

SONIC ACCESS

Instantly transform through the power of sound

Paul R. Scheele
Paul Hoffman

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Any application of this program is at the user’s discretion and sole responsibility. This program is not intended as a replacement for any medical treatment or therapy by a physician or other licensed health care provider. If you have any neurological or respiratory disorders or severe mental and/or emotional problems, please contact your physician or other licensed health care provider for advice on using this program.

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All music produced by Paul Hoffman for Paul Hoffman Music Inc. Music engineered by John Potoker.

Keyboards, drum programming, bass, and miscellaneous instruments by Paul Hoffman.

All guitars by David W. Neal.

Vocals by Paul Hoffman, April Lang, Leon Campbell, Wendy Williams, Gina Rene, and David Neal.

Prayer bowls and toning by Gaia Mama (Florence Riggs and Kabbalah Bach).

Heart Sutra chanted by Chunyi Lin.

TABLE OF CONTENTS

Welcome.....	6
Quick Start	7
Additional Tips.....	8
Face the Flow of Energy	11
Your Personal Energy Number	11
Your Personal Best Directions	17
Goal Card Creation	18
Guidelines for Goal Setting	19
Goal Card Placement	22
Using the Goal Cards During Meditation	23
Why Sonic Access Works	24
The Power of Paraliminals.....	25
Holosync Audio Technology.....	26
The Heart Sutra	27
How You Will Benefit.....	27
Biographies	29
The Power of Sound.....	33
Tools for Lifelong Learning.....	38

INSTANTLY TRANSFORM THROUGH THE POWER OF SOUND

Welcome to *Sonic Access*, an amazing portal to greater success, richer relationships, balanced health, and spiritual growth using the power of meditation and the energy of sound.

Access powerful vibrational frequencies to align your body's energy system and create significant and lasting change in virtually every area of your life. *Sonic Access* employs the ancient practice of sound healing with today's leading-edge Paraliminal learning and Holosync audio technologies to help you achieve swift and transformative change.

The *Sonic Access* meditations—for *Success, Health, Relationships,* and *Spiritual Growth*—blend the positive meditations of Paul Scheele and music composed by Paul Hoffman with specific sound frequencies to maximize the benefits to your body, mind, and emotions. Using the principles revealed in *Diamond Feng Shui*, you will connect your body and mind with the energy

flowing in the quantum field. Then *Spring Forest Qigong* Master Chunyi Lin will help you integrate each meditation on your journey toward spiritual awareness through the Heart Sutra. Manifest your goals. Live your dreams. Transform your life.

QUICK START

- Review this manual to learn how *Sonic Access* can be used to your ultimate advantage. You'll discover how to quickly clarify your goals and how to listen to the four Paraliminal Meditation CDs for optimal benefit in the areas of Success, Health, Relationships, and Spiritual Growth.
- Then listen to the *How to use Sonic Access* CD. You will discover how ancient civilizations used the remarkable healing power of sound vibrations. You will see how you can tap into your body's complex energy field to align your personal intentions and manifest your goals.
- Determine a goal that relates to each of the four meditations. For example, with *Sonic Access for Success*, focus on the success you desire to create in your life. You can focus on

major goals or minor ones. How do you define success? By financial wealth, job satisfaction, lifestyle, property and possessions, quality of life, or other accomplishments? To get the most from *Sonic Access*, ask yourself, “How would I choose to live if I knew I could not fail?” This is your opportunity to manifest your greatest reality.

ADDITIONAL TIPS

- Write your goals on index cards using the guidelines found later in this manual. You will place these cards in your Personal Best Directions which you will learn about on page 17.
- Listen first to the *Sonic Access for Success* Paraliminal Meditation, and let Paul Scheele guide you on an amazing therapeutic and transformational journey of sound. Each Paraliminal Meditation session has two tracks. The first is a guided meditation and the second a music track. You can gain full benefit of your *Sonic Access* program by listening to Track 1 only on each meditation CD. However, you may continue to listen to Track 2 to enhance your personal meditations. In fact,

you may play Track 2 with its beautiful music and beneficial frequencies at any time in your environment, too.

- Once you have listened to *Sonic Access for Success*, you may choose any of the other meditations. Create a listening schedule according to your needs and goals. For example, you might listen to the Success meditation daily until you fulfill a particular goal before moving on to your next goal. Or you might alternate meditations according to your goals among the four areas of Success, Health, Relationships, and Spiritual Growth. It's your choice.
- Preferably, face your Personal Best Direction for the meditation you've selected.
- Create a quiet time to focus inwardly. Choose an environment relatively free from distractions. Sit comfortably or recline.
- Listen with stereo headphones to gain the most benefit from the 3-D Paraliminal recordings with their embedded Holographic sound frequencies. You'll receive a unique, multilevel communication for each hemisphere of the brain—all without subliminal messages. You'll hear a variety of messages coming into each ear in a soothing, effective, and pleasurable way with beautiful music that was created for both aesthetic appeal and to support you energetically for specific positive results.

- If interrupted, simply open your eyes, deal with the matter, and then continue.
- If you fall asleep while listening, you'll still gain benefit, because the music and sound frequencies in the *Sonic Access* meditations help shift your brain waves to those of profoundly deep meditative states.
- Listen to only one meditation a day to allow full integration. If you would like to do additional meditations in a day, consider one of Chunyi Lin's *Spring Forest Qigong* meditations (www.LearningStrategies.com/Qigong) or one of Paul Scheele's Paraliminal sessions (www.LearningStrategies.com/Paraliminal).
- If you practice *Spring Forest Qigong*, before you begin a *Sonic Access* meditation say the password, *I am in the universe, the universe is in my body, the universe and I combine together*, and go into the emptiness at the beginning of your listening session. Finish with the *Ending Exercise* as you would at the end of a *Sitting Meditation*.
- Visit our online Discussion Forum to interact with other *Sonic Access* users who are transforming their lives through the power of sound! Go to www.LearningStrategies.com/Forum.

FACE THE FLOW OF ENERGY

If you have our *Diamond Feng Shui* personal learning course, you know that energy flows in and around you all day long. It ebbs and flows from different directions and carries different meanings. Feng Shui Master Marie Diamond says that energy from one direction supports your Success, energy from another direction supports your Health, another direction your Relationships, and another your Spiritual Growth.

These Personal Best Directions, as Marie calls them, vary from person to person. To find your Personal Best Directions, follow the instructions in the following section. First find Your Personal Energy Number. Then use this number to then find your Personal Best Directions for Success, Health, Relationships, and Spiritual Growth. Memorize these directions, because you will use this information each time you meditate and when placing your *Sonic Access* Goal Cards.

YOUR PERSONAL ENERGY NUMBER

Your Personal Energy Number is based on your birth date and your gender. It shows the directions from which energy flows to

support your goals. To find your Personal Energy Number, look up your birth date and gender in the chart on the following pages.

Year	From - To	Male Personal Energy Number	Female Personal Energy Number
1906	Jan 25, 1906 - Feb 12, 1907	4	2
1907	Feb 13, 1907 - Feb 1, 1908	3	3
1908	Feb 2, 1908 - Jan 21, 1909	2	4
1909	Jan 22, 1909 - Feb 9, 1910	1	5
1910	Feb 10, 1910 - Jan 29, 1911	9	6
1911	Jan 30, 1911 - Feb 17, 1912	8	7
1912	Feb 18, 1912 - Feb 5, 1913	7	8
1913	Feb 6, 1913 - Jan 25, 1914	6	9
1914	Jan 26, 1914 - Feb 13, 1915	5	1
1915	Feb 14, 1915 - Feb 3, 1916	4	2
1916	Feb 4, 1916 - Jan 22, 1917	3	3
1917	Jan 23, 1917 - Feb 10, 1918	2	4
1918	Feb 11, 1918 - Jan 31, 1919	1	5
1919	Feb 1, 1919 - Feb 19, 1920	9	6
1920	Feb 20, 1920 - Feb 7, 1921	8	7
1921	Feb 8, 1921 - Jan 27, 1922	7	8
1922	Jan 28, 1922 - Feb 15, 1923	6	9
1923	Feb 16, 1923 - Feb 4, 1924	5	1
1924	Feb 5, 1924 - Jan 23, 1925	4	2
1925	Jan 24, 1925 - Feb 12, 1926	3	3
1926	Feb 13, 1926 - Feb 1, 1927	2	4
1927	Feb 2, 1927 - Jan 22, 1928	1	5

Year	From - To	Male Personal Energy Number	Female Personal Energy Number
1928	Jan 23, 1928 - Feb 9, 1929	9	6
1929	Feb 10, 1929 - Jan 29, 1930	8	7
1930	Jan 30, 1930 - Feb 16, 1931	7	8
1931	Feb 17, 1931 - Feb 5, 1932	6	9
1932	Feb 6, 1932 - Jan 25, 1933	5	1
1933	Jan 26, 1933 - Feb 13, 1934	4	2
1934	Feb 14, 1934 - Feb 3, 1935	3	3
1935	Feb 4, 1935 - Jan 23, 1936	2	4
1936	Jan 24, 1936 - Feb 10, 1937	1	5
1937	Feb 11, 1937 - Jan 30, 1938	9	6
1938	Jan 31, 1938 - Feb 18, 1939	8	7
1939	Feb 19, 1939 - Feb 7, 1940	7	8
1940	Feb 8, 1940 - Jan 26, 1941	6	9
1941	Jan 27, 1941 - Feb 14, 1942	5	1
1942	Feb 15, 1942 - Feb 4, 1943	4	2
1943	Feb 5, 1943 - Jan 24, 1944	3	3
1944	Jan 25, 1944 - Feb 12, 1945	2	4
1945	Feb 13, 1945 - Feb 1, 1946	1	5
1946	Feb 2, 1946 - Jan 21, 1947	9	6
1947	Jan 22, 1947 - Feb 9, 1948	8	7
1948	Feb 10, 1948 - Jan 28, 1949	7	8
1949	Jan 29, 1949 - Feb 16, 1950	6	9
1950	Feb 17, 1950 - Feb 5, 1951	5	1
1951	Feb 6, 1951 - Jan 26, 1952	4	2
1952	Jan 27, 1952 - Feb 13, 1953	3	3

Year	From - To	Male Personal Energy Number	Female Personal Energy Number
1953	Feb 14, 1953 - Feb 2, 1954	2	4
1954	Feb 3, 1954 - Jan 23, 1955	1	5
1955	Jan 24, 1955 - Feb 11, 1956	9	6
1956	Feb 12, 1956 - Jan 30, 1957	8	7
1957	Jan 31, 1957 - Feb 17, 1958	7	8
1958	Feb 18, 1958 - Feb 7, 1959	6	9
1959	Feb 8, 1959 - Jan 27, 1960	5	1
1960	Jan 28, 1960 - Feb 14, 1961	4	2
1961	Feb 15, 1961 - Feb 4, 1962	3	3
1962	Feb 5, 1962 - Jan 24, 1963	2	4
1963	Jan 25, 1963 - Feb 12, 1964	1	5
1964	Feb 13, 1964 - Feb 1, 1965	9	6
1965	Feb 2, 1965 - Jan 20, 1966	8	7
1966	Jan 21, 1966 - Feb 8, 1967	7	8
1967	Feb 9, 1967 - Jan 29, 1968	6	9
1968	Jan 30, 1968 - Feb 16, 1969	5	1
1969	Feb 17, 1969 - Feb 5, 1970	4	2
1970	Feb 6, 1970 - Jan 26, 1971	3	3
1971	Jan 27, 1971 - Feb 14, 1972	2	4
1972	Feb 15, 1972 - Feb 2, 1973	1	5
1973	Feb 3, 1973 - Jan 22, 1974	9	6
1974	Jan 23, 1974 - Feb 10, 1975	8	7
1975	Feb 11, 1975 - Jan 30, 1976	7	8
1976	Jan 31, 1976 - Feb 17, 1977	6	9
1977	Feb 18, 1977 - Feb 6, 1978	5	1

Year	From - To	Male Personal Energy Number	Female Personal Energy Number
1978	Feb 7, 1978 - Jan 27, 1979	4	2
1979	Jan 28, 1979 - Feb 15, 1980	3	3
1980	Feb 16, 1980 - Feb 4, 1981	2	4
1981	Feb 5, 1981 - Jan 24, 1982	1	5
1982	Jan 25, 1982 - Feb 12, 1983	9	6
1983	Feb 13, 1983 - Feb 1, 1984	8	7
1984	Feb 2, 1984 - Feb 19, 1985	7	8
1985	Feb 20, 1985 - Feb 8, 1986	6	9
1986	Feb 9, 1986 - Jan 28, 1987	5	1
1987	Jan 29, 1987 - Feb 16, 1988	4	2
1988	Feb 17, 1988 - Feb 5, 1989	3	3
1989	Feb 6, 1989 - Jan 26, 1990	2	4
1990	Jan 27, 1990 - Feb 14, 1991	1	5
1991	Feb 15, 1991 - Feb 3, 1992	9	6
1992	Feb 4, 1992 - Jan 22, 1993	8	7
1993	Jan 23, 1993 - Feb 9, 1994	7	8
1994	Feb 10, 1994 - Jan 30, 1995	6	9
1995	Jan 31, 1995 - Feb 18, 1996	5	1
1996	Feb 19, 1996 - Feb 6, 1997	4	2
1997	Feb 7, 1997 - Jan 27, 1998	3	3
1998	Jan 28, 1998 - Feb 15, 1999	2	4
1999	Feb 16, 1999 - Feb 4, 2000	1	5
2000	Feb 5, 2000 - Jan 23, 2001	9	6
2001	Jan 24, 2001 - Feb 11, 2002	8	7
2002	Feb 12, 2002 - Jan 31, 2003	7	8

Year	From - To	Male Personal Energy Number	Female Personal Energy Number
2003	Feb 1, 2003 - Jan 21, 2004	6	9
2004	Jan 22, 2004 - Feb 8, 2005	5	1
2005	Feb 9, 2005 - Jan 28, 2006	4	2
2006	Jan 29, 2006 - Feb 17, 2007	3	3
2007	Feb 18, 2007 - Feb 6, 2008	2	4
2008	Feb 7, 2008 - Jan 25, 2009	1	5
2009	Jan 26, 2009 - Feb 13, 2010	9	6
2010	Feb 14, 2010 - Feb 2, 2011	8	7
2011	Feb 3, 2011 - Jan 22, 2012	7	8
2012	Jan 23, 2012 - Feb 9, 2013	6	9
2013	Feb 10, 2013 - Jan 30, 2014	5	1
2014	Jan 31, 2014 - Feb 18, 2015	4	2
2015	Feb 19, 2015 - Feb 7, 2016	3	3
2016	Feb 8, 2016 - Jan 27, 2017	2	4
2017	Jan 28, 2017 - Feb 15, 2018	1	5
2018	Feb 16, 2018 - Feb 4, 2019	9	6
2019	Feb 5, 2019 - Jan 24, 2020	8	7
2020	Jan 25, 2020 - Feb 11, 2021	7	8
2021	Feb 12, 2021 - Jan 31, 2022	6	9
2022	Feb 1, 2022 - Jan 21, 2023	5	1
2023	Jan 22, 2023 - Feb 9, 2024	4	2
2024	Feb 10, 2024 - Jan 28, 2025	3	3

YOUR PERSONAL BEST DIRECTIONS

Use your Personal Energy Number and the following chart to identify your four Personal Best Directions linked to Success, Health, Relationships, and Spiritual Growth.

DIRECTION NAME	PERSONAL ENERGY NUMBER									
	1	2	3	4	MALE 5	FEMALE 5	6	7	8	9
SUCCESS	SE	NE	S	N	NE	SW	W	NW	SW	E
HEALTH	E	W	N	S	W	NW	NE	SW	NW	SE
RELATIONSHIPS	S	NW	SE	E	NW	W	SW	NE	W	N
GROWTH	N	SW	E	SE	SW	NE	NW	W	NE	S

EAST OR WEST GROUP	1	2	3	4	5	6	7	8	9	
	E	W	E	E	W	W	W	W	W	E

COMPASS READINGS FOR EACH DIRECTION

SW = 202.5° to 247.5° W = 247.5° to 292.5° NW = 292.5° to 337.5°
 N = 337.5° to 22.5° NE = 22.5° to 67.5° E = 67.5° to 112.5°
 SE = 112.5° to 157.5° S = 157.5° to 202.5°

GOAL CARD CREATION

Create four Goal Cards, each containing one main goal or intention for each *Sonic Access* meditation session as follows:

1. Make four separate lists of goals relating to Success, Health, Relationships, and Spiritual Growth.
2. Pick a goal from each of the four lists. Write each goal on a separate index card.

Examples include:

Success: *I am successful in my career as a profitable builder of fine homes and enjoy abundant wealth that exceeds my financial needs.*

Health: *I choose to eat healthful foods and exercise at least three times a week.*

Relationships: *I am in love. My partner and I have a supportive relationship based on fun, honor, and respect.*

Spiritual Growth: *I am connected to my higher power and take 10 to 30 minutes each day to practice my Spring Forest Qigong exercises.*

3. Sign and date the cards.

GUIDELINES FOR GOAL SETTING

Use the following six guidelines to ensure your intentions, or goal statements, are well-formed.

1. State goals in the positive.

Goals must specify what you want, not what you don't want. For example, if you do not like your house and want to move, specify exactly the characteristics and location of the house you want using positive terms. Instead of saying, "I want to get out of this cramped house in a noisy neighborhood," state, "I live in a spacious four-bedroom home with a scenic view in a secluded neighborhood."

2. Focus on goals within your control.

Ultimately, you are the one to decide what you want. For example, the goal “I want my office team to be happy” is not within your control; you cannot control how someone else feels. “I do my part to create an office environment that supports my team’s work” constitutes a general effective goal statement.

3. Preserve what you value.

State your goal so that it maintains the things you value most in your life. If you have to give up too much to have a goal, it is unlikely you will seek it. For example, earning more money may take away from family time if it requires overtime or additional schooling. Make sure the trade-offs are worth it to you.

4. Craft measurable goals.

You must be able to know when you have achieved your goal. If your goal is to be happy, it is very difficult to know whether you have it or if it will last. To turn “I want to be happy” into a measurable goal, you must specify what happiness means to you. “I spend four hours

of quality time with my family each week engaged in intriguing, learning activities” is a measurable goal; you have a way of knowing when you have achieved it.

5. Create worthwhile goals.

Craft a goal around what you greatly desire. Your goal must be something you value. For example, if you set a goal because your partner or doctor wants you to, you are setting yourself up for failure. Your goal must involve something you consider important and worthwhile.

6. Write goals in the present tense.

Notice how the goal examples in the previous section are phrased: “I am...” and “I choose...” Goals should always be written in the present tense as if they have already been manifested.

You only need to know what it is you choose to create. How it will be created is of no concern to you at this time. Focus on the “what,” not the “how.” How the realization of your intention comes about flows from a deeper understanding of the mechanics of the universe, from the deep reservoirs

of human consciousness that the limited conscious mind cannot fathom. There are human transformational capabilities that far exceed human understanding at this time, yet we know the laws that govern them.

GOAL CARD PLACEMENT

To get the greatest benefit from your Goal Cards, place each of your four cards in your corresponding Personal Best Direction for Success, Health, Relationships, and Spiritual Growth. Place them in your bedroom and in any other area you spend more than five hours a day, including your office.

For example, if your health direction is Southeast, the energy for health flows to you from that direction. Write your health goal on an index card. Then place that Goal Card in the Southeast area of your bedroom or office.

To place your Goal Cards, use a compass and follow these steps:

1. Stand in the center of the room and look at your compass. The floating colored arrow points to magnetic North. From

this center point, note your four Personal Best Directions in the room.

There are eight primary directions: North, Northeast, East, Southeast, South, Southwest, West, and Northwest. Since a compass measures 360 degrees, each direction encompasses a 45-degree area (see page 17).

2. Place your Goal Cards within their proper areas.
3. As you place a Goal Card, say the statements on your card out loud, and visualize yourself having achieved the goal.

USING THE GOAL CARDS DURING MEDITATION

Face toward the placed Goal Card for each meditation to ensure the best flow of energy in your environment comes to you. If lying down, the top of your head should be pointing toward the best direction. Doing so will ensure these cards send your intentions to the Universe and to your mind 24 hours a day.

If using a Goal Card or orienting toward the proper direction is not convenient at the time of your meditation, simply bring your intention into mind as if your Goal Card is located in its best direction and know that you are attracting the best energy to fulfill your goal.

While listening to the meditations through stereo headphones is best, consider placing a portable stereo within the area of the best direction for the goal you would like to focus on. Playing the music-only track from the meditation CD can increase the flow of energy for that direction. It can be a fun way to activate the energy to accelerate the realization of your goal.

WHY SONIC ACCESS WORKS

The central feature of the *Sonic Access* program is the “audio template,” an underlying set of sounds that delivers energy frequencies directly to the mind and body to produce benefits without need of the conscious mind’s awareness. *Sonic Access* acoustically employs the phenomenon in physics called “sympathetic resonance.” Just as a note of C tuning fork will begin to vibrate when another C tuning fork nearby is struck, the

sound frequencies in these Paraliminal Meditations will bring your body and mind into alignment with your highest good.

These frequencies, in various rhythms and tones, stabilize the body and brain into an ideal learning state. Listening to this audio template has a spontaneous positive effect on your heart rhythm, breathing rate, and brain waves. The frequencies also activate the energies associated with each of the four areas you are focusing on to facilitate effortless change.

THE POWER OF PARALIMINALS

The four *Sonic Access* meditations incorporate the unique Paraliminal technology developed by Paul Scheele. Paraliminal, as derived from the Greek “para” (beyond) and “liminal” (threshold), means “beyond the threshold of conscious awareness.”

State-of-the-art digital recording produces a soothing 3-D sound that allows music and voices to project spatially in your head. Used with stereo headphones, the Paraliminal Meditation sends multilevel communications to each hemisphere of the brain. As you listen, you will hear a variety of messages coming into each ear in a soothing, effective, and pleasurable way, all to activate your whole mind.

HOLOSYNC AUDIO TECHNOLOGY

Holosync audio tones, which you might hear as a hum, have been embedded in the recording to increase your ability to benefit and learn from your *Sonic Access* program.

Centerpointe Research Institute's Holosync audio technology, when listened to with stereo headphones, creates the electrical brain wave patterns of many desirable states. These states include deep meditation; increased creativity, focus, and concentration; and accelerated learning ability. Using Holosync creates new neural pathways between the left and right brain hemispheres, balancing the brain, enhancing mental/emotional health, improving mental functioning and self-awareness, and healing unresolved emotional problems.

A much deeper and more powerful version of Holosync can be found in Centerpointe's ongoing program, *The Holosync Solution*. For more information about this program, how Holosync can accelerate mental, emotional, and spiritual growth, and to receive a free Holosync demo CD, visit www.Centerpointe.com.

THE HEART SUTRA

As each *Sonic Access* meditation nears its conclusion, Spring Forest Qigong Master Chunyi Lin chants Buddha's Heart Sutra in Chinese to help you integrate the benefits of the meditation into your body and mind. Regarded as the summation of Buddha's wisdom, the Heart Sutra perfectly expresses the insight attained by nonattachment, the "doctrine of emptiness." Chunyi Lin regularly chants the Heart Sutra in his personal meditation, because it is the most effective chant for understanding the universe and achieving spiritual enlightenment. The ancient formula of sounds provides a tremendous benefit that goes beyond your conscious mind's ability to perceive it.

HOW YOU WILL BENEFIT

Everything in the *Sonic Access* program facilitates the attainment of your goals. The words, music, tones, and sound energy vibrations of each meditation session help to align your intentions and attract all the resources you need to move your thoughts into positive actions and results.

Sonic Access will help you:

- Connect your goals with universal energy and the Law of Attraction to manifest the results you desire.
- Create new neural connections between your right and left brain hemispheres with a sophisticated neuro-audio technology that significantly improves your learning capabilities.
- Access the abilities of your whole mind, utilizing every level of your consciousness while creating significant and lasting change—even as you sleep.
- Naturally realign your body's seven energy centers to their normal, healthy state, resulting in increased strength, circulation, flexibility, and stamina.
- Resonate your intention with unique sound frequencies to help your body heal.
- Spark new levels of creativity and express your deepest desires with passion and clarity.
- Ignite your ingenuity to amass the financial success of your dreams.

- Dissolve emotional and spiritual blocks to free yourself from fear, anger, and resentment so that you enjoy positive and loving relationships.
- Tap into your higher intelligence and align with your true calling.

BIOGRAPHIES



Paul R. Scheele

Paul R. Scheele is one of the world's leading mind explorers who uses his unparalleled expertise in neuro-linguistic programming, accelerative learning, and preconscious processing to help people maximize their potential. A masterful communicator and engaging trainer, Paul addresses corporations and conventions and is a frequent guest speaker at international educational conferences. His presentations confront human development challenges with practical advice.

Paul has designed over seventy personal development programs including the *Paraliminals*, *PhotoReading*, *Abundance for Life*,

Natural Brilliance, and *Genius Code*. He has authored two best-selling books: *The PhotoReading Whole Mind System* and *Natural Brilliance*. His works, translated into 18 languages, are sold in 155 countries. Paul is a cofounder of Learning Strategies Corporation, a Minnesota-based private school and publisher established in 1981. For more information, please visit www.LearningStrategies.com.



Paul Hoffman

Paul Hoffman is a leading composer and producer of empowering music for many of the foremost thought-leaders including Robert Allen, T. Harv Eker, Chris and Janet Attwood, Cynthia Kersey, Mark Victor Hansen, Kim Castle, John Assaraf, and Sarano Kelley. He is the composer of *Success Songs*, empowering music to inspire people to hear life from a higher vibration.

Paul is the creative force behind Paul Hoffman Music Inc. and Blue Music and Sound Design. He is an accomplished composer and producer of music for commercials, film, television, and radio in Los Angeles, California. For more information, please email Paul@BlueMusicLA.com or visit his two websites, www.SuccessSongs.com and www.BlueMusicLA.com.



Chunyi Lin

Chunyi Lin is an internationally certified Qigong Master who has been teaching and healing with Qigong for more than twenty years. His fluency in five Chinese languages provided him the rare opportunity to study with many of the most respected Qigong Masters in his native China. Since coming to the United States in 1995, Chunyi has helped tens of thousands of people to learn about the powerful, healing benefits of *Spring Forest Qigong*. His *Spring Forest Qigong* personal learning course has been studied by over 100,000 people worldwide. He is a frequent keynote speaker at national health conferences. Chunyi was given the honor of teaching Qigong to medical doctors at the famed Mayo Clinic in Rochester, Minnesota. His mission is: “a healer in every family, a world without pain.” For more information, please visit www.LearningStrategies.com/Qigong.



Marie Diamond

Marie Diamond, creator of *Diamond Feng Shui*, is an internationally recognized Feng Shui Master, personal coach, and business consultant. Marie has studied the art and science of Feng Shui since age 15 with renowned grand masters. She has taught in the fields of Feng Shui, dowsing, space clearing, and self-empowerment since 1994.

Marie's international clients include petrochemical and software companies, banks, fashion houses, spas, hotels, restaurants, and film and theatre production companies. She has also served as a personal Feng Shui consultant to individuals and families including well-known celebrities in entertainment and publishing. For more information, please visit www.LearningStrategies.com/FengShui.

THE POWER OF SOUND

Excerpted with permission from *The Healing Power of Sound*
by Simon Heather

In the 1960s, Hans Jenny, a Swiss scientist, spent over ten years conducting experiments to discover the effects of sound waves on materials placed on metal plates vibrated with sound. He found that low-frequency sounds produced simple geometric shapes in the materials. As the sound frequency was increased, these simple forms would break up and more complex patterns would appear. The sound 'OH' would produce a perfect circle.

Jenny came to the conclusion that sound creates form and that the entire human body had its own sound made up of all the sounds of its cells, tissues, and organs.

In 1974, Fabien Maman, working as a professional jazz musician, noticed that certain musical keys had an energizing effect on both the musicians and the audience.

Fabien worked with the French physicist Joel Sternheimer. Sternheimer had discovered that elementary particles vibrate at frequencies in accordance with musical laws. They found that body tissue, organs, and acupuncture meridians each have a musical note.

A few years later, Fabien met H el ene Grimal, a senior researcher at the National Center for Scientific Research in Paris. They devoted a year-and-a-half to study the effects of sound on normal and malignant cells. Using drums, gongs, flutes, guitar, bass, and a xylophone, they investigated the effects of sound on healthy blood cells, hemoglobin, and the ‘Hela’ cancer cell from the uterus.

They found that even at lower volumes of 30–40 decibels the sound always produced noticeable changes in the cells. As the sounds progressed up the musical scale there would be an “explosion” of the cancer cells at a certain frequency as the sound traveled outward from the center of the cell to its outer membrane. The experiment yielded the most dramatic results when the human voice was used.

Fabien said, “Near the end of the scale, usually around the seventh interval, the cancer cells exploded. It appears that the cancer cells were not able to support a progressive accumulation of frequencies. . . . The healthy cells appeared supple and able to freely receive, absorb and return the energy. In contrast, the cancer cells appeared inflexible and immutable in their structure.”

Musician Jim Oliver says that the body responds to sounds, even those that we cannot hear. He put selected sounds exclusively into a

pair of headphones and put them on a client's ankles. They responded to the sound even though their ears could not hear the sound. Oliver went on to say that, "Once you vibrate a part of the body the blood cells carry this resonance to the whole body very quickly."

Japanese scientist, Masaru Emoto, wanted to find a way of scientifically evaluating water quality. He decided to freeze samples of water taken from different sources to compare their crystalline structure. When pure water crystallizes it forms a pure crystal; would contaminated water also form a pure crystal?

Water was placed in Petri dishes in a freezer for two hours, then placed under a microscope and photographed at a magnification of 200–500 times. Although the crystals that formed were all unique, the crystals from water of the same source were all similar in shape. Over a four-year period his team took 10,000 photographs.

Tap water from Japanese cities generally would not form complete crystals. Tap water from London formed no crystals at all. Spring water generally produced the most beautiful crystals, as did water from holy places such as Lourdes.

Masaru Emoto's next experiment was playing music to water. He placed distilled water in between two speakers and played one piece of music fully at normal volume. Then he froze the water.

Classical music produced beautiful crystals of slightly different colors. Healing music, a Tibetan mantra, and folk music also produced beautiful crystals. Heavy metal music produced a pattern that looked like a crystal that had exploded into a thousand pieces. Japanese pop music produced ugly square-shaped crystals rather than the normal hexagonal ones.

Since our body is made up of 70% water, Masaru Emoto's work demonstrates that we are constantly being influenced by the sounds around us and by the information stored in the water we consume.

~

Your *Sonic Access* program applies this principle of sympathetic resonance to align your body and mind with the natural energy of the universe to accomplish profound changes in your consciousness. Just listen. And let *Sonic Access* transform your life—beyond your wildest dreams!

Simon Heather is the founder of the Sound Healers Association in the United Kingdom and of The College of Sound Healing. For more information, please visit www.SimonHeather.co.uk.

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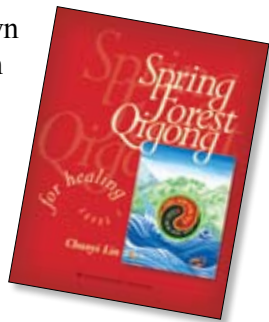
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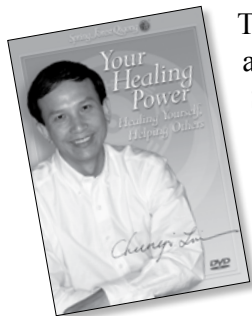
You have seen people on television who could heal others with their touch, or who could pass healing energy to others. Now you can make use of this healing energy yourself.

They call this practice Qigong (pronounced “chee-gong”). Chunyi Lin, a Qigong master with over 25 years experience, has demystified this ancient practice and made it



practical for today's modern people. His *Spring Forest Qigong* course guides you through learning simple, easy-to-follow exercises for a vibrant sense of energy and well-being. With the practice of Qigong you can take away stress, pain, and sickness at speeds that will amaze anyone...leaving you with more energy.

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This DVD follows a 6-day retreat led by teacher and healer Chunyi Lin and organized by Learning Strategies. In *Your Healing Power*, you'll see practitioners use Spring Forest Qigong, hear their commentary and personal insights, and witness miraculous healings. You will learn a soothing chant that helps heal the body, an easy way to reap healthful benefits of fasting, Chunyi Lin's process for helping another person heal, a powerful group healing method that you can use at home, and a sample exercise to experience the healing benefits of Spring Forest Qigong.

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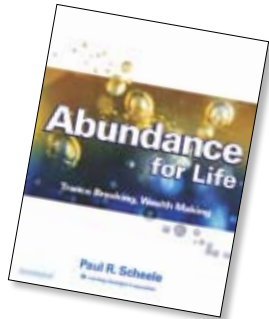
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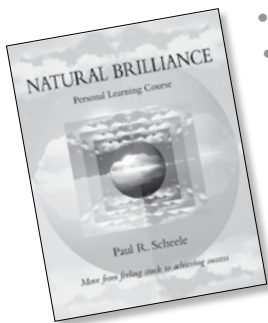
Most of us live in a trance, the illusion of limitation. Paul Scheele will take you on a journey from your familiar world to follow your hopes and dreams. You will free up energy as you awaken anew into a world of abundance, power, and possibility.



This wealth-making course will help you rewrite the script of your life for overflowing abundance. Whether you want outward prosperity of family ski trips, additions to your home, and BMWs, or a spiritually complete lifestyle of Truth, Beauty, Freedom, and Love, you will learn the secrets to having things you want miraculously appear as well as the mental processes that make it happen for you.

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Paul Scheele wrote a fascinating book and created a uniquely powerful self-study course to help you overcome blocks. As a result,



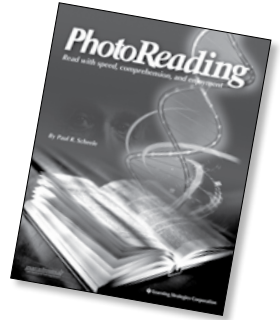
- Life becomes smoother and more fulfilling.
- Proverbial mountains shrink to molehills.
- Relationships become more meaningful and pleasurable.
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From the start you will work on an area of life in which you feel stuck. On Session A of the four recordings, you will explore the four steps of *Natural Brilliance*. On Session B of those recordings, Paul guides you through a Paraliminal learning session to make the steps of *Natural Brilliance* automatic. The sixth recording, titled the *Natural Brilliance Generator*, helps you spontaneously move through limitations as they arise in the future.

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Creating Sparks—Ignite fun, attraction, and romance

Deep Relaxation—Enjoy profound and rejuvenating relaxation

Dream Play—Profit from remembering and using your dreams

Focus & Concentration—Accomplish more in less time with *focal point* thinking

Fresh Start—Make each moment a new beginning

Get Around To It—Eliminate procrastination and succeed by design

Happy for No Reason—Build an unshakable inner home for happiness

Holiday Cheer—Feel love, peace, and joy toward yourself and your world

Ideal Weight—Reach and maintain your ideal weight—naturally

Instantaneous Personal Magnetism—Turn on poise, charm, and sex appeal

Living the Law of Attraction—Consistently attract the good, positive, and extraordinary

Memory Supercharger—Strengthen your memory and concentration





New Behavior Generator–Neutralize unwanted behaviors & take on new ones



New History Generator–Transform emotions and memories that block you



New Option Generator–Resolve issues with new solutions and choices



Peak Performance–Fire up your motivation for superior results



Perfect Health–Align your mind and body for self-healing and well-being



Personal Genius–Accelerate your learning abilities



Positive Relationships–Create strong, beneficial, and lasting relationships



Power Thinking–Think clearer, smarter, faster



Prosperity–Open the flow of abundance in your life



Sales Leap–Perform with the winning attitude and skills of the best



Self-Esteem Supercharger–Gain profound confidence & feel great about you



Simplicity–Uncomplicate your life for more freedom and joy



Smoke-Free–Effortlessly cut back and give up smoking



Success Built to Last–Create a life that matters



Talking to Win–Communicate with ease, present with authority



You Deserve It!–Gratefully receive life's abundant gifts



Youthful Vitality–Enjoy the creative energy and vitality of youth

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Paul R. Scheele is on Facebook. Join Facebook to connect with Paul R. Scheele and others you may know. Facebook gives people the power to share and makes Paul R. Scheele, Ph.D., is co-founder of Learning Strategies, a Minnesota-based private school and publisher of self-improvement, education, and health programs established in 1981. He is an innovator in the fields of neuro-linguistic programming, accelerated learning, and preconscious processing. For over three decades, Paul's work has involved him in the latest thinking on human potential, mental powers, and how to overcome challenges both personally and professionally.