

## Subliminal Affirmations For Self-esteem



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How Hypnosis Recordings Can Help You Now: You have three levels of mind which work together to create the wonderful person that you are. Your unconscious mind regulates your biological patterns; your conscious mind helps you navigate your world, while your subconscious mind directs your behavior based upon the information given it via your conscious mind. Sometimes, though, the information that you wish to integrate into your subconscious mind is filtered through the critical factor of the conscious mind. When you truly desire to change your behavior on an innate level, you must bypass the critical factor of your conscious mind and implant the new information directly into your subconscious mind. Affirmations are one method of getting information into your subconscious mind. Guided affirmations involve listening to an affirmation repeatedly; this method not only allows the positive suggestion to be heard by your conscious mind but their repetition allows them to make an impact on your subconscious level of mind.

Supraliminal suggestions are a form of subliminal affirmations that are recorded at high frequencies, outside the threshold of conscious human hearing. Although there are no audible words, your subconscious will still hear the affirmation. This process can help you bypass the critical factor of the conscious mind helping you make the changes you truly desire. Not for Resale. All Rights Reserved.

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