

Recommended Listening by Topic

Paraliminals are remarkably versatile. Every session can be used in a multitude of ways depending on your perspective, your state of mind and emotions, and your precise intention. Allow your intuition to guide your selections. However, for those times when you are not quite sure which one to choose, consult this list for quick reference. The recommendations here are based on decades of experience and the feedback from Paraliminal listeners. This document is part of the *Paraliminal Accelerator*, which you can find at www.Paraliminal.com/Paraliminal/Accelerator.asp

A

Academic improvement

Personal Genius, Memory Supercharger, Self-Esteem Supercharger, Self-Discipline

Addiction

New Option Generator, Break the Habit, New Behavior Generator, New History Generator

Aging

Youthful Vitality, Belief, Perfect Health, New Behavior Generator, Fresh Start, Success Built to Last, Instantaneous Personal Magnetism, Self-Esteem Supercharger

Anger management

Deep Relaxation, Letting Go, Positive Relationships, New Behavior Generator, Break the Habit, Self-Discipline, Talking to Win

Anxiety

Anxiety-Free, You Deserve It!, Get Around To It

Apathy

Letting Go, Youthful Vitality, Focus & Concentration, Perfect Health, Self-Discipline, Anxiety-Free, New Behavior Generator

B

Beliefs, limiting

Belief, Letting Go, New Option Generator, Finding Treasure, Self-Esteem Supercharger, Law of Attraction, New Behavior Generator, Prosperity

Betrayal

Self-Esteem Supercharger, Belief, Letting Go, New History Generator, New Option Generator, Automatic Pilot, Positive Relationships

Boredom

10-Minute Supercharger, Youthful Vitality, Creativity Supercharger, New Option Generator, Personal Genius

C

Career fulfillment

Prosperity, Peak Performance, Conscious Time, Get Around To It, Success Built to Last, You Deserve It!, Sales Leap, Intuition Amplifier, Living the Law of Attraction, Talking to Win, Power Thinking

Change

Letting Go, Fresh Start, New Behavior Generator, New History Generator, New Option Generator, Creativity Supercharger, Dream Play, Break the Habit, Automatic Pilot

Chaos

Overcoming Overwhelm, Simplicity, Miracle Mindset, Deep Relaxation, Self-Discipline, New History Generator

Charisma, magnetism

Instantaneous Personal Magnetism, Peak Performance, Self-Esteem Supercharger, Talking to Win, Living the Law of Attraction, Prosperity, Creating Sparks

Clarity

Power Thinking, Focus & Concentration, Simplicity, Overcoming Overwhelm, Finding Treasure, Prosperity

Clutter

Simplicity, Fresh Start, Overcoming Overwhelm, Get Around To It

Confidence

Self-Esteem Supercharger, Anxiety-Free, Belief, Finding Treasure, Miracle Mindset, Living the Law of Attraction, Peak Performance, Sales Leap, Instantaneous Personal Magnetism

Conflict resolution

Positive Relationships, Fresh Start, Letting Go, New History Generator

Consistency

Self-Discipline, New Action Generator, Focus & Concentration, Get Around To It, Automatic Pilot

Creativity

Creativity Supercharger, Personal Genius, Deep Relaxation, Dream Play, Intuition Amplifier, Seeing the Unseen, New Behavior Generator

D

Debt, financial concerns

Abundant Money Mindset, Living the Law of Attraction, Prosperity, Financial Security, Soul of Money

Dementia

Memory Supercharger, Belief, Anxiety-Free, Overcoming Overwhelm, Personal Genius, Happy for No Reason, Perfect Health, Self-Esteem Supercharger

Depression

Self-Esteem Supercharger, New History Generator, Letting Go, Happy for No Reason, Fresh Start, Get Around To It, Anxiety-Free

Destructive, limiting thoughts

Belief, New Option Generator, Self-Esteem Supercharger, You Deserve It!, New History Generator, Living the Law of Attraction, Miracle Mindset

Disorganized

Overcoming Overwhelm, Simplicity, Focus & Concentration, Get Around To It, Self-Discipline

Divorce, breakups

Belief, Self-Esteem Supercharger, Automatic Pilot, New Option Generator, Fresh Start, Positive Relationships

Dreaming, lucid dreaming

*Dream Play, Sleep Deeply/Wake Refreshed,
Personal Genius, Finding Treasure*

E

Emotionally closed down

*New History Generator, Miracle Mindset,
Self-Esteem Supercharger, Happy for No Reason,
New Action Generator*

Energy, lack of

*10-Minute Supercharger, Youthful Vitality,
Focus & Concentration, Recover & Reenergize,
Sleep Deeply/Wake Refreshed, Deep Relaxation*

Environment that is supportive

*Simplicity, Overcoming Overwhelm, Prosperity,
Soul of Money*

F

Fatigue or exhaustion

*10-Minute Supercharger, Perfect Health,
Peak Performance, Recover & Reenergize,
Fresh Start, Deep Relaxation*

Fear of future

*Belief, Letting Go, Finding Treasure,
New History Generator, Anxiety-Free,
New Option Generator, You Deserve It!*

Financial abundance

*Abundant Money Mindset, Prosperity, Soul of
Money, Living the Law of Attraction, Financial
Security, Gratitude, Intuition Amplifier*

Focus

*Focus & Concentration, Power Thinking,
Fresh Start, Letting Go, Conscious Time,
Memory Supercharger, 10-Minute Supercharger,
Self-Discipline, Automatic Pilot*

Forgiveness, of others

*Gratitude, Letting Go, Miracle Mindset,
Positive Relationships*

Frustration

*Overcoming Overwhelm, Focus &
Concentration, New Behavior Generator,
Simplicity, Instantaneous Personal Magnetism*

G

Goal achievement

*Conscious Time, Finding Treasure,
New Behavior Generator, Self-Discipline,
Success Built to Last, New Action Generator,
Get Around To It, Belief, Automatic Pilot,
Living the Law of Attraction, You Deserve It!*

Grief

*Fresh Start, Belief, New History Generator, New
Option Generator, New Behavior Generator*

Grounding and connecting with nature

*Simplicity, Living the Law of Attraction,
Gratitude, New Behavior Generator,
10-Minute Supercharger*

Growth and improvement, continuous

*New Behavior Generator, Personal Genius,
Miracle Mindset, Get Around To It, Prosperity,
New Behavior Generator*

H

Habitual nonconstructive behaviors

*Break the Habit, New Behavior Generator,
New Option Generator, Belief*

Health

*Perfect Health, Sleep Deeply/Wake Refreshed,
Belief, New Behavior Generator, Ideal Weight,
Smoke-Free, Break the Habit, Recover &
Reenergize*

Hyperactivity

*Personal Genius, Deep Relaxation,
New Behavior Generator, Belief,
Focus & Concentration,
Self-Discipline, Power Thinking*

I

Illness

*Perfect Health, Belief, Smoke-Free, Ideal Weight,
Prosperity*

Inadequacy

*Belief, Self-Esteem Supercharger,
Peak Performance, New History Generator,
Power Thinking, You Deserve It!*

Increased energy

*10-Minute Supercharger, Youthful Vitality,
Fresh Start, Deep Relaxation, Prosperity*

Intuition

*Intuition Amplifier, Creativity Supercharger,
Miracle Mindset, Dream Play, Seeing the
Unseen, Finding Treasure*

J

Jealousy

*Belief, Self-Esteem Supercharger, You Deserve It!,
Gratitude, Instantaneous Personal Magnetism*

Joy

*Happy for No Reason, Youthful Vitality,
You Deserve It!, Gratitude, Holiday Cheer,
Miracle Mindset*

Judgement of self or others

*Self-Esteem Supercharger, Gratitude, New
Behavior Generator*

L

Lack of direction

*Focus & Concentration, Fresh Start,
Anxiety-Free*

Learning habits

*Personal Genius, Memory Supercharger,
Break the Habit, Self-Discipline, Focus &
Concentration, Get Around To It,
10-Minute Supercharger*

Legacy

*New History Generator, Conscious Time,
Positive Relationships, Success Built to Last,
Living the Law of Attraction, Prosperity,
Financial Security*

Letting go

*Letting Go, Fresh Start, New Option Generator,
Anxiety-Free*

Life balance

Overcoming Overwhelm, Anxiety-Free, Deep Relaxation, Break the Habit, Simplicity, Soul of Money, Miracle Mindset, Perfect Health, Prosperity

Loneliness, isolation

Positive Relationships, Self-Esteem Supercharger, Creating Sparks, Miracle Mindset, You Deserve It!

M

Meaning and purpose

Belief, Intuition Amplifier, Focus & Concentration, Success Built to Last, Fresh Start, Living the Law of Attraction

Memory

Memory Supercharger, Personal Genius, Focus & Concentration

Motivation

Belief, Fresh Start, New Action Generator, Peak Performance, Automatic Pilot, Get Around To It, Self-Esteem Supercharger, Focus & Concentration, Simplicity, You Deserve It!, Self-Discipline

N

Negative people

Positive Relationships, Self-Esteem Supercharger, Fresh Start, New Option Generator

Negative thinking, unproductive thoughts

Automatic Pilot, New Option Generator, Letting Go, Fresh Start, Break the Habit, Power Thinking

Negativity, cynicism

Gratitude, Break the Habit, Holiday Cheer, New Option Generator, Fresh Start

Not knowing what to do

Seeing the Unseen, Focus & Concentration, Prosperity, Creativity Supercharger, New Option Generator, New History Generator

O

Overwhelm

Overcoming Overwhelm, Simplicity, Focus & Concentration

P

Passion

Success Built to Last, Miracle Mindset, Creativity Supercharger, Recover & Reenergize, Soul of Money, Intuition Amplifier, Living the Law of Attraction, You Deserve It!, Creating Sparks, Sales Leap, Prosperity

Procrastination

Get Around To It, Self-Discipline, New Behavior Generator

Problem solving

Creativity Supercharger, New Option Generator, Personal Genius, Power Thinking, Get Around To It, Seeing the Unseen, Finding Treasure

R

Regret about the past

Letting Go, Fresh Start, New History Generator, Gratitude, Miracle Mindset

Relationships, business

Positive Relationships, Miracle Mindset, Talking to Win, Sales Leap, Peak Performance, Success Built to Last, Instantaneous Personal Magnetism, New Behavior Generator

Relationships, family dynamics

New History Generator, Positive Relationships, You Deserve It!, Holiday Cheer, Letting Go, Talking to Win, Self-Esteem Supercharger

Relationships, meaningful friendships

Positive Relationships, Belief, Self-Esteem Supercharger, You Deserve It!, Finding Treasure, Living the Law of Attraction

Relationships, romantic

Creating Sparks, You Deserve It!, Self-Esteem Supercharger, Belief, Positive Relationships, Instantaneous Personal Magnetism, Prosperity

Resistance

Letting Go, New History Generator, Belief, Automatic Pilot, You Deserve It!, Get Around To It, Prosperity

Rigid, lacking spontaneity

Creativity Supercharger, Fresh Start, New Action Generator

S

Self-esteem

Self-Esteem Supercharger, Belief, Finding Treasure, You Deserve It!, Gratitude

Self-sabotage

Automatic Pilot, Belief, New History Generator, Fresh Start, Happy for No Reason, Get Around To It

Self-forgiveness

Gratitude, Miracle Mindset, Belief, Self-Esteem Supercharger, You Deserve It!

Self-worth, aka, “deservability”

You Deserve It!, Belief, Self-Esteem Supercharger, Finding Treasure

Skill mastery

Self-Discipline, Personal Genius, Power Thinking, Automatic Pilot, Peak Performance, Focus & Concentration

Sleep issues

Sleep Deeply/Wake Refreshed, Deep Relaxation, New Behavior Generator, Dream Play

Smoking

Smoke-Free, Perfect Health, New Option Generator, Break the Habit, New Behavior Generator, New Option Generator, Anxiety-Free

Spiritual connection

Gratitude, Miracle Mindset, Belief, Simplicity, Fresh Start

Stress

Deep Relaxation, Anxiety-Free, Letting Go, Simplicity, Abundant Money Mindset, Sleep Deeply/Wake Refreshed, Self-Esteem Supercharger, 10-Minute Supercharger, Recover & Reenergize, Youthful Vitality

Stuck state

Letting Go, Fresh Start, New Option Generator, Power Thinking

T

Test-taking skills

Personal Genius, Memory Supercharger, Deep Relaxation, Power Thinking, New Behavior Generator

Time management

Conscious Time, Simplicity, Focus & Concentration, Get Around To It, Self-Discipline

Trauma

Letting Go, Belief, New History Generator, Belief, Fresh Start

Trust

Fresh Start, Letting Go, Belief, You Deserve It!, Intuition Amplifier, Positive Relationships

V

Victimhood

Belief, Fresh Start, New History Generator, Prosperity

W

Weight loss

Ideal Weight, Self-Esteem Supercharger, New Behavior Generator, New Action Generator, New History Generator, Perfect Health, Belief, Self-Discipline

Worry

Deep Relaxation, Anxiety-Free, Letting Go, 10-Minute Supercharger, New Option Generator, Conscious Time, Get Around To It