliefs generally prevail.

Warrior Mind Programming® delivers authoritative statements which are readily accepted by your right brain, such as, "I succeed at everything I do," to counteract years of negative programming. On one channel, accessing the left brain, words are meaningfully spoken, forward masked permissive affirmations, such as "It's okay to feel good."

On another channel directive messages, such as "I am good," in the same voices are recorded in reverse. The analytical left hemisphere cannot argue with the permissive statement and the non-analytical right hemisphere simply accepts the authoritarian statement, and all of this is a part of our patent! Since the hemispheres are task oriented, both the left and right brain become involved according to their specialties.

Then the affirmations are delivered in a round robin manner, that is, these statements are alternated between the left and right hemisphere...just in case you are organized "other than normal."

FAQ - Frequently Asked Questions About Warrior Mind Programming

What's The Difference Between Warrior Mind Programming ® Tapes & So-Called "Subliminal" Tapes?

By definition, a subliminal tape is recorded at a sub-threshold level of awareness. Our messages are recorded at a perceptible level of awareness and disguised in what is best described as an audio illusion. (You will hear words from time to time.) By "blending" the affirmations in with the music or nature sounds in this way, we are able to bypass normal conscious awareness, yet still ensure that the affirmations strongly register in the mind.

Why Is Bypassing Conscious Effort Necessary?

Many have described Warrior Mind Programming ® as a "powerful new technology that uses our natural human ability to absorb information even when we're not thinking about it." Scientists have proven that the key to changing our state of mind is to do it with the least amount of conscious effort possible. Conscious thought interferes with and even prevents proper mind stimulation. Yet Warrior Mind Programming® audios are able to produce life-changing mind stimulation without the interference of conscious thought. They bypass the usual resistance in the mind and go right to work at the subconscious level, producing change "from the inside out."

What Role Does The Subconscious Mind Play?

Warrior Mind Programming audios are effective because they permit positive messages to reach the subconscious mind, where they can produce positive results without conscious resistance.

This is important because the human subconscious is indiscriminate with the information it accepts over a lifetime. All the statements we have ever accepted are present in our subconscious minds, and for most of us that is negative programming. So an individual's current behavior is based on all the information their subconscious has decided to accept over the years.

To change current behavior, you first have to change the information stored in the subconscious. It sounds easy, but you can't just tell your subconscious to think differently and ask for life-changing behavior modification. You must find a way to counteract those subconscious thoughts and introduce different thoughts for your subconscious to use.

The Warrior Mind Programming® method will help you control the introduction of stimuli to the subconscious and therefore control behavior modification.

Do Other Methods Work Just As Well?

There are other methods available to modify your behavior without the use of mind technologies, but they often fail, and all for the same reason. Most motivational and self-help programs fall short because they attempt to appeal to the conscious in order to change behavior. It's often wasted energy. The conscious wants to change, but it's the subconscious that is controlling and overwhelming any effort to change. Every time someone tells us we are good our subconscious sends a thought to the conscious: "Really! Good at what?"

In order to conquer the harmful effects of the subconscious mind we must attempt to change it on the very same level. Only then can you successfully disarm it and reverse the damage that has already been done.

The positive Warrior Mind Programming® messages overtake the negative information contained in the subconscious. They literally rewrite our own "inner talk," thereby creating positive self-beliefs which begin the cycle of self-fulfillment. When this happens the subliminal beliefs that formerly were self-limiting begin to change. As they change, so do we!

What Are The Principles Behind Warrior Mind Programming®?

The powerful results may seem like magic, but the principles behind the audios are pure science. As you know, the human brain is composed of two halves or hemispheres, the left brain and the right brain. These two hemispheres work together or independently to help process information and control our bodies.

The left brain is most commonly referred to as the "analytical brain" and is thought to control such things as mathematical and language skills, organization, logic, reason, observation and analysis. The left hemisphere also includes defense mechanisms such as rationalization built around logic and reason.

The right brain is also known as the "spatial brain." It is thought to be responsible for creativity, emotions, athletic ability, intuitiveness, relaxation and visualization. Many scientists believe the right hemisphere is associated with emotional and subconscious learning.

How Does Warrior Mind Programming® Actually Work?

The Warrior Mind Programming® technology is unique in that it appeals to both hemispheres of the brain, according to their function, to achieve "whole brain" stimulation.

For example, it is believed that the left brain views language literally and according to the rules of language while the right brain views language spatially and emotionally, tumbling the words in a process called subconscious cerebration and even seeing the words as our eyes see the world upside down.

The brain halves work together to understand language both spatially and literally. The Warrior Mind Programming® technology has been specifically designed to involve both the left and right brain according to their unique specialties using an entirely new and patented electronic encoding process.

What Is This Encoding Process All About?

On one channel, accessing the left brain, meaningfully spoken, permissive affirmations (such as, "It's OK to succeed. It's OK to do well.") are delivered. On a second channel, accessing the right brain, directive messages (such as, "I am good. I succeed. I do well.") are delivered in reverse, to be recognized by the right brain's unique spatial understanding.

The channel-differentiated messages shadow each other from conscious recognition. But on the subconscious level, where the perception takes place, the mind understands and receives these affirmations. The analytical left hemisphere cannot argue with the permissive "It's OK" statements and the non-analytical right hemisphere simply accepts the directive "I am" statements.

What Other Techniques Are Used?

Warrior Mind Programming incorporates a number of techniques, schools of thought, disciplines, theories, and practices. Its basic goal is to change one's reaction to internal and external stimuli or to help the mind create a physical or emotional effect on its own (e.g.: happiness, confidence). It harnesses the brain's built-in programming mechanisms to help enhance intelligence, end bad habits, stop negative mental patterns and much more. It allows you to focus more of your subconscious resources on tasks you wish to accomplish. In other words, Warrior Mind Programming can help achieve whatever you desire.

The truth is everyone's mind is programmed, and at one point or another, everyone has reprogrammed their mind in some way. Do you start to feel better almost instantaneously when taking medicine, despite being aware of the time it takes for the medicine to take effect? Can you make yourself hungry by thinking of food? Have you ever experienced the placebo effect? Did you know that if you smile for approximately sixty seconds you will become happier? All of these things are a direct result of the mind being conditioned, or programmed. The Warrior Mind Programming covered in this application however, is much more broad and powerful than these examples.

Intentional Mind Programming has existed for thousands of years. Yogis and Buddhists have been using deep meditation for mind programming, among many other things. Hypnotists have been programming the minds of people for over a century. Psychotherapists have been helping people install new and healthier programs. In fact, until just recently, programming the mind in this deeper sense has been an expensive, lengthy process. It has required extreme practice, patience, and dedication. And while it still requires (and will always require) these three things, Warrior Mind Programming has advanced far past older methods. It is now faster, inexpensive and easier to learn; actually this application does most of the work for you!

Thanks to recent advances, people are able to use carefully prepared audio and visual stimulation to induce an extensive variety of mental states. Many of these leave the mind more receptive to reprogramming.

Your subconscious is constantly working, constantly responding to situations, and constantly acting on your fears and desires (although not always in the way you would like). After reprogramming your mind, your subconscious will work for you and you alone. If you want something of yourself, let your subconscious be your ally, program it in!

What Does the Term "Warrior Mind Programming" Mean?

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What is a Mental Program?

A Mental Program is a set of instructions, embedded deep in the brain. It executes upon an internal or external stimulus, causing the mind and body to follow the set of instructions until the program stops. They can also be constantly running, with no end in sight.

Mental Programs are largely sub-conscious and completely out of our control. There are many reasons for this. One reason is that they are often state-bound, meaning they could only be remembered in the same (or similar) state to the one in which the program was first coded into memory.

Another reason would be that many Mental Programs are coded during a traumatic event, where most brain activity is switched to the right side of the brain, which is emotion-based and largely non-verbal.

How are Mental Programs Formed?

Most Mental Programs are formed when we are very young, and are influenced by the actions and words of parents or peers during the first 7 - 8 years of our lives, when our brains are functioning mostly in Delta and Theta. In these years, our minds are hyper-suggestible and will accept comments from an authoritative figure as fact. Furthermore, the mind is very open to programming when in an emotional or traumatic state.

For example, to a child, trauma often exists in the form of sharp parental disapproval. Many parents will become frustrated with children when they are having trouble reading, possibly slapping the child and saying, "You'll never learn!" The child's mind, being in such an open, receptive state, would associate the activity (reading) with the negative experience (being slapped). Moreover, the parent saying "You'll never learn" would affect the child (if old enough to understand the sentence), perhaps leading to learning problems and self-sabotaging behavior later in life. These are simple, and all too frequent, examples of mental programming in action.

How can Mental Programs be Intentionally Programmed?

Psychologist Ernest Lawrence Rossi wrote in his book *The Psychobiology of Mind-Body Healing*, the Limbic System works to convert words, feelings and visualizations into a language that the body can understand. Using the techniques described in these documents, people can reprogram their minds, erasing old, unwanted programs, and bringing new, healthier programs into memory. What's more, by stimulating brainwaves we can create specific mental states which greatly amplify the effect of these techniques.

The Human Identity

What are you? Are you your brain? Are you your body? Are you a combination of the two? When most people use the word "I" they tend to mean it in reference a whole person, made up of many different pieces. "I" usually refers to the personality, the body and the brain. That is deceiving, though, because one could still be called "I" even after losing most of the above. And if we are made up of only our personality, body and brain, why is it we can observe our own emotions, our own thoughts? What is doing the observing? Seasoned meditators have learned to clear their mind and watch as their thoughts flow by, as a psychotherapist would observe a patient. What is watching your thoughts? If common knowledge is true (that "I" is made up of our thoughts and feelings), observing our thoughts without intervention should not be possible, because we should be our thoughts. But that is not true. In order for a thought to be observed there must be something doing the observing.

There is a part of the brain that is inherently different than any other part. Its purpose is to observe your brain and interact with your will. It is the consciousness. It is self-awareness. John C. Lilly, M.D., calls it the Self-Metaprogram, or a mental structure that observes, controls, organizes and governs other mental structures. It might not even be a specific part of the brain, it might be made up of hundreds of little pieces from all other parts of the brain, but this observing, conscious mechanism exists in all humans. It is more base than intelligence, thought or emotion. It is the only part of you that hasn't changed since you were born. If you were to take away

everything but it, you would be left without any motion, emotions, sensations or thoughts. You would desire nothing. You would not even fear death.

Try this little experiment. Think of something that makes you embarrassed or angry. Observe as your stomach tenses up and your mood changes from calm to angry. The part of you that is observing this brain-body reaction has no bias, no filters, and no anger. Anger and embarrassment are simple mechanisms of the brain. They can be turned on and off at will, like light switches. You just turned one of them on. After a little knowledge and practice, it becomes just as easy to turn them off.

So, in effect, your brain is a computer. The brain consists of all of your emotions, all your pain, all your thoughts, memories, beliefs, judgments and personality quirks. You, the user and the observer of this computer, can control all of it via Warrior Mind Programming.

Mind Over Body

In recent years it has become apparent that the brain is the single most powerful acting force upon the body. The body and mind are inseparable.

The most obvious example of this principle can be found in what the scientific community calls the "placebo effect", which is a broad term used to describe a huge range of unexplained phenomena such as so-called miracle cures. In essence, the placebo effect is a response to a stimulus one believes will work. Simply believing something will work is often enough to make it work. In fact, Psychologist Ernest Lawrence Rossi wrote in his book, *The Psychobiology of Mind-Body Healing*, that the placebo effect accounts for nearly 56% of the effectiveness of analgesics, like Morphine. This means that when you take a pain killer, more than half of the effect is the direct result of your belief in the pill. And the effect is not in any way limited to pain killers. The placebo response shows up in nearly every therapeutic agent!

Rossi also wrote that the Limbic System works to convert words, feelings and visualizations into a language that the body can understand, the language of neuro-chemical messenger molecules called neuropeptides, which flow through the entire body. He concludes that Mental Programs become hard-wired into not only our brain, but into individual cells as well.

There are more studies that directly link the mind and body. Dr. Candace Pert wrote of these links in her book *Molecules Of Emotion*. Her pioneering work into the brain-body connection has led to the discovery of a complex network of chemicals, stimulated by the brain, directly affecting the health of the body on the cellular level. She discovered a number of cellular receptors and preferential chemical bindings that act as information pathways from the brain to all cells in the body. It has been shown that all events, from sex with a preferred partner to a traumatic event, affect the body directly, positively or negatively.

It has been also shown that generally happy people are three times less likely to get the common cold (and other ailments) than unhappy people (*Journal Of Psychosomatic Medicine*, July 11, 2002). This could be linked to the infamous stress hormone, Cortisol, which has numerous adverse effects on the human body (cancer, heart disease, etc).

Studies done by the famous Cleve Backster indicate an even more direct connection from the brain to individual cells. He allegedly separated cells from the body and measured cellular reactions to emotional changes in the mind of the patient. This particular study is intriguing but

should probably be regarded with skepticism until follow up studies are done. Still, it is very clear that as goes the mind, so goes the body.

Therefore, two assumptions can be made.

1. The mind is able to change the body if properly programmed to do so.
2. In order for the body to be kept in peak physical condition, the mind must also be kept in a peak mental condition.

Hyper-Suggestibility

Hyper-Suggestibility is a term used to describe a drowsy, child-like state where information is rapidly absorbed into the subconscious; bypassing the usual mental filters that information is put through. In this state of extreme receptivity, images and verbal suggestions are more likely to be accepted and acted upon.

It is common knowledge that children learn faster than adults. Researchers believe that one of the reasons for this is that young children spend most of their time with the dominant brainwave being Theta or Delta. But children don't just learn words and arithmetic; they learn how to survive, indeed, how to think. They are, in effect, building up a subconscious that will support them later in life. For example, in the first years of childhood subconscious mechanisms need to be built to handle limb and body movement. Later comes recognition, then speech, and so on.

To fully explain it, let's jump ahead a couple years to something you may be more familiar with: learning how to drive. When first learning you may have been nervous, having to be constantly watch the road. Conversations were very distracting, because all of your concentration had to be focused on driving. But it isn't that way any more is it? Now you can drive to work and back and not even remember half of it. This is because driving has become a subconscious mechanism, not a conscious one.

In this same way, your subconscious has developed an action to suit nearly every situation. If you don't like public speaking, it is because your subconscious has built up a nervous reaction to it. If you love eating pineapple, it is because your subconscious has a good reaction to it. Most of the time you will have no idea where these mental programs come from, because they were coded into memory while you were a child, at a time when your subconscious was growing faster than your long-term memory.

In the Theta, or hyper-suggestibility, state, learning things and committing them to the subconscious is much faster. But since you are an adult you only enter the Theta state when sleeping or while using mental tools like the Warrior Mind Programmer, so the only way to use the hyper-suggestibility of Theta is with recorded affirmations or hypnosis [Michael Hutchison, MegaBrain, 1994].

A study was done by Felipe at Yale University where attitude changing affirmations were given to subjects during various mental states. Only during drowsiness or sleep did the affirmations have any significant effect. During alert, waking states and deeper sleep stages, the affirmations had little to no effect on attitude and behavior.

Willpower, Imagination and Belief

Imagination VS Willpower

Willpower is meant to fail.

Have you ever tried to relax in a nervous situation? The more you try, the more you fail. Some lucky people have learned to take deep breaths and picture something relaxing or humorous, like a naked audience. Nevertheless, most people will go through their entire lives without being able to relax on command.

Willpower is a mechanism that was built to give your brain an easy way to disobey your orders. Most of the time, it is doing this for your own good, or the good of the human race. For instance,

if a man, during sex, starts willing himself not to have an orgasm it will probably make it happen two times faster. But a commonly known method of delaying orgasm is to think of baseball or some other non-sexual subject.

The mind responds to what you believe, not what you want. If you believe something, your mind will go to whatever lengths necessary to make that belief true, including changing you and your perception, or even changing the world around you if it can.

Belief and Imagination - "I'll believe it when I see it!"

What is more convincing than actually experiencing something? Not even a testimonial from a very reputable source can replace actually witnessing an event. Your subconscious mind works this way too, if you experience something, your subconscious mind lets down its guard and accepts it as true.

Belief and Imagination both trigger the same mental mechanism. In fact, it could be said that belief and imagination are the same mechanism, because they have the same effect. Many studies have been done on the result of imagination vs. belief. A basketball player who believes he can shoot and score is much more likely to make a shot than one who doesn't believe. However, if the person who doesn't believe imagines himself shooting and scoring, it is almost as likely to happen.

Try a little experiment. Get a rubber band and shoot it at a spot on the wall 10 times. Now sit back and take 5 minutes to imagine the rubber band hitting the exact spot on the wall every time you shoot it. It never misses in your mind. Every time you shoot it hits. In your mind, shoot 10 times and make it hit every time. After 5 minutes of visualization, shoot at the same spot another 10 times. The vast majority of people will find their shots are much more accurate than before. If you are already good at shooting rubber bands, try something else, like flipping a quarter and catching it with your eyes closed.

The Mind Can't Tell The Difference

The subconscious mind can not tell the difference between imagination and real experience. Don't believe us? If you imagine food, you will become hungry and start to salivate. If you imagine an attractive person, you will start to get excited. You, of course, know it is not real, but your subconscious mind does not and its mental reaction is the same.

Using sensitive medical equipment, scientists can spot which parts of the brain "light up" when a person has an experience. What is amazing is that the exact same areas light up when the person is asked to simply imagine the same experience. The neural, electrical response to a real experience is almost identical to that of imagination! So identical, in fact, that the subconscious mind has trouble telling the difference.

The quirk of imagination is something that can be leveraged with Mental Strength Programming. If you imagine yourself strong, thin and healthy, your mind, thinking it is real, will act to make the visualization a reality.

The remarkable effects of imagination increase with the clarity of the experience inside your head. Visualizing while in deep Alpha, near Theta, is enormously powerful because you are near a dream state, which is as vivid as mental imagery gets.

Sensory Modalities

What is a Sensory Modality?

Sensory Modality refers to the way you remember information or imagine a situation. Researchers have discovered that people tend to use senses to interpret reality.

As humans explore their world they use senses to internalize their experiences. The same is true of memories and feelings. When thought occurs in your brain, you use senses to understand the thought and find the meaning behind it.

There are three main senses that are used to organize thought: Sight (visual), Hearing (auditory) and Feeling (kinesthetic).

What is a Primary Sensory Modality?

Primary Sensory Modality is the dominant sense; the one you use the most to mentally describe situations and even emotions. When you think of a memory, what occurs in your brain? Do you see the situation without sound or feeling? Do you hear sounds and people talking? Do you get a strong emotional feeling or do you feel your body interacting with the environment? Would you generally say you are more aware of sounds, visuals or feelings? Asking such questions can reveal what your Primary Sensory Modality is, or you can use the sensory modality test off of the Tools menu.

What is a Secondary Sensory Modality?

Secondary, or non-dominant, sensory modalities are the two main senses you use other than your primary sense. Chances are, you use these senses quite a bit as well. Everyone has dreams and memories that make use of senses we normally don't use. In many ways, it makes these experiences special and makes them easier to remember. If your primary sense is sight, you probably remember a dream where you ended up with a strong emotion; fear, love, embarrassment. When you remember that dream, you probably feel the emotions all over again. In another dream maybe you heard voices or heard yelling in your ears. That is also engaging a sensory modality which may not be your primary.

Examples Of Sensory Modalities

Cognitive Function	Modalities
Figuring out a math problem	(Visual) You see the numbers in your head. (Auditory) You hear the numbers being spoken. (Kinesthetic) You figure the number out using your hands or writing in the air
Remembering something	(Visual) You see yourself in the memory, third person or first person. (Auditory) You hear the sounds in the memory; people talking, dogs barking, etc. (Kinesthetic) You feel the emotions and tactile objects of the memory. You may remember the temperature that day, or that the wind was blowing.
Feeling an emotion	(Visual) You see the situation as it keeps replaying itself in your mind. (Auditory) You hear words and sounds, harsh or loving. (Kinesthetic) You feel the emotion much like you would feel a bee sting or food poisoning.

Brainwave Overview

Brainwaves

Your brain is made up of billions of brain cells called neurons, which use electricity to communicate with each other. The combination of millions of neurons sending signals at once produces an enormous amount of electrical activity in the brain, which can be detected using sensitive medical equipment (such as an EEG), measuring electricity levels over areas of the scalp.

The culmination of electrical activity of the brain is commonly called a Brain Wave pattern, because of its cyclic, "wave-like" nature. Below is one of the first recordings of brain activity.



With the discovery of brainwaves came the discovery that electrical activity in the brain will change depending on what the person is doing. For instance, the brainwaves of a sleeping person are vastly different than the brainwaves of someone wide awake. Over the years, more sensitive equipment has brought us closer to figuring out exactly what brainwaves represent and with that, what they mean about a person's health and state of mind.

Here is a table showing the known brainwave types and their associated mental states:

Wave	Frequency	Mental State
Beta	12hz - 38hz	Wide awake, alert mental state. This is generally the mental state most people are in during the day and most of their waking lives. Using self-programming techniques at this level is not very effective, since the mind is not receptive. However, stimulating Beta waves directly can have a huge impact on intelligence, attention, mood, emotional stability and more. SMR (sensorimotor rhythm) (12 - 15Hz): Related to body motion as well as the ability to concentrate and fall asleep. Stimulating this can result in relaxed focus and <ul style="list-style-type: none"> • improved attention. Generally a good thing to increase. • Beta 1 (15 - 20 Hz) - Can increase mental abilities, IQ, focus • Beta 2 (20 - 38Hz) - Highly alert, but also anxious
Alpha	8hz - 12hz	Awake but deeply relaxed and not processing any information. The brain almost immediately starts producing lots of Alpha upon eyes closed relaxation. This is the mental state you are in early in the morning or while daydreaming. This state enhances the vividness of visualization techniques, and also makes the mind more receptive to suggestion.
Theta	3hz - 8hz	Light sleep or extreme relaxation. Theta is also known as the hyper-suggestible state, where mental programming using recorded affirmations is most effective. Theta 1 - (3 - 5 Hz) If <i>suppressed</i> , can improve concentration, ability to focus <ul style="list-style-type: none"> • attention • Theta 2 - (5 - 8 Hz) Very relaxed and dreamful sleep, good for mental programming
Delta	0.2hz - 3hz	Deep, dreamless sleep. Delta is the slowest band of brainwaves. When your dominant brainwave is Delta, your body is healing itself. Under most circumstances, you do not dream in this state and are completely unconscious. Entrainment of the brain at this level is difficult. 2 hz and below is technically not fast enough to produce entrainment, in its strictest sense, and would be seen on an EEG as simple cortical evoked potentials. However, it is theorized that Delta has specific effects on the limbic system, the amygdala and hypothalamus in particular, which operate at delta frequencies. The limbic system affects emotions and the control of autonomic functions. Delta frequencies appear to "sooth" these neural structures and can be very effective reducing migraines, fibromyalgia, chronic pain and blood pressure. Although Delta is generally not as good as Alpha or Theta for meditation, people have found success using Delta for this purpose along with relaxation and of course sleep.

The Significance of Brainwaves

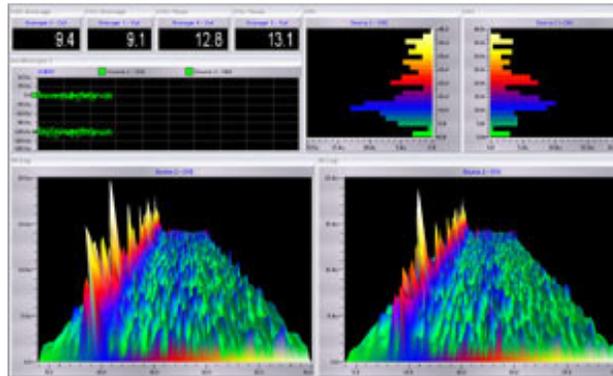
You can tell a lot about a person simply by observing their brainwave patterns. For example, anxious people tend to produce an overabundance of high Beta waves while people with ADD/ADHD tend to produce an overabundance of slower Alpha/Theta brainwaves.

Researchers have found that not only are brainwaves representative of mental state, but they can be stimulated to *change* a person's mental state, and even help treat a variety of mental disorders. Certain Brainwave patterns can be even be used to access exotic or extraordinary experiences such as "lucid dreaming" or ultra-realistic visualization.

Dominant Brainwaves

At any one time, your brain is emitting all or most of the different types of brainwaves. Nevertheless there is usually a dominant frequency, or one that is more powerful and prominent than all the others. In fact, during the 1960's and 70's, the dominant frequency was the only frequency considered to be relevant.

As a result, mental states are typically described in the form of the dominant frequency. So if a session is described as "Alpha" it means that the dominant frequency resulting from that session will be the Alpha brainwave, such as in the figure below.



Non-Dominant Brainwaves

With advances in EEG technology, we can now detect all the brainwave bands at once and analyze them in minute detail. Sometimes it is necessary to focus on non-dominant frequencies in order to accomplish certain goals. With some sessions, the dominant frequency is even completely ignored, because non-dominant frequencies affect many different aspects that people find important. For instance, a higher frequency Alpha wave (while the individual is "in" Beta) is associated with a high IQ. As another example, activity in the high SMR region is associated with movement and control over energy levels. When the Warrior Mind Programmer focuses on these non-dominant frequencies, it is not trying to affect your dominant brainwave, but more to simply increase activity in a certain band, or to increase blood flow throughout the entire brain.

Brainwave Stimulation (Entrainment)

Brainwave Entrainment

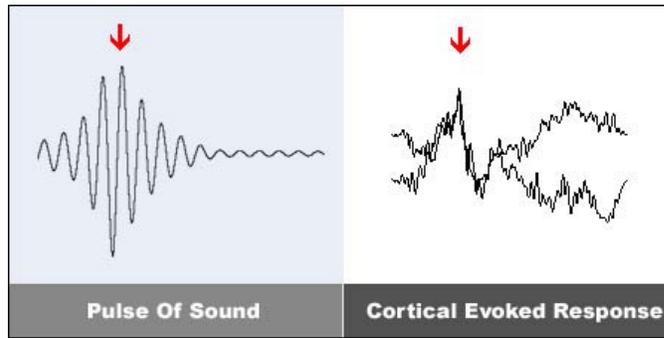
The Warrior Mind Programmer uses sound and light to directly affect the brain through a complex neural process called Brainwave Entrainment.

What is Brainwave Entrainment?

Brainwave Entrainment refers to the brain's electrical response to rhythmic sensory stimulation, such as pulses of sound or light.

When the brain is given a stimulus, through the ears, eyes or other senses, it emits an electrical charge in response, called a cortical evoked response (shown below). These electrical responses travel through the brain to become what you "see and hear".

Scientists measure this activity using sensitive electrodes attached to the scalp.



When the brain is presented with a rhythmic stimulus, such as a drum beat for example, the rhythm is reproduced in the brain in the form of these electrical impulses. If the rhythm becomes fast and consistent enough, it can start to resemble the natural internal rhythms of the brain, called brainwaves. When this happens, the brain responds by synchronizing its own electric cycles to the same rhythm. This is commonly called the Frequency Following Response (or FFR).

FFR can be useful because brainwaves are very much related to mental state. For example, a 4 Hz brainwave is associated with sleep, so a 4 Hz sound pattern would help reproduce the sleep state in your brain. The same concept can be applied to many other mental states, including concentration, creativity and many others.

If you listen closely to most sessions, you will hear small, rapid pulses of sound. These pulses may be harder to detect if you turn off Tones, but Noise and Background Sounds are also embedded within them. As the session progresses, the frequency rate of these pulses is changed slowly, thereby changing your brainwave patterns and guiding your mind to various useful mental states.

Brainwave Entrainment has over 70 years of research behind it.

A Brief History

A Short History of Brainwave Entrainment Research

Brainwave entrainment was first identified in 1934, although its effects had been noted as early as Ptolemy.

Not long after the discovery of the Alpha brainwave by Hans Berger in 1929, researchers found that the strength of the wave could be "driven" beyond its natural frequency using flickering lights. This is called "Photic Driving", which is another word for brainwave entrainment using photic (light) stimulation. In 1942 Dempsey and Morison discovered that repetitive tactile stimulation could also produce entrainment and in 1959, Dr. Chatrian observed auditory entrainment in response to clicks at a frequency of 15 per second.

By the 1960s entrainment started to become a tool rather than a phenomenon of the brain. Anesthesiologist M.S. Sadove, MD, used photic stimulation to reduce the amount of anesthesia

needed for surgery. Bernard Margolis published an article on brainwave entrainment used during dental procedures, noting less anesthesia required, less gagging, less bleeding and a general reduction in anxiety.

In a 1973 issue of Scientific American, Dr. Gerald Oster examined how combining 2 pure tones resulted in a rhythmic beat which he called Binaural and Monaural Beats. In comparing Binaural beats against Monaural beats, Oster noted that Monaural beats were shown to elicit extremely strong cortical responses, which is the electrical activity responsible for entrainment. Oster concluded that while Binaural Beats produced very little neural response (because the depth of a Binaural Beat is only 3db or 1/10 the volume of a whisper), they could be useful in diagnosing certain neurological disorders.

In the 1980's studies continued with Dr. Norman Shealy, Dr. Glen Solomon and others researching entrainment for headache relief, Serotonin and HGH release, as well as general relaxation. Michael Hutchison wrote his landmark book MegaBrain in 1981, outlining the many possible uses of entrainment from meditation to super-learning. In 1980, Tsuyoshi Inouye and associates at the Department of Neuropsychiatry at Osaka University Medical School in Japan found that photic stimulation produced "cerebral synchronization". Dr. Norman Shealy later confirmed the effect, finding that photic stimulation produced synchronization in more than 5,000 patients. In 1984, Dr. Brockopp analyzed audio-visual brain stimulation and in particular hemispheric synchronization during EEG monitoring. He said "By inducing hemispheric coherence the machine can contribute to improved intellectual functioning of the brain."

In 1981, Arturo Manns published a study showing the effectiveness of Isochronic Tones. This was later confirmed by others such as David Siever.

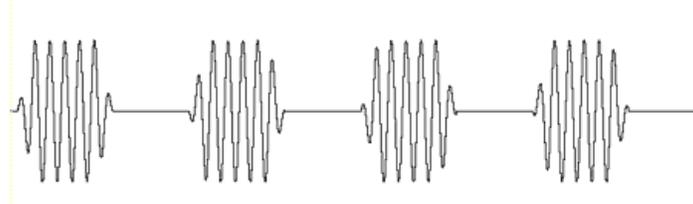
Studies continued into the 90's with researchers such as Dr. Russell, Dr. Carter and others who explored the vast potential of using entrainment with ADD and learning disorders. Research has also been conducted into PMS, Chronic Fatigue, Chronic Pain, Depression, Hypertension and a number of other disorders. Steady research continues today with the work of Dr. Thomas Budzynski, David Siever, psychologist Michael Joyce and many others. The results of entrainment have been so promising that many modern clinical EEG units come with entrainment devices.

There is over 70 years of solid research behind brainwave entrainment. So why hasn't it become more well known? Mainly because our culture is very much dependent on drugs, and, in comparison to the pharmaceutical giants, there is not a lot of money to be made in entrainment: it is inexpensive, easy to use at home and can be a viable solution to a huge variety of problems. Also, the idea that software or an inexpensive piece of hardware is able to directly affect the brain sounds preposterous at first, until you read the research and discover the science behind it. We have found that most people are skeptical until the day they actually use the software. Despite the combination of solid scientific, empirical and a huge amount of anecdotal evidence, the world is still very skeptical of entrainment and brain training. But the word is spreading. Every day more psychologists, mental health clinics, coaches, teachers and professionals are discovering entrainment, and finding it remarkably useful.

Tones, Auditory "Beats"

Isochronic Tones & Tone-Based Pulses

Consistent, rhythmic stimuli entrains and stimulates brainwaves, which is what our products use in order to promote mental states (read the Overview for more information). **Isochronic tones are the most effective** form of rhythmic stimulus. In essence, an Isochronic tone is an evenly spaced tone-based pulse which simply turns on and off at a specified rate per second. Because the tones turn off so quickly, they produce extremely strong responses in the brain, which leads to most effective possible brainwave stimulation.

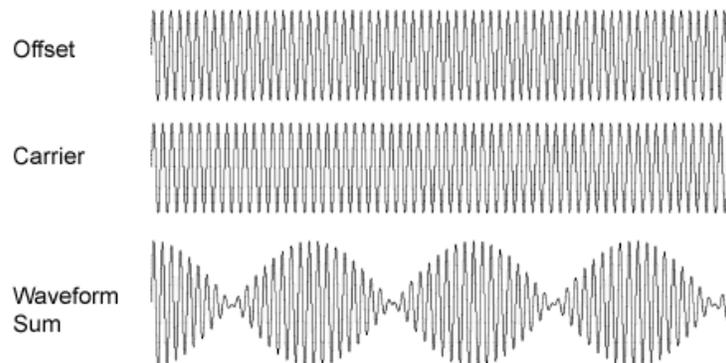


The Warrior Mind Programmer also provides 2 other types of tone-based pulses, using Sine and Triangle waves. Though they may not be as effective, they can be more relaxing in some cases.

Monaural & Binaural Beats

When two or more tones of any frequency are played together the waves add or subtract from each other, forming a single wave. Monaural and Binaural beats occur as a result of the sum of two waveforms which are so close together that they add and subtract enough from each other to be perceived as a pulse, or beat, which can then be used to entrain the brain (rhythmic stimulus). The frequency of the beats is the same as the difference between the pitches of the 2 tones. So for example, if 2 tones, one with a pitch of 200 Hz and the other using 210 Hz, are played at the same time, a pulsating rhythm of 10hz will result, the difference between the two.

Here is a visual example of what happens when 2 slightly different tones are combined. The waveform sum is the resulting monaural or binaural "Beat". The lower of the two tones is called the carrier and the upper is called the offset.



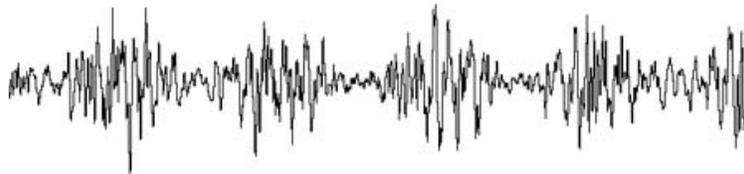
Binaural beats are different from Monaural beats in that they are produced in the brain as opposed to in the ear or otherwise. Binaural beats are the result of 2 slightly different tones being played into each ear, which are then being combined in the brain itself, forming a beat that entrains the brain from the inside out. This technique has some advantages and disadvantages. One advantage is that in order for the brain to create a binaural beat, it must use both hemispheres of the brain (right and left), which can result in what is called "hemispheric synchronization". Binaural beats can also be very hypnotic.

Unfortunately, Binaural Beats suffer from the limitation inherent in the brain's "sound mixing" mechanisms. The volume depth of the resulting "beat" is about 3 decibels, or 1/10th the volume of a whisper, so they don't produce a very strong neural response. Binaurals also require headphones and will be completely ineffective without them. Even surround-sound, stereo speakers will significantly reduce the effect. And since a single binaural beat requires the use of both ears, you cannot target each hemisphere individually, making dissociation and more complex sessions like the Depression Reduction session impossible.

Noise & Sound Modulation

As you read in the topic on Brainwave Stimulation, any pulse of sound can entrain the brain, so it is not limited to just tones. White Noise and even Sound Files can be modulated (or filtered) to provide pulses and other forms of modulation which entrain the brain.

Below is an example of a form of volume modulation (also called amplitude modulation).



Notice that the waveform is not as clean as it was in the section on Tones. Instead of just one tone playing, there are many playing at once. Nevertheless, you can clearly see 5 pulses in the figure, and the brain would respond individually to each of them.

Types Of Modulation

There are many ways to create a repetitive stimulus suitable to produce entrainment:

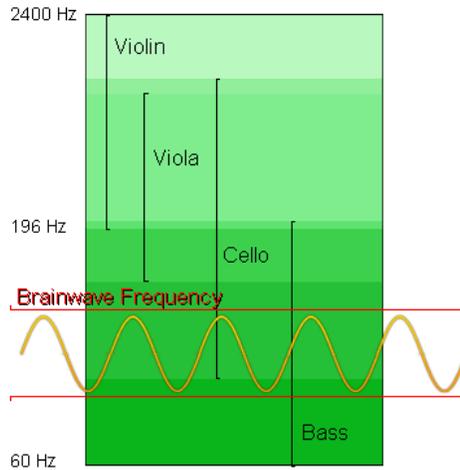
- **Amplitude Modulation**
 - This filter simply increases and decreases the volume of a sound many times a second, in order to produce the repetitive stimulus needed to entrain the brain.
- **AutoPan Modulation**
 - Pans the sound from the left to right speakers (or ears) many times a second. This is similar to amplitude modulation except that the stimulation alternates from ear to ear.

- **Low-Pass Modulation**
 - Normally, a low-pass filter removes high frequencies from a sound file. Low-pass modulation does the same thing, but it modulates the highest frequency that is removed. For example it might start by removing all frequencies past 6khz and then modulate up to 10khz and back down again, many times a second.
- **Crossfeed Modulation**
 - This filter "feeds" the sound from one ear to the other, essentially swapping the left and right stereo sides many times a second. This method can be only effective if the two stereo sides differ significantly.
- **Pitch Modulation**
 - This filter modulates the pitch of the sound file up and down many times a second.
- **Pitch Panning (Spatial Binaural Beats)**
 - Pitch panning is a method used to create binaural beats using a sound file or a single tone as the "carrier". This filter modulates the pitch slightly up and down, and at the same time pans the modulation between stereo sides, such that one side will have a slightly higher pitch while the other side has a pitch that is slightly lower.
 - The result is a kind of spatial positioning that, when listened to through stereo headphones, produces a similar effect to binaural beats. However, unlike binaural beats, you have the option of only using any sound file to produce actual binaural beats.

Frequency Band Selection

Frequency band selection is a patented feature completely unique to Transparent software. The problem with modulation (above) is that it can often distort the audio, particularly when used with music or certain nature sounds like rain. Frequency band selection solves this problem by selectively modulating certain parts of an audio file, instead of the whole of it.

To give you an idea of how this works, below is an outline of the approximate frequency ranges of various instruments. The brainwave entrainment is embedded into a lower frequency range only - affecting parts of the bass and cello, but leaving the viola and violin alone. This illustrates how frequency band selection can be used to affect only one part of a sound file. Multiple frequency bands can also be selected, but for simplicity the below example only uses one.



Frequency band selection is an important advancement, allowing entrainment to be embedded into any sound file with virtually no negative effect on the existing audio. Additionally, the effectiveness of the session is actually increased because it allows for much higher intensity levels.

Photic Stimulation

Photic Stimulation (PS) involves using the eyes to entrain the brain by delivering rhythmic pulses of light at a frequency corresponding to the desired brainwave, usually through flashing screens, strobe lights, or LED eyesets mounted on comfortable glasses. Photic Stimulation can be used on its own or in conjunction with audio-based entrainment, like tone pulses.

People have been using light to affect the brain almost as long as they have been using drums to enter altered states of consciousness. Ptolemy noted that when looking at the sun through the spokes of a spinning wheel, a feeling of euphoria would take over. Shamans would have their subjects walk single-file past a fire, obscuring the light in a rhythmic fashion. In WWII, many people noticed that those who monitored the radar frequently entered altered mental states because of the rhythmic pulses of light coming from the screen.

In fact, strobe lights were first used to alter the minds of the audience. Now they are just a stage effect, but when they first came out they were there for the specific reason of lulling the audience into a certain brain frequency.

Special Attributes of Photic Stimulation

Because the input from light stimulation comes from the eyes, it has many distinct differences from other entrainment methods.

First and foremost, because of the immense size of the primary visual cortex it can affect surrounding brain areas and cause photic induced seizures in those prone to seizures (such as epileptics), particularly when red LEDs are used alone, or when the lights are set too bright. This is one of the reasons it is so important to customize your session to comfortable level. Square wave photic stimulation has also been shown to produce more seizures, probably because of the harmonics it produces (on most sessions, the safer sine wave stimulation is used).

So, if you are prone to seizures you should not use screen flashing or LED eyesets.

Photic stimulation does have some advantages though. It has been shown to vastly increase blood circulation in the brain, even at very low frequency rates. It may also be of special importance in treating headaches, PMS and releasing helpful neurochemicals such as HGH, and it can be particularly effective with brain damage, slow wave disorders and increasing cognitive functioning when using square wave stimulation.

How Do I Use Photic Stimulation?

To use photic stimulation you need to either use screen flashing or LED eyesets. In both cases your eyes must be closed. Yes, you read it correctly: your eyes must be closed.

Light stimulation relies on the thinness of the eyelids which allows light to pass through.

- **Screen Flashing**
 - Screen flashing is built into NP. To get the most out of the pulsing light, use it in a dimly lit room with your eyes closed. In a dimly lit room you should be able to see the light through your eyelids. Otherwise, it will not do much good to use the screen flashing options.
- **LED Light Glasses (eyesets)**
 - If you are serious about using Photic Stimulation, it is highly recommended that you buy an AudioStrobe-compatible mind machine or AudioStrobe decoder, so that you can use LED eyesets with your session. LED lights (such as the lights used inside a computer) are mounted on a comfortable set of glasses. The Neuro-Programmer then "talks" to the mind machine or AudioStrobe decoder, telling it when to flash the LEDs. Since the LEDs are so close to your eyelids, the effect will be tripled as compared to screen flashing.

Color

If you use screen flashing or LED glasses that allows you to customize the color combinations, you will be able to generate some special effects. Below is a list of colors and their associated effects.

Red - Red is good for energy, body building, adrenaline and is also the universal color of sexual attraction. Unfortunately, it is not very relaxing and tends to produce a "fight or flight" response, or heightened anxiety, in beginners. Red should generally not be used alone.

Brown - Brown helps reduce depression, irritability, chronic fatigue and also helps with migraine headaches, the immune system and mood regulation.

Orange - Good for increasing appetite and slow the rate of blood flow.

Yellow - Yellow can be used for creativity and insight, but may not be very relaxing.

Green - A peaceful, soothing color, much like blue. Green has also been known to reduce allergic reaction to foods and MSG.

Blue - A soothing color, great for relaxation. It has also been known to increase metabolism, promote growth and cause the brain to release eleven different neurotransmitters. Pulse rate will slow and breathing will slow. Use blue for stress and anxiety relief, or general relaxation.

Indigo - Good for reducing pain (releasing endorphins).

Violet - The so-called "spiritual" color. Violet tends to bring out the spiritual side of people of all cultures. It has also been reported to help reduce hunger and irritability.

White (or a combination of colors) - Good for visualization, since more (or all) of the color spectrum is represented.

Hemispheric Synchronization

What is Hemispheric Synchronization?

Hemispheric synchronization refers to a state when the brainwave pattern of the left and right brain hemispheres become similar.

There are 2 brain hemispheres, a left and a right, connected via a neural structure called the corpus callosum. The right hemisphere is associated more with emotions and creativity while the left is associated more with logic and speech. Despite popular misconception, most people have plenty of right brain activity, and may even have a lack of activity in the left.

Someone with similar activity in both brain hemispheres is usually healthier, happier, more optimistic, more emotionally stable and less prone to mental disorders. Increased levels of synchronization are found naturally with experienced meditators and people who have found ways of becoming highly content with their lives.

Since the discovery of hemispheric synchronization and its associated effects, it has become a highly sought after effect, even prompting companies to market products based solely on this effect. However, you should keep in mind that while synchronization of the hemispheres and a well balanced brainwave pattern are good, they should not be goals in themselves. Instead, synchronization should happen naturally as you pursue your goals with entrainment and self-programming, because while synchronization is associated with health, it is not a miracle cure and nor is cerebral asymmetry the cause of every mental disorder (as many companies would have you believe). Additionally, the techniques used to fully restore a healthy brainwave pattern in cases of extreme cerebral asymmetry (such as in major depression) are often not as easy as using simple entrainment methods such as binaural beats.

Hemispheric synchronization has also been called hemispheric symmetry, coherence and cerebral synchronization.

What produces Hemispheric Synchronization?

Hemispheric Synchronization is a byproduct of nearly all types of brainwave entrainment.

In 1980, Tsuyoshi Inouye and associates at the Department of Neuropsychiatry at Osaka University Medical School in Japan found that photic stimulation in the alpha range produced hemispheric synchronization. Dr. Norman Shealy later confirmed the effect, finding that photic stimulation produced "cerebral synchronization" in more than 5,000 patients. In 1984, Dr. Brockopp analyzed audio-visual brain stimulation and in particular hemispheric synchronization during EEG monitoring. He said "By inducing hemispheric coherence the machine can contribute to improved intellectual functioning of the brain."

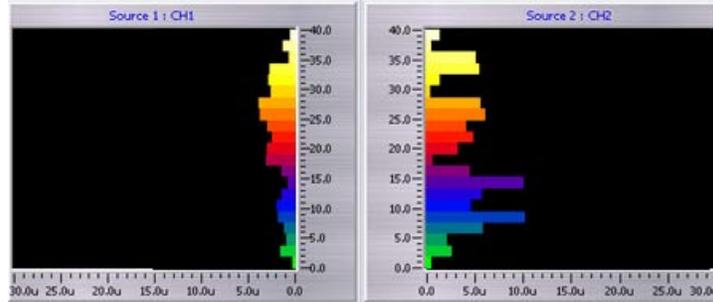
There is similar evidence that CES (electrical stimulation), motion systems, acoustic field generators and even floatation tanks can increase EEG symmetry.

The Warrior Mind Programmer takes hemispheric coherence a step further by delivering different stimulation to each ear in certain sessions in order to correct common hemispheric asymmetries. For example, depressed individuals tend to have an overactive right (emotional) brain hemisphere, so the depression reduction session acts to decrease right brain activity while

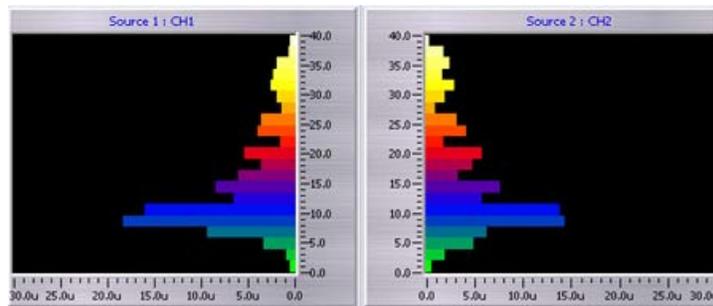
increasing left, the end result being a more coherent, healthy and well balanced brainwave pattern.

The below figures are snapshots of brain activity before and during a typical NP alpha session. Before the session, the brain is incoherent and completely asymmetric, while after the session the brain hemispheres have clearly become more synchronized.

Before a Warrior Mind Programmer session (audio only):



After:



How to Begin Mental Strength Programming?

How do I get started?

Determine the type of mental strength programming to use.

There are 2 basic types of mental strength self-programming:

1) Affirmations and Hypnotic Scripts - The Warrior Mind Programmer plays recorded affirmations or scripts, looped or played during a session while your mind is in its most receptive possible state. Custom and personal affirmations are also available, [contact us](#) for more information.

2) Visualization and Mental Strength Techniques - Visualization is the creative use of imagination for self-improvement. There are a number of very effective visualization "tricks" you can use for self-improvement.

Use one of the Mental Strength Self-Programming sessions

In order to effectively self-program, your mind first needs to be guided to a receptive, relaxed, absorbent state. If this is your first time using brainwave entrainment, you may want to take some time to get used to the Alpha and Theta sessions. Use one of the sessions marked "Alpha" and make sure it is sufficiently pleasant and relaxing.

Your First Attempt at Warrior Mind Programming

For your first time, it might be a good idea to test Mental Programming, in order to build up confidence in it. Choose something about yourself that you have never been able to overcome or get past.

Choose something that you have never been able to surmount, but not something that is too hard for your first attempt. Quitting smoking can be an extensive self-programming process. Changing your eating habits can also be very hard to break. For your first attempt you should not choose to re-program a habit. You should instead re-program an imperfection; something you have possessed for a long time and have learned to live with, despite your dislike of it. Reprogramming an imperfection is a great experience and builds confidence in this technology. After confidence has been built, more challenging re-programming tasks can be completed successfully.

Keep At It!

Never give up on Mental Strength Programming. Mental Strength Programming is a process. It can happen all in one session or it can take weeks to fully re-program your mind, depending on environmental factors, as well as the depth of any unwanted mental barriers blocking your way. Don't give up. After some practice and a few successes, reprogramming the mind completely may only take one session. You need to build confidence in the technology and confidence in your ability to change.

Where/When?

Where / When to use mental strength programming

As you may know by now, Mental Strength Programming is best used with the Alpha sessions. These sessions will relax you, bringing your mind to its most receptive possible state, where mental strength programming will be most effective.

Note that the below recommendations may not apply to all sessions. You should carefully read the instructions of any session you choose to use. The instructions should give you an idea of when the session should be used, and any other special requirements. For example, the Sleep Induction sessions should obviously be used before bed, while the Stress Relief session may better serve as a welcome break right after work, or while on break.

For Mental Strength Self-Programming Sessions:

- Choose a relaxed, uninhibited environment
 - For Mental Strength Programming to be effective, you must be in a relaxed and comfortable environment. Any distraction or stress will serve only to bring you out of the desired brainwave state. If you are not able to completely relax in your environment, Mental Programming will not work.
- Be habitual. Choose the same place and time every day
 - Your mind is a creature of habit. The more you program, the better it gets at relaxing and opening itself to what you give it. Similarly, if you program at the same time and place every day, your mind will pick up on this pattern and make you more relaxed and open at that time and place.
- Choose the least stressful time of day
 - For a busy, stress-filled lifestyle, the best time to program is as soon as you have time to relax, and as soon as you are in a place that is free of distraction.

Busy lifestyle aside, the best times to program the mind are as follows:

1. *Just before bed*
 - a. The absolute best time to program your mind is before bed. This allows your mind to process the information you give it while sleeping, completely free of distraction. You will wake up refreshed and with a new mental strength program fully installed. However, you should be aware that doing Mental Strength Programming before bed can cause insomnia, especially when you use the Theta sessions. This is not because it keeps you from sleeping; it is simply because Theta is sleeping. A half-hour Theta session can replace up to 4 hours of sleep. If you have difficulties falling asleep, try using the sessions for insomnia or sleep induction.
 - b. A Theta session just before bed can also alter your dreams and make them weirder, more vivid and completely random.
 - c. It is therefore recommended to only use Alpha sessions just before bed. This will lessen the likelihood of insomnia and probably not affect your dreams

2. *In the morning, just after waking up*
 - a. In the morning, your brainwaves are already at a very low point, dominated by Alpha waves, making relaxation during the session that much easier. Note that, you may not want to use Theta sessions because it could cause you fall back asleep.
3. *After lunch or dinner*
 - a. A full stomach is very relaxing. In fact, all your body wants you to do is relax after eating. So, if you have some time, start to program your mind within a half hour after eating. Most people find they can go deeper, faster.
4. *After exercising*
 - a. The body is often much easier to relax after a strenuous activity such as Yoga or a cardiovascular workout.

Post-Programming Environment

Post-programming environment can be very influential on the success of mental strength self-programming. Suppose you are trying to quit smoking using this technology. You program your mind every day for a week. But every day you see other people smoking, you see your friends smoking and you are constantly thinking about smoking. This reinforces the idea that you like smoking, because cigarettes are constantly on your mind. Your subconscious mind responds to those constant thoughts by doing everything in its power to fulfill them.

It is easy to see how an environment can quickly override any positive Mental Strength Programming you have done. Nevertheless, if you keep at it, keep practicing, your Mental Strength Programming will be more and more powerful. In the case of the smoking example, you would probably think of smoking less and less until you realize one day that you haven't thought of it in a week and didn't even realize that you had no desire to smoke!

Remember that desire for something usually comes from thinking about it. You can easily make yourself physically hungry by thinking about food or smelling food that you enjoy eating.

Relaxation Guide

This guide is here to help you use the Neuro-Programmer technology to its fullest advantage.

Use the below techniques while in a session. If during a session you begin to tense up, use any (or all) of the below techniques to relax again. You can also use many of these techniques during the day, if you have problems with stress, road rage, anxiety, etc.

Scan Your Body For Tension

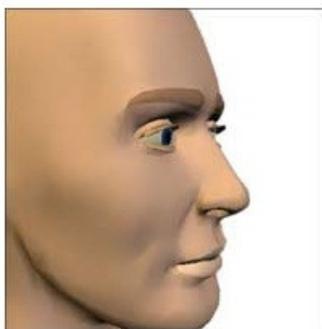
Tension is your worst enemy. No technology can alter your brainwaves while you are tense. You must relax your body completely so your mind is free to wander where it likes. To do this, turn your attention to different parts of your body in a "scanning" fashion, such as from your head to your toes. Focus on each part for 5 - 15 seconds, making sure it is completely relaxed before moving on to the next part. For instance you could start by relaxing the scalp, then the forehead, then the eyes, cheeks, mouth, jaw, neck and so on.

Eyes Closed

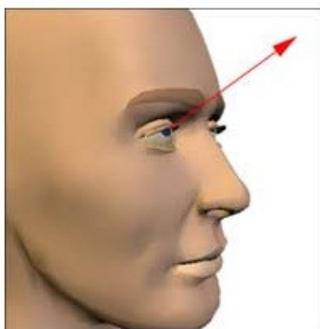
For almost all sessions your eyes should be closed during the entire session. Closing the eyes eliminates about 80% of the external input an average brain receives.

Eye Position

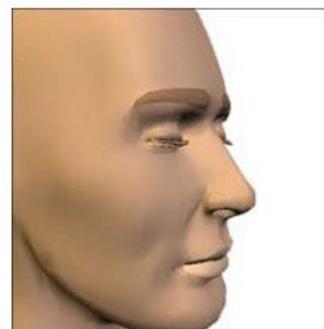
Eye position is a great way to help bring your mind down to a receptive mental state. When you look up, the visual part of your brain is stimulated. That is why many people look up when they are trying to solve a math problem, or trying to remember something visual. So, when you close your eyes move them slightly upwards. This triggers your brain to start producing massive amounts of Alpha brainwaves. For many people, the natural position of the eye (upon closing) is slightly upwards. Push your eyes up even more, but not so such that it is uncomfortable. It may take a second to get used to, but if your eyes feel uncomfortable after a period of time, just let them rest at a level you are used to.



Normal eye position



Eyes turned slightly upward



Eyes closed with eyes turned slightly upwards. Brain is producing more ALPHA.

Focus on the Beats

All sessions produce "beats," or what sounds like short, rapid pulses. Your brain's electrical response to each individual beat is what causes the shifts in brainwave pattern. Focusing your

mind on the beats will cause more of your brain to process the signals, resulting in stronger entrainment.

Count Down

Counting down (in your head) from 10, 20, 50 or 100 is a great way to relax your body and help your mind focus. It is recommended to count down in this fashion:

"Ten.. I am relaxing more and more with every number I count. Nine... I am continuing to relax with every number I count. Eight... at the count of zero I am completely relaxed. Seven... my mind and body are completely relaxed at the count of 0....." and so on.

Also, visualizing the numbers is very helpful. As you think each number, visualize it floating in 3d space, spinning, glowing or reflecting light.

Visualize

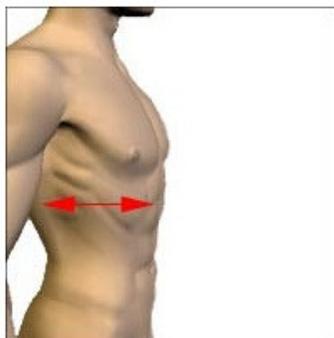
Visualizing is a great way to take your mind down to where it needs to be. Visualize simple objects, like tacks. Add color to them, make them spin in 3d. Make them glow and reflect the world around them.

Think of a place where you are most relaxed (like bed)

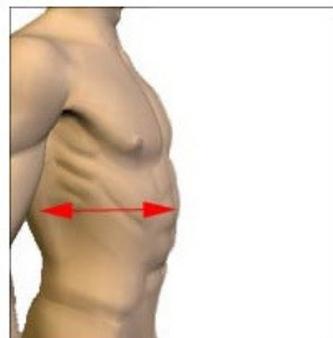
Thinking of a place where you normally relax is a great way to fool your body (and mind) into relaxing by itself. Your bed is the most obvious choice, but maybe the couch or on a beach would suit you better.

Breath Through Your Abdomen

Breathing is directly linked to brainwaves. Breathing deeply will cause you to rapidly relax. However, there is a catch. Breathing through your chest is associated with the Fight Or Flight response, which occurs during stressful (or awkward) situations. Eliciting this response will keep you from being relaxed. Breathing from your abdomen, on the other hand, feels great and is incredibly relaxing. To know if you are breathing correctly, put one hand on your chest and the other on your belly. When you breath in, the hand on your belly should rise while the hand on your chest should stay pretty much where it is.



Breath out



Breathing in

Breathe Evenly

Try to keep your breathing at a steady rate. Also, inhale at the same rate as you exhale. People have a tendency to take a long time inhaling and then exhaling really fast, or visa versa. Creating a balance between the two will help you relax and also increases the effectiveness of your Mental Programming.

Relax With Your Breaths

Take deep breaths, through your abdomen, and on each exhale relax a bit more. Relaxing on exhale is much easier if the exhale is slow and long. Relax a small amount on every exhale until the relaxation builds up and you are soon fully sedated.

Relax Eyelids

Relax your eyelids. Your body can tell when you are faking relaxation by the tension in your eyelids. Relax your eyelids and your mind is fooled into relaxing.

Let Your Jaw Drop

Go ahead and let your jaw drop a little till it is relaxed. The jaw is a great place for your body to hide tension. Don't worry, nobody is looking, so just let it drop a little.

Relax your body as you feel it tense up

At times you may feel that certain parts of your body are tense. This is your body telling you that in order to go deeper, you must relax that part of your body. If you feel your legs, arms or any other part of your body is tense, relax it slowly and let it go.

[Odd] Side effects of relaxation

When you begin using this technology, you may find some side effects. They are completely normal and will eventually go away.

- 1) *Saliva* - when the body relaxes, it usually increases its saliva production. Don't worry about it, its normal. If you swallow more than normal, that is fine. Just try to relax and think of something else.
- 2) *Twitching* - when your body relaxes in an unfamiliar place (like the computer chair), it will put up some resistance in areas that you hold very tense during the day. These areas will "twitch" as you relax them. Don't worry about these twitches, they are normal and will eventually go away, especially if you learn to relax more during the day, which is a very healthy thing to do.
- 3) *Bringing up buried memories* - Remembering things you haven't thought of for decades is perfectly normal. Sometimes you might think of something you find undesirable and may have to restart the session. Look at it as a way to know what your subconscious needs help with. Use it as a guide to help you re-program your mind.
- 4) *Itching* - most people experience random itches the first couple times they use the Warrior Mind Programmer. This is completely normal. Try to ignore them. Giving in and scratching

them will only cause more to surface. Take a deep breath (through your abdomen) and just ignore the itches. After the first couple times they will go away.

[Good] Side effects of relaxation

Daily relaxation is possibly one of the most rewarding activities that you can do for your body. Sometimes even more rewarding than exercise.

- 1) Increased helpful neurochemistry such as Serotonin, which helps regulate moods (such as happiness).
- 2) Increased circulation and body heat. You will probably feel very warm after relaxing. This is because of increased circulation that is allowed by the lack of tension in the muscles. You may even feel heat in extremities that would be normally cold, such as your hands or feet.
- 3) Improvement in emotional stability
- 4) Increased energy
- 5) Improvement in memory and organized thoughts
- 6) Improvement in receptivity to psychological techniques such as hypnosis

Further Reading

- *Develop the Mental Strength of a Warrior, Gregg Swanson, NLP, CPC*
- *The Relaxation Response, Herbert Benson, M.D.*
- *The Relaxed Body, Daniel Goleman*
- *Meditations from the Tantras, Swami Satyananda Saraswati*
- *Awakening The Mind, Anna Wise*
- *Book Of Floating, Michael Hutchison*

Mental Strength Self-Programming Guide

This guide provides general guidelines you should follow when programming your mind. In fact, these guidelines are essential and you should review them carefully before proceeding. These apply to all forms of Mental Strength Self-Programming.

Program for incremental goals

In order for programming to work, you have to program something that is physically possible. If you are trying to lose weight, programming for a loss of 200 pounds in a week is physically impossible, and will be doomed to failure. Instead, program for an incremental weight loss of 20 or so pounds, and make the goal a month or more. Use your best judgment when it comes to realistic programming goals. However, keep in mind that sometimes the best emotional change comes very quickly, so if you feel yourself making rapid progress in any area, don't hold back, let it develop as fast as it feels comfortable.

Program as if it has already happened

When programming, do not program for it to happen any time in the future. Even if you are Event Programming, program it as if you are remembering the event in the past, as if it had already happened. This may seem backwards, as if you are lying to yourself, but your subconscious mind can't tell the difference. The subconscious mind's primary mission is to confirm what you already know to be true.

For example, if you want to program yourself to eat healthy. Using Visualization and Affirmations, you could visualize yourself, in 3rd person, eating greens and loving it; smiling the entire time, and feeling completely full afterwards. While doing this, you could suggest to yourself "I eat healthy food."

Program in 3rd person

When visualizing, it is vital that you visualize yourself as if you were in a movie. Do not see yourself from your mind's eye; that just engages your memory, not your imagination. Imagination is the key to programming. Unless you are using visualization for athletics and sports, then 1st person is recommend for the specific skill and performance.

For affirmations, it is usually recommended that you use "You" instead of "I". So when making a affirmation you would say: "You are happy!" to yourself. Hypnotherapists advise that people do this because it plays into the social aspects of Mind Programming. If you say "I am happy" to yourself, you might consciously (or subconsciously) reject it, but if you say "YOU are happy" your mind takes the information as if it was coming from an outside source, an observation from another person, and it lets down all of its guards.

However, sometimes phrasing affirmations in the form of "You" vs "I" can be awkward. We suggest trying "You" first and then trying "I" to see if it makes any difference for you.

Program using more than one sensory modality

When visualizing or playing out events in your head, use different senses. Most people in the U.S. use primarily visual cues to work out an event in their minds. Programming is much stronger if you use all sensory modalities.

Feel the situation, hear everything going on around you, and imagine it as you want it to happen.

Ignore the problem, focus on the solution

This is by far the most significant part of Warrior Mind Programming, and the part many people find the hardest to put into practice. In essence, your mind is unable to process negatives at a subconscious level. By its very nature, a negative is processed at the conscious, not subconscious, level.

First, let us explain what a negative is. A negative is where you present an idea and then appends the sentence to imply the opposite of the idea. So for instance saying "I do not like smoking" is a negative. While you read it correctly, your subconscious mind will process that information as "I -- like smoking".

The reason for this has to do with how your mind processes information. The subconscious mind processes ideas and returns images and meaning to the conscious mind. So when you say "I do not like smoking", your mind first has to figure out what "I" and "smoking" means, it doesn't care about the "not" part. The negation is processed at higher cognitive levels.

Your subconscious mind is like a child. Try telling a child about a cookie jar and then telling the child not to take a cookie from it. You shouldn't have presented the idea in the first place! That's the way the mind works.

So, in the case of smoking, the best solution would have been to tell yourself, "I like healthy lungs".

Repetition

Repetition is very important in Mental Strength Programming. Your mind is used to repetition and reinforcement. Repeating the programming process as often as possible is very important. Even after succeeding in programming, occasionally reinforcing that program will be very helpful to its long-term success.

Keep It Simple

Do not to program too much at once. One programming session should focus on one program, two at the most. And while you want to be as specific possible, do not overdo it. For instance, say "I enjoy eating healthy food, like salad and fruit" instead of "I eat greens and grains, only until I am moderately full, and occasionally reward myself with dessert".

Also, try not to use big words. Your subconscious mind might understand them, but it will take more processing power to do so, which means a slower programming process. Using smaller, simple, concise words when possible is always best. Smaller words will also allow you to fit more repetitions into a single session.

Belief and Confidence

Belief and confidence play a huge role in how your mind processes information. Have you ever tried to open a door you thought was locked? It probably seemed very locked to you when you tried, but upon someone else opening it you realized that it was your belief that caused the door to be locked to you.

When you program your mind, cause yourself to believe that what you are programming is true. Make yourself believe. If you cannot believe, imagine it as vividly as you can, because imagination and belief both stimulate the same neural mechanism (the Limbic system, etc).

Confidence will increase naturally as you have success with this amazing technology. The more success you have, the easier programming will be. Soon you will be able to completely control your brain and everything your brain controls.

Don't Question It, Just Let It Happen

The last thing you want to do after programming is continually ask yourself whether or not it worked. The best programming experiences happen after you have forgotten about programming them in the first place and then suddenly realize "wow, it worked!" If you are waiting for a mental program to kick in, relax, give it a minute and act as if it will start working soon.

Further Reading

- *Develop the Mental Strength of a Warrior, Gregg Swanson, NLP, CPC*
- *Software For The Mind, Emmett E. Miller, M.D.*
- *The Power of Your Subconscious Mind, Dr. Joseph Murphy, Ph.D.*
- *What To Say When You Talk To Yourself, Shad Helmstetter, Ph.D.*
- *Mega Brain Power, Michael Hutchison*
- *Brain Lateralization and Rescripting, Thomas Budzynski, Ph.D*

Affirmations / Scripts Guide

“The key to successful affirmations and auto-suggestions is to say, or hear, them with belief, conviction and expectation. Listening to or repeating affirmations is much more effective if you put meaning into each word.”

What is an affirmation?

An affirmation is a statement, or set of statements, that explains what you want in language that the subconscious mind can understand. Affirmations usually come from an outside source, whether it is a hypnotherapist, a psychologist, a friend or a recording.

Since affirmations come from an outside source, they require very little mental energy to process, so you can use them while in a Theta state. Theta is also called the "hyper-suggestibility" state. This is where your mind accepts anything you give it, completely bypassing any mental filters that we use to accept or reject ideas. In a hyper-suggestible state, you can effectively reprogram your mind by playing pre-recorded tracks filled with specially worded affirmations.

What is an Auto-Suggestion?

Auto-Suggestion is the same as a regular affirmation except that it is a statement that you give yourself, in your own head, without the use of a recording device. **Auto-Suggestions are typically used while in the Alpha state**, because in Alpha you can organize your thoughts without affecting your brainwaves and level of relaxation.

Note that Auto-Suggestion in Alpha should be thought-only. **Do not use your voice during any session.** Expressing ideas in actual words is a function of the Beta brainwaves and will quickly take your mind out of the open state that the Warrior Mind Programmer produces.

What is an Script?

A script is a longer set of affirmations or verbal guidance arranged. Affirmations are usually short, while a script can be quite involved. Some scripts use elaborate verbal guidance to either relax the user or further the goal of the script.

Advantages / Disadvantages

Affirmations can be especially potent for emotional problems, since visualizing specific emotional solutions can be difficult.

They do have their disadvantages, however. For instance, when trying to program out bad habits, such as smoking, affirmations might not be the best solution. As you will understand after reading this guide, you shouldn't suggest "I will not smoke" because smoking is the problem, not the solution.

For bad habits and other re-programming situations, Mental Strength Techniques could be your best option.

Proper Use / Effectiveness

For Mental Strength Programming to be effective, the recordings should always be plainly audible. With Theta sessions, the goal is to drill the affirmations into your brain; to make it so repetitive that you end up getting used to the affirmations and they become a hum in the background, flowing directly into your subconscious as you fall to the brink of sleep. The volume level shouldn't startle you out of the target brainwave, but you should definitely be able to clearly hear and easily understand the affirmations.

In order for affirmations to be effective you have to be:

1. At least partially conscious
2. In a suggestible, receptive mental state and
3. Able to hear and comprehend the affirmations before learning (through repetitiveness) to ignore them and let them fade into the background, where they can directly affect the subconscious.

Being completely awake and listening to affirmations will do little, but being deeply asleep or using "subliminals" to do all the work for you will also do little (in fact, probably less than if you were listening to them while wide awake). The best possible programming scenario would be in a very drowsy state, on the brink of sleep, but still conscious enough to hear and comprehend the recordings.

Examples Of Affirmations/Auto-Suggestions

Note: These examples do not use any of the techniques in the Mental Strength Techniques section, many of which would be very appropriate. These are just examples of affirmations.

Also, "You" and "I" can be used interchangeably. You need to figure out for yourself which one works better for you.

Problem	Affirmation(s)
Fear	I AM bold and daring. I AM confident.
Misdirected Love	I feel ONLY friendship towards [insert name of person].
Smoking	You enjoy feeling healthy and having healthy lungs.
Feeling Stupid	I AM intelligent. I am smart and everyone around me notices my intelligence.
Always Late	You are early for appointments. You are known for being on time.
Bad Posture	I have good posture. My back is straight. I enjoy looking proud and keeping my back straight.
Feeling Ugly	You love the way you look. You are attractive. People around you notice your confidence and find you attractive as well.
Injury / Wound	I AM healing. My body is rapidly healing itself.
Shy / Not Confident	I AM confident and assertive. I am forward. I approach every situation with a winning attitude.
Low Self-Esteem	You love yourself. You realize that you are like everyone else. The admiration you have for others is now also directed at yourself.
Low Sex Drive	You are motivated to have sex. You enjoy and crave sex.
Low Energy	You are energetic and motivated.

Affirmation / Script Guidelines / Special Wording Guidelines

The key to successful affirmations and auto-suggestions is to say, or hear, them with belief, conviction and expectation. Listening to or repeating affirmations is much less effective if you don't put meaning into each word.

- **Use Positives**
 - Your affirmations should describe what you want rather than what you don't want. Use "I am confident and assertive" instead of "I am not shy."
 - Your mind cannot process negatives. This is because in order for your mind to process a negative it must first look at the meaning of the sentence. When you say "I am not shy", your subconscious processes only the words that have meaning, which in this sentence is "I" and "Shy". So the affirmation your subconscious is getting is "I -- Shy" which could have the opposite effect!
 - This also applies to words that mean negatives. Don't say "I am fearless" when you could say "I am bold."

- **Believe in what you say or hear**
 - There is a lot of evidence that affirmations that one believes to be true have a much higher success rate than affirmations that one does not believe in. You can fake belief, however. Try your best to cause your mind to believe what you are saying or hearing. Repeat it and keep repeating until it makes sense, until you yourself believe it.
 - Even if you are lying to yourself, such as saying "I AM healthy" when you are clearly not, you should try to believe it. If you can't believe that, then you can probably believe that what you are doing is helping you reach your goal. Transfer that belief directly to your affirmation. You ARE healthy.

- **Keep it simple**
 - No big words. Affirmations are much more powerful if they are short and easy to say. If they are easy to say they are probably easier for your mind to process. Do not make affirmations that are long and wordy.
 - Keep it short. Since you should only be programming one thing at a time, your affirmations should not be more than 2 or 3 sentences. This also means you can fit more into a single programming session, increasing the repetition and thus increasing the effectiveness.
 - Also, it might be a good idea to use very simple sentences with few embellishments. To the subconscious, there is no difference between "I really like pie" and "I like pie." It probably won't hurt to use embellishments, and it might even work a bit better for YOU. However, if you leave them out you can fit more repetitions into a programming session.

- **Use Present Tense**
 - Affirmations that you have phrased in the future will always stay in the future. The mind cannot act on future affirmations, because it simply believes that it doesn't have to. You have just told it that it is going to happen, so why should your mind care?
 - Do not use the word "will". Suggest "I AM energetic" instead of "I will be energetic".

- You can use "ing". Suggest "I AM healing" instead of "I AM healed." if you are not comfortable lying to yourself. Both will be effective, however.
- **Repetition**
 - Repeat your affirmations as many times as you can during a programming session. Repetition is something your mind is accustomed to and it will expect it in order to allow you reprogramming to take place.
 - Be careful, however, not to miss the meaning of the affirmation in order to simply repeat it. Every repetition should be given meaning. Make sure you are passionate about your affirmations and evoke that passion every time you repeat them.
- **Rhythm**
 - Research has proven that the effectiveness of affirmations are greatly enhanced when you link them to a rhythm of some kind. If you are using a recording you can simply state your affirmations to an invisible beat. If you are using Auto-Suggestion you can link your affirmations to your own breathing or to the sound of your voice, like a song (even though you are repeating these auto-suggestions in your mind).
- **Be Passionate**
 - Be passionate about your affirmations. Emphasize words that seem authoritative such as "AM" or "ARE".
 - Get involved. Feel the emotions associated with every affirmation. Make sure that every time you hear or make an affirmation you realize the full meaning of the affirmation and feel all the associated emotions.
- **Be Personal**
 - The affirmations you use must feel right for you. Use words that have special meaning to you, as long as they are not too complex for your sub-conscious to understand.
- **Imagine affirmations coming from a person of authority**
 - Research has shown that imagined affirmations coming from a man wearing a white coat (and understanding that man to be a doctor or psychotherapist) are far more effective than affirmations without.
 - It does not really have to be a man in a white coat, however. It could be anyone who looks authoritative; who looks like they know what they are talking about, or something appears to hold more power than you. The mind responds to authority. Humans are genetically predisposed to either lead or be lead, so creating an authority figure for yourself plays into this.
 - When making affirmations to yourself you could try using Visualization to imagine a man in a white coat, taller than you, looking authoritative and giving you the affirmations you desire.
 - Some things to note:
 - Make sure the man is amiable. There is no sense building up a fear of men in white coats.
 - Do not use this technique if you have an irrational fear of hospitals or of authority figures in general.

- **Keep it consistent even after programming**
 - Your subconscious is constantly monitoring what you say, even when you are in a normal mental state. It has no sense of humor or ironic distance, so it takes everything you say at face value.
 - Suppose you program your mind with the affirmation "I AM well and healthy. I AM healing." Then after the session you tell everyone how sick you are. That is a contradiction and your mind will not appreciate it. Keep it consistent, even if you are just joking around.

Further Reading

- *Develop the Mental Strength of a Warrior, Gregg Swanson, NLP, CPC*
- *What To Say When You Talk To Your Self, Shad Helmstetter, Ph.D.*
- *The Power of Your Subconscious Mind, Dr. Joseph Murphy, Ph.D.*
- *Mega Brain Power, Michael Hutchison*
- *Book Of Floating, Michael Hutchison*
- *Suggestology and Outlines of Suggestopedya, Georgi Lazonov*

Visualization Guide

What is visualization?

Visualization is the act of imagining something happening or imagining something as you want it to be. When you use the Warrior Mind Programmer to take your mind to a very open state, visualization causes your subconscious mind to use its faculties to make your visualization come true. It can also be used to desensitize you to harmful or disturbing memories.

For the purposes of this document, visualization isn't always just visual, despite its name. In fact, using most or all of your senses increases the overall effectiveness of all Mental Strength Programming.

Visualization is the most potent way to program your mind and it is incorporated into most of the techniques discussed in the Mental Strength Techniques section.

Examples Of Visualization

Note: These examples do not use any of the techniques in the Mental Strength Techniques section, many of which would be very appropriate. These are just examples of simple visualization.

Problem	Visualization
Overweight	Picture yourself 10 - 20 pounds lighter, looking and feeling great. See yourself eating greens instead of sugars. Picture yourself getting up in the morning and looking at the scale, imagine it reading 10 - 20 pounds lighter than you are now. Cause yourself to feel lighter, like a feather; as if a 20 pound weight had suddenly been lifted.
Social Anxiety / Shyness	See yourself walking around in a crowd of people, supremely confident and assertive. Picture yourself as taller than everyone else. See and hear yourself talking to people with great confidence and see them respond positively to what you are saying.
Smoking	Set the goal at slowly reducing the number of cigarettes. So see your pack with only a few missing cigarettes at the end of the day instead of more. See yourself going about your day without a cigarette. Picture the cigarettes by themselves and make them morph into a set of black lungs.
Road rage	See yourself on the road, smiling as other drivers pass you. See the rear-view mirror as grayed out, you can only see what you want to see. If you feel adventurous, you can picture a scene that will make you angry, such as a tailgater, and try to see the scene from the view of another driver. Another driver wouldn't care that YOU are being tailgated, and neither should you.
Genetic Problem	Say you have a skin disorder. Picture your skin as healthy as normal. Feel the satisfaction of knowing that your skin is healing itself. Picture other people mentioning how good your skin looks now.
Issue with a person or	Picture walking by the person(s) without noticing them; they are completely invisible. Feel your confidence and relaxation as you pass by or when you are in the presence of these people.

clique	
Performance / Nervousness	Say you have a test in the morning. Picture yourself taking the test quickly and with great focus. Feel yourself as confident and secure in your good grade. See the grade on the paper as A++ or 90-something.
Injury / Wound	See your injury as completely healed with no scar tissue remaining. If it is an internal injury, picture a white light or other healing energy flowing around the general area. Picture yourself drinking a potion that will accelerate your healing by 10 times. Feel the relief that such a potion would bring.
Bad Memories	Sift through each memory individually. Do 2 things to each scene. 1) See the scene from a different perspective (like a fly on the wall), make the colors of the scene black and white. If you remember the memory a certain way (visually, auditory or through feeling), use a different sense to remember the scene. 2) Re-write the memory the way it should have happened. Make sure that this time everything happens as it should have happened for you to benefit the most.
Depression	See yourself as happy and smiling, with good posture. Picture yourself smiling in front of a clock that is rapidly spinning through the hours of a day, indicating that you are happy throughout the entire day. Picture your brain releasing "happy chemicals". See the chemicals hit your bloodstream (visualize it) and feel the sensations of suddenly being happy for no reason.
Public Speaking	See yourself on stage, relaxed, talking confidently, with hand gestures and tonal inflections. See the reaction of the audience as positive, even in awe of your public speaking ability. Feel confidence and relaxation.

Why does it work?

Because visualization and belief are directly linked, and the subconscious mind cannot tell the difference between imagination and reality.

The downside to visualization, the self-fulfilling prophecy - *"Whatever you do, don't look down!"*

Visualization is great once you learn the power it has, but it can be the worst enemy of people who do not realize its power. Most people have experienced a moment when what they thought was going to happen actually did. Usually, when you think of something that could happen it is something you are trying to avoid. Think of the first time you rode a bike. All you could think about was "am I going to fall" or "when I lose my balance it is going to hurt." Upon thinking that, you would probably fall, as you imagined you might. This is why people will always yell "Whatever you do, don't look down!" when you're high above the ground. Doing so would remind you of falling, and thus make you more likely to fall.

Visualization Guidelines

1) Practice

The more real your visualization is, the more effective it will be. If you don't feel confident about your visualization abilities, try practicing. Start out with a tree or something even simpler, like a toy truck. See the object. Rotate it in 3d. Add color, add reflections.

2) What if I can't visualize?

Some people believe they can't visualize, or that they have no mental imagery. That is impossible. Whether you know it or not, your brain must think in images, at least some of the time. What does a blue sheep look like? Unless you are completely confused by what a blue sheep would look like, you just visualized it. Keep practicing and you will be able to make that mental image even stronger. Practice is vital to effective visualization.

If you still believe you can't visualize images, you are probably of an Auditory or Kinesthetic Sensory Modality, which means audio or feeling could be more effective for you, at least at first. Remember that in the context of this application, visualization means using all three major senses, not just sight.

Take the Sensory Modality test and use that information in your programming. If you are Auditory, you could try increasing or decreasing the volume of imagined sounds, as opposed to altering the size of a picture. If you are kinesthetic try focusing on imagined emotions or the feeling of things such as wind or the carpet beneath your feet.

3) See yourself in 3rd person.

When you visualize, it is very important to view yourself as if you are watching a movie; view yourself in 3rd person. The reason for this is because of the way the mind processes information coming from behind the eyes. If you visualize behind your own eyes, your mind will treat it as a memory. For reasons not well explored by science, if you visualize yourself from another person's viewpoint, the power of the visualization multiplies.

4) You don't have to be in the picture

You don't have to be in the visualization if there is nothing you are supposed to be doing. For instance, say you want to quit smoking. You could picture your favorite cigarettes on a table and cause them to morph into a set of black, very unhealthy looking lungs. If you visualize this vividly, it will disgust you and your subconscious enough to not crave the cigarettes near as much, if at all. This kind of visualization is used often in the Mental Strength Techniques section.

5) Use objects

You can use real or completely made up objects to impress a point onto your subconscious. For instance, if you wanted to accelerate your healing, you could put a mental bandage on the wound, while repeating to yourself that the bandage accelerates healing time by 10 times. As another example, say you wanted to not be bothered by your arrogant boss, you could put a

mental shield around yourself or use a mental syringe to inject yourself with an "immunity" to your boss' arrogance.

6) Feel everything associated with a scene

There is usually much more to a scene than visuals. Every scene evokes emotion, even if you are not in the scene. If you are visualizing yourself winning a competition, make yourself feel the overwhelming joy and relief that comes with it. If you are visualizing yourself confidently speaking up to your boss and demanding a raise, feel the confidence and the energy rush.

7) Increase the color and brightness of a scene

When you find a piece of mental imagery that you particularly like, one that makes you feel the exact way you desire to feel, increase its color and the intensity of its lighting. This is a good way to impress the visualization in your mind and make sure it sinks in.

8) Ignore everything you don't want

Visualize (and feel) only those things that you wish to happen. For instance, suppose you have two problems. One is that you are overweight and the other is that you have social anxiety issues. You decide to work on the social issues first. When you visualize yourself in a social situation, picture yourself how you want to look. Picture yourself confident AND thinner. But do not assume that by doing this you will be programming two objectives at the same time. The focus of a programming session will be the same; the point is that this programming session will not contradict with any future sessions.

9) Desensitize

If a bad or disturbing memory pops up, change the image to black and white, decrease the volume and the feelings of the scene. Try to use non-dominant senses to view the scene (if you are Visual, you could use more of your ears). Also, approach the scene from a different angle, such as from a camera angle in the corner of the room. This will desensitize you to the situation and take the bite out of the memory.

You can also re-write the memory completely. What makes your history? Your history is what you remember. Change what you remember, and you are effectively changing your history. Who cares if it really happened or not. Fake it, for your own sake. Re-write your own memory the way it SHOULD have played out.

Further Reading

- *Develop the Mental Strength of a Warrior, Gregg Swanson, NLP, CPC*
- *Seeing with the Mind's Eye, Mike Samuels, M.D.*
- *Awakening The Mind, Anna Wise*
- *Creative Visualization, Shakti Gawain*
- *Software For The Mind, Emmett E. Miller, M.D.*
- *Mega Brain Power, Michael Hutchison*
- *Brain Lateralization and Rescripting, Thomas Budzynski, Ph.D.*

Using Sensory Modalities

Using Your Primary Sensory Modality

Primary Senses have a very big place in Mind Programming as well as Hypnotism. Discovering a client's primary sensory modality is essential in inducing a hypnotic trance and is also a very useful tool in programming the mind of a client. For instance, if you wanted to explain a beach scene to someone you might say "You see the waves rolling in..." if the person is primarily visual or "You hear the waves and the wind..." if the person is primarily auditory or "You feel the sand under you feet and smell the salty air..." if the person is primarily kinesthetic (feeling).

Visualization and Warrior Mind Programming in general is best done using your Primary Sensory Modality. Your mind will understand the situation easier if you do, and it will take less mental processing to do so.

Researchers have also found that people tend to get along best with other people of the same primary sense.

Use the Sensory Modality test to determine what your Primary Sensory Modality is.

Using Your Secondary Sensory Modality

Secondary senses have special use in Mind Programming. By trying to interpret reality using your non-dominant senses, you may indeed see yourself and the world around you in an entirely new way. They can be used to view situations from different perspectives, which can desensitize you to painful memories, or help you see the other side of an argument.

Secondary senses can also be used to enhance Mind Programming. While programming with your Primary sense is ideal, using all your senses is very much recommended.

Examples Of Sensory Modalities In Action

Visualization	Modalities In Action
You are walking confidently down the street.	(Visual) You see yourself, in 3rd person, walking down the street, looking confident, head held high, with good posture. (Auditory) You hear the sounds around you, hear yourself humming a confident tune. (Kinesthetic) You have an overwhelming feeling of confidence and feel the wind in your hair as you walk.
You are calmly driving your car, free of rage.	(Visual) You see yourself driving a car with a smile. The world around you is a blur of action yet you remain calm and at peace. (Auditory) You hear the distant sounds of honking but remain at peace. You hear a

calming peace of music on the radio.

You are weighing yourself and finding out that you are 10 pounds lighter.

(Kinesthetic) You feel at calm and at peace. You have the window cracked open and feel the wind whizzing by.

(Visual) You see yourself or you see the scale's number. You are 10 pounds lighter.

(Auditory) You hear your friend, husband or someone else saying "wow, look at that, you've lost 10 pounds and you look great!"

(Kinesthetic) You also feel the scale under your feet yet you feel 200 pounds lighter. You feel a great sense of satisfaction and relief.

You are healing an arm injury.

(Visual) You see yourself, looking at your completely healed arm. You see your healed arm. You see yourself twisting and testing it, seeming very happy to be healed.

(Auditory) You hear the doctor exclaim "Amazing, you healed so quickly!"

(Kinesthetic) You feel the relief of a healed injury. Your arm is in complete working order. You feel yourself twisting and testing your arm as you see it happen.

Real-Time Mental Programming

What is Real-Time Mental Programming?

Real-time programming uses a set of techniques to affect your mind's functioning immediately, without the help of the Warrior Mind Programmer or any other mind-altering technology. Real-time programming is not near as powerful as pre-programming (with the Warrior Mind Programmer) but can be used at any time. In truth, you are programming your mind at this very moment, to an extent. The difference is that using the guidelines (below) and various techniques (explained in the Mental Strength Techniques section) you can bypass mental filters and affect your mind directly, at the source.

Note that Real-time programming is most effective when used in conjunction with regular programming methods.

Real-Time Programming Guidelines

- Relax (!!)
 - Relaxation is vitally important in all types of mental programming. A flustered, distracted mind cannot be easily re-programmed because a mind in that condition is not receptive. Mental programming (especially Real-Time) also takes a certain amount of internal concentration which may not be available while "on the spot" or in a stressful situation.
 - When you are about to use Real-Time Programming, relax your shoulders and your legs, start breathing deeply from your abdomen. If you have the time, relax using the relaxation guidelines.
- Use Imagination / Visualization, Not Willpower
 - Willpower is meant to fail. Instead, imagine what you want to happen. After a couple weeks of practice in Real-Time Programming, your imagination becomes part of your willpower and you start using it automatically instead, especially after realizing how much more effective it is.
- Realize Your Authority
 - Your mind directly controls every cell in your body. At any time of day your mind can tell your body to do anything and it obeys the mind without question. Simply by realizing this authority you can often double or triple the control you have over your body. Next time you have a dull pain that won't go away, try closing your eyes, tilting your eyes upward, and realizing that YOU have the power. Then softly will the pain away.
- Pre-Program For Real-Time Situations
 - You can pre-program mental responses that can be activated at a later date. Anchors and Triggers can be used for this purpose.
- Unfocus Your Eyes
 - Unfocusing your eyes causes your mind to produce Alpha waves which can give you insight and differing perspectives on recent events. Looking at the world
 -

through unfocused eyes can also desensitize you to it. For instance, it is much easier to stare someone in the eyes when your eyes are unfocused.

- Closing your eyes and rolling them back also causes your mind to produce Alpha waves. There is always a big difference in wave activity between eyes open and eyes closed EEG sessions. In fact, most EEG sessions include eyes open and eyes closed analysis because of the incredible difference between the two. You can use this to accelerate learning or to gain insight into current situations.
- Use ALL the programming guidelines from other sections
 - Read over the Programming and Relaxation Guidelines as well as the guidelines under Visualization and Affirmations. Most of them apply to Real-Time Programming as well.

Further Reading

- *Develop the Mental Strength of a Warrior, Gregg Swanson, NLP, CPC*
- *Software For The Mind, Emmett E. Miller, M.D.*
- *The Power of Your Subconscious Mind, Dr. Joseph Murphy, Ph.D.*

When to use What

When to use Visualization

Visualization is essential to achieving rapid, effective mental programming. If you really want to make an impression on your mind, accompany all affirmations and auto-suggestions with complementary visualizations. And of course, visualization is an integral part of most Mental Techniques.

When to use Auto-Suggestions

Auto-suggestions should be used in alpha and should be repeated in a similar way to recorded affirmations.

When to use the Recording feature

In Theta, the mind is at its most suggestible, but staying in Theta requires that you simply let your mind go. Therefore, actively programming your mind in deep Theta is not really plausible, though some say it can be done. The Warrior Mind Programmer provides an easier solution: simply pre-record your affirmations, following the Affirmation Guidelines, and they will start playing when the Warrior Mind Programmer has taken your mind to its most open state.

For Alpha sessions, you should normally use auto-suggestions, which can be the most powerful form of programming when used effectively with visualization.

When to use Real-Time Programming

After some practice, it will become automatic, but Real-Time programming should be used when you have no time to relax and use more powerful Mental Strength Techniques or recorded affirmations.

When to use which sessions

Sessions have specific purposes. Look them over and determine if any of them offer something of interest to you, such as enhanced cognition or headache relief. Using these sessions as a compliment to self-programming sessions and mental techniques is the most comprehensive way to program your mind.

When to use your Sensory Modalities

When doing Alpha or Real-Time Programming, using Mental Strength Techniques, you should try to use your sensory modalities. Remember, the more you use, the more effective and memorable your mental programming will be.

When to use Theta and when to use Alpha Sessions

Theta programming is very powerful but limited in the complexity of programming you can use. In Theta, letting the recording do most of the work is usually best, otherwise you will accidentally take your mind back up to Alpha or Beta, where programming is less effective. However, there are special situations where Theta is a good (and sometimes the only) option:

- 1) For physical or genetic re-programming (such as for skin conditions and body building).
- 2) For sleep reduction (A half-hour Theta session can replace up to 4 hours of sleep)
- 3) For very deep emotional or physical problems (in combination with Alpha)
- 4) For accelerated healing (in combination with visualization at Alpha)
- 5) For accelerated learning (in combination with Alpha)
- 6) For programming Anchors and Triggers (in combination with Alpha, or at the divide between Alpha and Theta)
- 7) Habit re-programming (in combination with Alpha)

Alpha programming is great for more complex problems and for using the wide variety of very powerful techniques provided in this documentation.

Alpha, combined with these techniques, can be more powerful than even Theta affirmations, but only after some practice. In Alpha, your mind still has some resistance to mental programming. It may take a little bit of practice to stop your mind from sabotaging your programming.

Alpha has these special uses:

- 1) Instant Mental Programs (programs meant to be executed almost immediately after programming them, such as making yourself wide awake, or preparing yourself for a speech or other type of performance)
- 2) Problem solving
- 3) Accelerated learning
- 4) Habit control and re-programming (getting rid of urges)
- 5) Event Programming

Executing A Mental Program

The execution time and effectiveness of a new mental strength program is directly affected by the following variables:

- 1) **Confidence** - Confidence in this technology is essential. It is recommended to do a few tests of the Warrior Mind Programmer before programming something essential.
- 2) **Relaxation** - The more you relax, the closer your mind will be to the state in which your new mental program was "coded" in (during the session), making the memory of the new behavior easier to access.
- 3) **Expectation/Conflict** - If you are a hardcore skeptic or are very religious, the Warrior Mind Programmer may conflict with your values and beliefs. This will obviously hurt your mental programming success because you expect AND want it to fail. Expectation combined with desire is a force that no therapeutic system can tackle.

Here are some tips to help you when you execute new mental programs.

- **Pre-Execution Relaxation and why it is important**
 - If you realize that a program is about to execute, it is highly recommended that you use the techniques explained in the Relaxation Guide to help you get to a state where your mind is more likely to use the new program over an old one. Keep in mind that experienced users of the Warrior Mind Programmer have no such problems because their minds have learned to trust new programs faster and they may also have learned to relax more in pressured situations, where mental fitness must be at its peak.
- **Beginners: Give it a minute**
 - Just assume that your mental program worked or will start working shortly. The last thing you want to do is ask yourself if it did work. Give it a minute, it will take effect. The best programming experiences happen when you are completely unaware of their execution until after they have already done their job. Then you can exclaim "*wow, that really worked!*" which will build confidence and expectation.
- **Act As If**
 - Don't question if you're doing right, just play the role of someone whose mind has been programmed correctly. Be happy that your new program is working for you. Expect it to work, Act as if it working.

If you expect and act as if your mental strength program is going to work for you, it will encourage the new behavior and help build confidence in the technology.

Brain System Maintenance

Here are some tips to keep your mental Operating System healthy and up to date.

- **Change of thought patterns**
 - Most people talk to themselves regularly. Many even do it aloud when alone. Unfortunately, most people don't consider their subconscious when engaging in self-talk. Often, people blurt out horrible things about themselves especially when embarrassing or painful memories pop up. Phrases like "I was so stupid" or even worse "God, I am such an idiot." If these phrases are repeated enough, they will eventually get a reaction from your subconscious, and it will not be a good one.
 - However, you can use self-talk to your advantage. For some reason, people feel the need to blurt out insults to themselves when painful memories arise, but the trick is to remember to never, under any circumstances, finish a negative thought or sentence. People can usually catch themselves in the middle of a negative phrase and find a way to reshape it, or simply start over.
 - For example, say a memory of an embarrassing school memory comes up and you are about to say, "Man, I'm such a klutz." but you catch yourself, saying "Man, I'm such a-- cool person"
 - You can use this to integrate your goals into your speech patterns. Instead of habitually calling yourself an idiot or a klutz, you could call yourself intelligent in order to increase your intelligence, if that is your goal. Or you could call yourself thin if your goal is to lose weight. So for this example you would catch yourself and say "man, I'm such a-- thin person."
 - You will be surprised how automatic it is after a while. Soon, every embarrassing and painful thought will conjure up the image of you as you want yourself to be. A very powerful and healthy method indeed.
 - Similarly, it is essential to Mental Strength Programming that you keep your pre-programming consistent with your Real-Time Programming. If you program for health, you should not talk about how sick you are. Remember that the more you believe, the more it works. Even if you are just joking around, your mind takes things literally. Do not contradict your new mental programs.

- **Meditation**
 - Meditation is the best thing you could possibly do for yourself, but there is plenty of online information about it, so we won't go into it here. When using the Warrior Mind Programmer you are pretty much meditating as it is anyway, by decreasing your brainwaves to the Alpha and Theta states. However, purposefully meditating, that is, for the sake of meditation alone, is extremely healthy and acts as a great tune up for your brain system. It also allows you to explore your subconscious and have fun with mental imagery. Some people create entire worlds for themselves, complete with houses and landscapes; all within their own minds

- **Always give your sleeping mind something to work on**
 - No sense wasting your subconscious power on daily worries and problems. Why is it that people always think of problems as they nod off to sleep? That can't be healthy. For one, it probably keeps them awake. For another, it helps manifest those worries. Your subconscious has no idea that you don't want these things to come true. It only knows that you are thinking about them.
 - When you are nodding off to sleep, use affirmations and visualizations to express goals to your subconscious. As you are sleeping, your mind will act on those goals and build synapses to support them. When you wake up, who knows, you

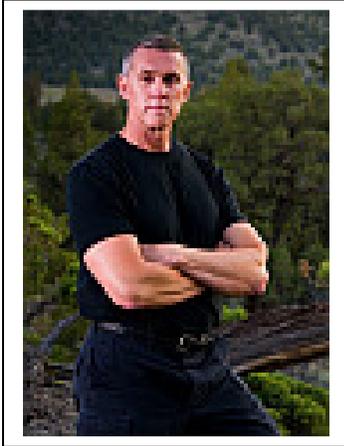
Warrior Mind Coaching and Training – Warrior Mind Programmer
may no longer want a cigarette or you may feel more energetic than you've felt for years.

- **Build up a collection of Anchors**
 - Build up a large collection of Anchors for various mental states. These will help you relax whenever you desire, among many other things, such as accelerated learning and heightened creativity. Any mental state you have ever experienced can be anchored. Think of your happiest, proudest moment. That moment can be anchored and returned to at any time. Building a large collection of healthy anchors results in a great set of tools at your disposal.

- **Reinforcement of existing programs**
 - It is important to revisit mental programs for reinforcement purposes. If you don't feel it is necessary, don't do it, but if you feel that a mental program might be slipping, reinforce it immediately. Don't wait until you are back to the beginning.

Find out about Warrior Mind Programming and the products offered by visiting:
<http://www.warriormindcoach.com/blog/warrior-mind-programming/>

Meet Gregg Swanson



Gregg Swanson is a leading mental, physical, emotional and spiritual strength expert. Gregg specializes in driven and competitive individuals and professionals. Gregg has developed a unique and powerful approach to his mental strength training by aligning a person's body, mind and spirit so that they can realize their power, purpose and passion. He has authored several books and over 30 articles on the subjects of mental, physical, emotional and spiritual strength.

When faced with a challenging decision Gregg's job is to ask:

- “Are you prepared to make a choice?”
- “Once the choice is made, are you courageous enough to start?”
- “Will you commit to finishing what you start?”

Throughout his life, Gregg has studied and been exposed to a wide diversity of teachings and teachers – from his collegiate learning and the schools of the corporate world, to extreme sports like martial arts, mountaineering and rock climbing, to the ancient teachings of the Mystery Schools and shamanism. Armed with this comprehensive and diverse background in personal development, along with his successful experience in sales, extreme sports and mental training, Gregg boasts a unique and powerful ability to blend the physical conditioning, mental strength, emotional mastery and spiritual development into a usable and easy-to-access process for achieving peak personal performance.

The defining moment in Gregg's life came in June of 1998 when he survived a horrific avalanche while descending from the top of Mt. Rainier. It was then that he understood the true power of mind strength and aligning the body, mind and spirit.

Gregg owns Warrior Mind Coach and Training and Warrior Fitness Training and Coaching. His high quality, high content and high energy programs are thoroughly researched and delivered in a unique, powerful and straight forward manner. His blog can be found at <http://WarriorMindCoach.com/blog>

Education and Certifications Include:

- BS in Business & Management
- Professional Personal Coach
- NLP Practitioner
- Shamanic Journey Work
- Timeline Empowerment
- Clinical Hypnotherapist
- Mental Skills Coach
- Life Strategies Coach
- Lifestyle Fitness Coach
- Personal Fitness Trainer
- MMA Strength and Conditioning Coach