

1. *The Secret In This Book Can Change Your Life Like It Changed Mine*

If someone would have offered me ten years ago the information that I am to give you in this book I would gladly have given my entire life's savings for same. For what price is happiness or peace of mind, new confidence, better health? These things – and more – can automatically be yours once you follow the simple instructions in this book.

Without a shadow of doubt I can say that this book will be the *most important book you will ever read in your entire life*. Certainly if I had received this book ten years ago I would have considered it to be the most important thing ever to happen to me. What you are about to discover has the most startling implications for man's power to control himself, and for your ability to *achieve virtually anything you want*.

No, I am not making you the kind of promises you will find in hundreds of 'positive thinking' books. What you will read in this book will be *different to anything you will have read before*. Because it is the only book you will ever read that will show how you can **TRANSFORM YOURSELF AND YOUR CIRCUMSTANCES** *without will power or effort*.

You can change just about anything without adopting any system of will power, meditation or mind control!

If you have become disillusioned with traditional methods of self-improvement I can't say that I blame you. I have tried just about every self-help method there is. For as far back as I can remember I have had a deep rooted urge to improve myself in every way possible: to improve my appearance, my speech, my thinking, my ability to influence people and make money. I have never been one of those people who could just be content with the way they are. Always I have been painfully aware of my imperfections, and constantly strove to overcome them.

Because of this deep inner urge to improve myself I have always been ideal 'bait' for self-help books. American classics like Carnegie's *How to Win Friends and Influence People*, Bristol's *Magic of Believing*, Hill's *Think and Grow Rich* I devoured eagerly as a teenager. These books were like bread to a hungry man. They rescued me from the clutches of negative thought, and helped me to break through inferiority feelings that constantly plagued me. My appetite for such books was, however, not sated. Give a hungry

man bread and he'll want more. I thirsted for the greatness of superior minds, and eagerly I devoured more gems like Trine's *In Tune With the Infinite*, Washington's *Up From Slavery*, and Clark's *The Man Who Tapped the Secrets of the Universe*. I wanted to get into the *minds* of such men, and perhaps acquire some small portion of their greatness for myself. I was hungry for the secret of effortlessly *overcoming obstacles, developing inner strength*, mastering my destiny.

Such books I found to be worth their weight in gold – and I still read them today for inspiration – but I still felt I hadn't the 'secret': the 'secret' of *power and self-mastery* which I would only discover 'accidentally' many years later.

It seemed to me that the only way to conquer one's self was through two basic avenues: *self-imagery* (visualisation) and *self-suggestion*. One would 'self-image' and 'self suggest' himself to be the person he *wants to be*, and by constant practise this ideal image would become a reality. All self-help and occult psychology systems boil down to this simple combination of self-imagery and self-suggestion.

I tried these methods for years with varying success. They *do* work although they require much self-discipline and persistence. Discipline and persistence aren't easy, however, when one is ill, fatigued or worried as I often was.

I found that using these methods when I was tired would usually lead to a pounding headache. Some times I would get headaches from these methods that would last for several days making all my psychological work impossible. In order to achieve what one wants in life one must work at it *every day*. Once or twice a week is useless. So I grew concerned that these headaches were preventing my sessions of self-imagery and self-suggestion thereby halting my programme of self-improvement. My determination was so great that I carried out these sessions even when my head was at its worst, and not surprisingly the headaches would grow to excruciating proportions. I felt I could *master* the headaches rather than letting them *master* me, but it just didn't work.

I was faced with a dilemma I could not resolve. I had no choice but to quit while the headaches persisted. Once they subsided I would recommence the sessions of self-imagery, etc. It would be okay for a few days and then the symptoms would appear again. There seemed little choice but to quit altogether.

No doubt many – if not most – of you will not have experienced

this problem. I have never seen mention of it in any self-improvement book I have read. All such books advocate the use of imagination and self-suggestion/affirmation, but make no mention of getting piercing headaches out of it!

One factor largely responsible for these headaches was, I believe, that I was often *fatigued*. I worked long and hard hours – often 'til past eleven or twelve at night – so my head had really had enough for one day without the added burden of mind exercises. But little did I realise that this headache problem would transpire to be the greatest 'blessing in disguise' of my life. For months I pondered on how to beat this problem. In no way was I going to compromise my quest for self-improvement with this stupid aching head of mine! I knew there had to be *some* answer.

I figured that if I couldn't psychologically work on myself because of these cursed headaches maybe *someone else* could do the job for me. But that was impracticable. Yet it seemed the only way. There had to be some *external* way of performing this mental work.

The answer to my problem came in a most unexpected manner as indeed most great things do. I happened to visit a friend who had just been recording her own poetry on a cassette recorder; and then she was playing it back. An idea hit me: why not record my own self-suggestions on a cassette recorder and *play them back to myself*? Surely the effect on my mind would be the same, and the results just as good?

Excitedly, as soon as I could, I dashed out and bought myself a cassette recorder and began experimenting. I recorded on a cassette the self-suggestion I was using at that time, and each night for about two weeks played it back to myself whilst sitting in a relaxed position. I listened and saw in my mind's eye the results that I was seeking, and found it much more agreeable than the old method! I could see that the results of this new system were as good as the old, and all without the headaches!

I experimented further. I knew that the subconscious, which is the agency that translates conscious desires into realities, was always at its most receptive when the body was in a state of total relaxation. So I used an earphone – supplied with the cassette recorder – and listened to the recording of my self-suggestions in the snugness of bed before falling asleep. This I did for another two weeks, and the results were even better! Here was a way of influencing the subconscious mind which was more effective than anything that I

had ever tried before, and required *no effort whatsoever to implement!* All I had to do was to go to bed, relax, visualise as I listened, and simply drift to sleep when the cassette ended! Later I discovered that even the visualising part wasn't necessary!

This excited me no end – the fact that I could give virtually any instruction to my subconscious mind in this easy, effortless manner, and simply await the results desired! No more will power; no more affirmations; no more tiresome, forced 'positive thinking' – everything from now on would be easy, simple and automatic!

Now I know that there are all sorts of things available today on pre-recorded cassettes. You can get cassettes on slimming, gaining more confidence, smoking, will-power, etc. But my 'cassette discovery' was some years before these pre-recorded cassettes became universally available.

I have seen the publicity material for such pre-recorded cassettes and have listened to some of them. You can keep them where I am concerned. I am sure they are helpful and I don't wish to knock the people that produce them. These cassettes lack *dynamism* – they seem 'tame', wet, and without sparkle. They don't light the 'fuse' of the subconscious dramatically enough to produce the powerful, fast results that most people desire. Because they are 'tame' it is therefore inevitable that the results will be like-wise. Also the manufacturers' publicity material make the whole thing sound so dull and complicated that I wonder if even they have any faith in these cassettes.

Another weakness of this type of cassette is that they spend far too much time on trying to get the listener 'relaxed' which is all really quite unnecessary. One cassette I listened to recently spent no less than 20 minutes on each side (total playing time 30 minutes each side) getting the listener 'relaxed'. The 'meat' of the tape – the actual suggestions or 'commands' to the subconscious – made up only ten minutes of each side!

Apart from wasting the listener's time it is also extremely *costly*. The cassette in question cost £8 to buy, and for that £8 the listener spends nearly £6 being told to relax!

Relaxation *is* important, but there is no point in wasting precious, costly cassette time for this end. It is far better for you to get relaxed and comfortable first of all and *then* play your cassette which can then – and will be – crammed from beginning to end with dynamically powerful 'commands' to your subconscious.

What I am going to show you is how to *record your own cassettes*,

and receive blessings and ‘miracles’ from them you never thought imaginable!

Don’t be afraid of the thought of doing this yourself. *Everything* you will ever need to know about the subject will be revealed to you in this book. This is the only book of its kind in the world. It is small and expensive, but you will come to regard it as your ‘Miracle Book’. The contents of this book have been worth thousands and thousands of pounds – literally – to me. I will even show you how you can get your subconscious to ‘produce’ money for you – effortlessly and easily! So don’t fear, dear reader; what you are going to learn is *simplicity* itself. You don’t need a high I.Q. to understand it. You certainly don’t need positive thinking – you don’t even need faith! And whether or not you believe in the concept of ‘mind power’ is also irrelevant; what I am going to show you is going to work *whatever* you believe! This is dynamite. This is going to be the greatest thing to ever happen for you. You can’t go wrong, for it WORKS, WORKS, WORKS – EVERY TIME!

2. *Your Subconscious: A Vast Universe of Limitless Power!*

The subconscious mind controls our every action, thought and deed! Our every thought and feeling originates from the subconscious – it controls us *every single moment* of our existence! The subconscious mind is that part of the mind that lays behind the conscious exterior – it is the ‘second’ mind we possess – the mind which we think doesn’t exist, and yet it is more powerful by a multiple of *billions* than our conscious mind! Many of you will already be familiar with these facts. For those of you who are not familiar it is vital that you *understand what limitless powers* lay within your head – at the ‘subconscious’ level.

Your subconscious is mightier than any computer – there is nothing it doesn’t know! It records every single experience of every single moment of your life! You may not remember what you were doing on the morning of June 17th, 1978 *because your conscious mind doesn’t remember*; but if you were put under hypnosis you would recall every single thing you did on that morning! In

hypnosis it – the subconscious – speaks whilst the conscious mind is sleeping. That is why people can recall the most extraordinary things – even details of events in past lives – under hypnosis. Their subconscious mind takes over when the inefficient ‘conscious’ mind is sleeping.

The subconscious functions constantly – it *never* rests! 24 hours of the day it is on the go, non-stop, controlling every movement and vibration of your mind and body. It is the supreme MASTER of your being, and also the direct link between you and other intelligences – be it other human beings or super intelligences beyond normal, conscious contact! Going through the subconscious is the *only* direct form of contact with what we call ‘God’.

Now *you* can be master of your subconscious mind, and therefore your *destiny*, without years of training in psychology! Influencing your subconscious will be simplicity itself when you follow the instructions I shall give you.

The subconscious is most receptive to ideas or instructions given to it when the body is in a *relaxed* state. Although it can also be extremely responsive at the opposite end of the emotional spectrum – when one is confronted with an emergency, for example. But this is not the subject of this volume – you are going to learn the easy, relaxed and *effortless* way of influencing your subconscious mind! When you are tired you are at your most vulnerable as the subconscious is at this time ready to accept virtually anything asked of it.

That is why interrogators work hardest on their victims when they are tired and exhausted. If a victim is going to ‘crack’ that is the obvious time he will do so.

Never let anyone try and talk you into something when you are tired or when your defences are down. Don’t let anyone try and get around you when you may be feeling relaxed and carefree because that is the moment you are likely to give in, and you may regret it for a long time after!

When you listen to the cassette you will have recorded you should be in a relaxed, comfortable posture. In bed is the ideal place. Your body should be nice and limp, and in a generally sluggish state.

I can hear someone say ‘But I don’t have a cassette recorder. That means I’ve to go out and spend about fifty or sixty quid to do as you say.’ Friend, if you don’t have a recorder don’t begrudge the money you will have to spend to get one. *It will be the best money of your life* next to the money you have spent on this book!

If you bypass the golden opportunity for *guaranteed self-mastery* that awaits you in this book for the sake of £50 you will do yourself out of the greatest thrill of your life. Ten years ago I would have given *my entire life savings* for what I am giving you now.

What price is *self-mastery*, happiness, emotional security, accomplishment? It is not worth £50? The information in this book is worth a *million* pounds and more. You will never find anything like it anywhere else. You probably throw away £50 a month on fags and beer, or some other totally unnecessary expense. Booze and cigarettes bear no resemblance to happiness and fulfilment. I am going to show you how to be a new person with total mastery of everything, including whatever debilitating habits you may have now!

Make sure you get a good machine. Don't settle for a cheap £25 job no matter how hard up you may think you are (you won't be hard up for much longer after you've got the hang of this book!). On the other hand you don't have to go for a super-duper, deluxe sort of thing. After all you are only going to be listening to *your own voice* – not the Royal Philharmonic! Of course if you want a machine with a really nice tone for music then that's up to you.

The 'magic formula' for getting fast, amazing results from the material in this book is simply, (a) to give the *right* 'commands' to your subconscious; and (b) to be relaxed and comfortable when you listen to the playback of your cassette. Now I am going to show you the *right* wording to use for your commands. If lack of concentration is your problem you would say:

Your powers of concentration are improving every day.
You give your entire attention to the matter in hand.
You fix your entire attention on one thing at a time.
You have great powers of concentration.

Note that one says 'you' instead of 'I'. This is because you are speaking to your subconscious as a *separate entity*. *You are the boss* – you are giving the instructions! When you listen to the playback it will be as if you are listening to *someone else*. So always say 'you' rather than 'I'.

Note, too, how these commands are *positive* and *specific*.

Your subconscious will not respond to anything *weak*, *uncertain* or *unspecific*! In this respect your subconscious is like a child – it has to be told *exactly what to do*. Your instructions must be *clear*,

absolute and *explicit*. Most of all they have to be POSITIVE. You will only get back from your subconscious what you give it – give it vague, tame instructions and you will get back ‘vague, tame’ results! I say this because although I shall be giving you the exact wording for commands for a variety of problems you can always make up your own wording to suit your particular individual needs.

When you speak into the microphone your voice should be *soft but firm*. Do not speak loudly: *soft* and *firm* is the order of the day. Have the commands written on a sheet of paper before you. Keep absolutely still as you read the commands as any movement or noise will be picked up by the microphone. There should be total silence around you – no radio blaring in the background, etc. And when you speak do it *slowly*: don’t gabble your words. Speak slowly and clearly, *soft* but *firm*.

I know that many of you may not be happy about the thought of listening to your own voice on cassette. You may consider your voice to be unattractive, lacking finesse. Don’t let this bother you. Remember it is only *you* who will be listening. Your subconscious *knows* your voice and ‘*thinks*’ with your voice. And besides, you are *not* supposed to actually ‘listen’ to your voice when you are listening to the playback. You should be in such a state of relaxation and snugness whilst playing back your cassette that you will not be conscious of your voice.

Remember, it is your *subconscious mind* that the voice on the tape is speaking to so it doesn’t matter what your conscious mind is thinking just so long as you are relaxed. More on this point later.

If your voice worries you why not make that your first priority for improvement? You can make this the subject of your very first recording session. Here are the commands you can give if you are a man:

Your voice becomes stronger and more attractive every day.
Your voice is strong, powerful and commanding.
You speak clearly and firmly.

Here are commands a woman could use:

Your voice is more attractive with each passing day.
Your voice is warm, feminine and attractive.
You speak in a warm but firm manner.
Your voice is both strong and feminine.
You speak clearly and attractively.

You can say what you like so long as your commands are *strong*, *positive* and *specific*.

3. *Vital Rules for Maximising Results*

All recorded commands *must be repeated again and again*. Repeat each command up to ten times before progressing to the next one. This will bore you whilst recording, and it is boring, too, to listen to. But when listening to the playback you should be so relaxed that you will not really be aware that you are listening to the same thing over and over again. However, when you record it will only be for 30 minutes so you can risk a little boredom for a such a little duration. Even if you are saying the same thing over and over again your voice must stay *firm and soft*. Don't let your voice waver. Keep the same tone.

There is no need to pay attention to what you are listening to when you listen to the playback in the comfort of your bed. This book is all about improving yourself *without will power or effort* so there is no need to 'do' anything whilst listening to your cassette. Simply relax your whole body, keep your legs uncrossed, lay flat on your back if you are in bed, or sit as comfortably as you can if you are in an armchair.

Use an earphone, or headphone, so no one else can hear what's going on. You get better results this way anyhow.

I would strongly suggest that *you reveal to no one what you are doing*, even those closest to you. Most folk are frightened of anything to do with mind power hence their great eagerness to rubbish the subject. Don't, for goodness sake, say a word to anyone.

You can let your family form the impression that you are simply listening to music. Remember, by using an earphone or headphone *no one knows what you are listening to but you*.

When you are out of the house there is always the chance that a curious busybody will look to see what the cassette is and even play it. You can remove it from the machine and hide it somewhere. Cassettes are fortunately so small and inconspicuous that they can be concealed anywhere.

Only discuss what you are doing if the other person is in full accord with your views on self-applied psychology and mind power, etc. *Under no circumstances should you discuss this matter with anyone whom you know to be just the slightest bit sceptical about such things.*

You will save yourself much trouble by heeding this advice.

So secrecy is vital. However, maintaining such secrecy can be difficult when after a few weeks of listening to your cassette you are experiencing the miraculous changes in yourself that you have been seeking. You will find yourself so excited about what is happening inside that you that you will want to tell the whole world about it. But please, dear reader, keep it to yourself. It is *your* secret – let no one know the source of your new found self-mastery.

If you have been timid, unsure of yourself, and you recorded a cassette to make yourself strong, dynamic and confident you will feel and look like a totally new person after about a month. You will already feel wonderfully different after about a week or two. People may remark on how you have changed. Some will be amazed. *Don't tell them how you did it.* Keep them guessing. If someone asks why you are so different just shrug your shoulders and say you 'hadn't particularly noticed' that you had changed, or say something like 'I guess everyone changes – even me!' Whatever you do don't give away your secret. People may be amazed initially at your new found personality but after a while they will take it for granted and not pester you with questions anymore. People have too many problems of their own without worrying about other people as well. If someone is genuinely interested in self-applied psychology, mind power, etc. – and I mean *genuinely* interested – then you can recommend them this book. But don't tell them *too much* about this book. Ask them to write to Finbarr, the publisher, who will send the relevant details and then they can make up their mind for themselves.

Whatever you do don't loan your copy of this book to anyone *as you will not get it back!*

I have stressed the matter of secrecy as it is so *darned important*. If your self-control is so bad that you feel compelled to shoot your mouth off then you will only have yourself to blame for the problems with other people that are bound to arise.

Now we can get down to the commands themselves. You can make up your own commands for whatever need you have. The commands I am about to give are for needs and purposes important to a great number of people.

Commands to Improve Self-Confidence

Every day you feel more and more happy and confident.
You feel wonderfully self-confident and happy.
You handle everything with supreme ease and confidence.
You feel wonderfully self-confident and relaxed in everything
you do.
You handle all matters with supreme ease, skill and confi-
dence.

Repeat over and over again until the cassette finishes. Keep
your voice soft, firm and positive. Don't rush – speak slowly and
positively.

Commands to Gain Confidence With the Opposite Sex

You feel totally relaxed and confident when you are in the
company of women (men).
You feel completely relaxed and confident at all times.
You feel totally relaxed and confident whenever you are in the
company of women (men).
You are never at a loss for words when you are with women
(men).
You express yourself with complete ease when you are in the
company of women (men).
You radiate charm, confidence and warmth when you are in
the company of women.
You are utterly charming, warm, radiant and magnetic.
You feel totally and completely relaxed when you are in the
company of women (men).
Women (men) love your company and you love theirs.
You always feel wonderfully happy and relaxed with women
(men).

Repeat over and over again until the end of the cassette. Speak
slowly and hypnotically.

Commands to Increase Will Power

These are fantastic! Whoever heard of gaining will power *without
effort*? If lack of will power has always been a problem for you a

cassette of these powerful, dynamic commands will change everything. These commands for increasing will power are excellent for using in conjunction with commands for smoking, slimming, etc. Repeat over and over again, in a slow soft but firm tone the following:

You will power is getting stronger and stronger every day.
You feel stronger in mind and spirit every day.
You are gaining terrific, mighty will power.
You enjoy the feeling of being strong willed.
You feel terrific.
Your will power is growing stronger and stronger.
You have total control of your thoughts and feelings.
You have fantastic will power and self control.
You are supreme master of everything.

If one particular command appeals to you more than others *repeat that command at least ten times*. You can never repeat any command too many times! Repetition truly works wonders!

Commands For Acquiring a More Dynamic Personality

You feel dynamically alive and vital.
You feel terrific.
You feel wonderfully happy, dynamic and healthy.
You feel excitingly dynamic and magnetic.
You radiate irresistible power and magnetism.
You are *invincible*.
You are dynamically happy and radiant.

These exciting commands will truly transform your personality within weeks. Be sure, as always, to speak firmly, slowly and softly. These commands are excellent to use in conjunction with those for increased self-confidence and for increased confidence with the opposite sex. If you include all these on one cassette be sure to allow enough time for repetition of each single command. Each command should be repeated at the very least three times. If there is not enough room on your cassette simply buy a longer cassette. The usual length of cassette time you will need is 30 minutes (the tape consisting of two sides at 30 minutes). You can get tapes with 45 minutes each side or 60 minutes each side. One can, of course,

with a 30 minute one side tape simply turn it over and record on the second side if there is not enough room on the first. Suit yourself. The trouble with turning a cassette on to the other side during your listening session is that it can interrupt your level of relaxation. Ideally you should have no interruptions.

Commands For Breaking The Smoking Habit

- You have immense self-control.
- You have complete control of your emotions.
- You utterly loathe and detest the taste of cigarettes.
- You utterly detest the smell of cigarettes.
- You absolutely detest the taste of cigarettes.
- The taste of cigarettes disgusts and nauseates you.

It is imperative that you *carry on smoking as normal*. Make absolutely no conscious effort to quit. This is the easiest way in the world to break the smoking habit. After about a week of listening to the tape you will simply *begin to lose the desire to smoke*. You will probably continue to smoke, however, but you will find the habit less satisfying. You won't be lighting up so much and, eventually, after about a month, you will be left with no desire to smoke at all.

4. How to Multiply The Effectiveness of This Method and Get Quicker Results!

People seem amazed when I tell them that in order to get their subconscious mind to help them they *must not use will power or effort*. They can't believe it. People say "You mean to tell me that all I have to do is record a cassette of positive commands, then play it every night, and that's all?" Yes, *THAT'S ALL*, and if you *add anything to it* you will merely dampen the end result!

You should play your cassette as often as you can. The most convenient time is when you are in bed before you fall asleep. Make sure your legs are uncrossed, and that you are flat on your back – *not turned to one side*, and that your arms and hands are limp

and relaxed by your side. When you've got yourself nice and relaxed switch on the machine. You will be using either an earphone or headphone. I would recommend the latter although at first it may feel uncomfortable. The voice is more encompassing and hypnotic through a headphone, and I feel this creates better receptivity for the subconscious.

If you are still awake after playing the tape through once, why not play it again? The more plays the better. And if you awake in the middle of the night why not play it again? You can never play your cassette enough times. Results come faster with more than usual plays.

Should you fall asleep whilst the cassette is playing it doesn't matter. Your subconscious will have heard everything even though your conscious mind has drifted into slumber.

Play your cassette as often as you can – anytime you are able to be relaxed and comfortable, even if only for ten minutes during the day. The more plays you get the greater will the 'magic' work.

Your body should be relaxed when you play your cassette. Ironically it is not so important that your *mind* should be relaxed. But your body should be. You can let your mind dwell on all sorts of things whilst you are listening including even the worries of the day. Do *not* listen to the tone of your voice as this may annoy you and cause your body to grow tense. Few people like the sound of their own voice on a recording. So think about anything except your voice.

Visualising the outcome of the commands whilst listening does help. However, as stated before, it is not essential. I very rarely visualise these days whilst listening to my cassettes. Often my mind is too tired and weary to do any more mental work after a long and exhausting day. I simply put on the headphone, then press the 'play' button, and let my thoughts wander as I listen. *The subconscious absorbs all that is being said through the headphones irrespective of what goes on in your conscious, thinking mind.*

You can think whatever you like. It doesn't have to be anything to do with what you are hearing on the cassette. Let your mind wander as you please, think what you want: just be relaxed.

Play your cassette as much as you can – at least once a day or night. And never, *ever*, consciously try to force the results you are seeking. Carry on from day to day in your normal manner – *change nothing*. Your subconscious will gradually bring about the thing you seek, and when it happens it will truly seem like magic. You

will begin noticing results usually after about ten days. If confidence is your problem and you have programmed confidence commands on your cassette, you will notice that after about ten days you will be *automatically* more confident. *You will find that you will not be able to act in any other way but confidently! You will feel confident whether you like it or not!* And it all comes about 'magically'! Just a week or two of listening to your cassette – and *nothing more* – has brought about this change in you!

For virtually all types of commands you can expect to see results usually within ten days. Maybe longer, maybe less. You may wait a month, or you may wait two or three days. Much depends on the nature of the problem/goal and the frequency with which you play the cassette. For most purposes I find that ten days is about how long it takes to begin getting real, tangible results. Do not *look* for results – do not anxiously wait to see changes in yourself. They will happen – automatically – without you even noticing. You will not have to 'look' for results – they will look for *you!*

Once you begin to notice the changes that you desire happening within you *do not stop playing your cassette*. If you want the 'magic' to grow and grow then you must play and play. Don't quit after a few weeks just because you feel the whole thing is completed. If you want to accomplish other things you need only record other cassettes for those needs. Once the first cassette has achieved its objective you can begin playing it less and less, say, just three or four times a week. This will give you more time for your new tape.

I have four different cassettes which I rotate through the week. I have two 60 minute cassettes, one I play three nights and the other four nights. The other cassettes I play after my midday meal. I am fortunate in that I am able to work from home and I am able to retire to bed each day for an hour after lunch. This gives me the time to relax and unwind a little as my work involves much stress, and can be very demanding mentally. But this rest is not wasted. I play a 60 minute cassette which concerns ways of increasing business, and this cassette is worth its weight in gold. I shall give you commands for business purposes later. These cassettes, dear reader, are literally worth *thousands of pounds in hard cash* to me. Whenever I am in a fix for ideas I just start playing my 'business ideas' cassette, and then I don't have to wait very long afterwards for great money making ideas to come to me! This one hour daily rest is of inestimable financial value to me, and all I do is lay flat on my back in bed, relax, and even sometimes fall asleep!

I have made thousands just by going to bed each day for an hour!

Have you ever heard of anything so incredible – almost absurd? I tell you, dear friend, that this is the *most fantastic system of self-improvement you will ever find!* It works much better than anything else, and yet involves nowhere near as much effort as any other system – in fact it involves *NO* effort! The worst thing you can do is to *make* an effort!

For years I studied every system of mind development there is – yoga, hypnotism, positive thinking, self-image psychology, etc. I tried them all. But they never gave me the ‘secret’ I was looking for. And to think I stumbled on it only because of those headaches that used to plague me! What a glorious blessing those headaches turned out to be!

For years I kept quiet about the ‘system’ I had discovered. I knew that to talk about it would be to invite ridicule. People fear the ‘unknown’ or anything to do with the use of the mind for influencing things. And they would certainly scoff at the notion of ‘miracles’ happening simply as the result of relaxing and listening to a cassette! It didn’t even occur to me to write a book about it. It would all seem just too crazy for people to believe, I thought. And in spite of my bookselling connections I felt that such an unusual book just wouldn’t sell. Then one day I woke up and thought ‘Blow It! *I will* write a book!’ I figured that I could write an advertisement telling people that this book *is* fantastic, and that as a student of psychology I’ve never known anything like it!

I could never have written a book like this if I hadn’t *believed* in it. I just couldn’t ‘con’ people. But the marvellous thing about what I am giving you is that you don’t *have* to believe in what *I say*. In fact it is not even necessary for you to believe in the whole thing at all. You only have to record the commands for the objective you have in mind, then listen to them for a few weeks and then the results you want will come *irrespective* of your lack of belief! Your beliefs *don’t count* – this ‘system’ works no matter what you think!

You need ‘belief’ for positive thinking, for visualising, for self-image psychology, for working the occult, but belief is totally irrelevant to what you are learning in this book! This ‘system’ will work for you in spite of *whatever you think!*

So be sceptical if you wish, but for goodness sake, *try* the damned thing. *Don’t sit on the sidelines.* Do it and have it *proved* to yourself!

Now we will continue with some more commands for specific

objectives. Remember you can *make up your own commands*. You don't have to follow my exact wordings. It is *your mind* and *your habits* that you are going to change. Make sure that commands you make up yourself are like the ones I give: strong, positive, specific, dynamic. *Never* be vague, tame, and negative in your commands unless you want 'vague, tame, and negative' results!

Commands for Mastering Shyness

Shyness plagues many people. It used to be the curse of me – I used to be excruciatingly shy with everyone, everywhere. Oh, what I would have given years ago to know what I am telling you now! If shyness is your problem prepare to say 'goodbye' to it, and 'goodbye' *forever*. If you have tried other ways of overcoming this problem and failed it doesn't matter. These commands will *work*. This 'system' *never, ever* fails when applied to realistic goals. Getting rid of shyness is most certainly a highly desirable and realistic goal.

Speak clearly, softly but firmly, the following:

You are of immense value.

You are of infinite value.

People love you and want you.

You feel wonderfully self-assured.

You enjoy meeting people.

People enjoy meeting you.

You feel wonderfully relaxed with everyone

You are warm and spontaneous with people.

You radiate warmth and kindness towards everyone.

I know that 'people love you' may be a lie in reality, but when it comes to receiving commands your subconscious cannot differentiate between truth and untruth. The fact is that the subconscious will respond *dramatically* to such commands given it, and hasten the appearance of the 'miracle' within yourself which you seek. And in reality, and this is the peculiar twist in the situation, people *will* 'love' you once the 'miracle' happens! People *prefer*, like and love happy, radiant, outgoing types. They *don't* like the shy, withdrawn type. No wonder the shy person feels rejected!

A few weeks of listening to these commands and you will not *recognise* yourself! You will find yourself deliriously happy with the results. You will really feel as if some kind of 'magic' has happened. Your new found confidence will be *automatic*: you will be confident and free of shyness *in spite of yourself*. You will find it a fantastic feeling, a feeling totally new to you without precedent. And it's only the *beginning*: many other equally exciting changes of personality await you if you wish to proceed with new cassettes for new goals.

Commands for Happiness and Peace of Mind

These commands will bring you something you could never buy with money or develop through will power – *real* happiness and peace of mind. Happiness is, above all else, a *state of mind*. Happiness in external things can be shallow and fleeting: they can't be relied upon to last. Sometimes one can find real happiness in another human being, but this is something exceedingly rare. No, happiness is fundamentally an *internal* condition. If you suffer from despondency, sadness, negativity, or, in a word, just plain *unhappiness*, then prepare yourself for the most exciting inner experience of your life. Nowhere else but in this book will you find something that will give you *real* happiness easily, automatically, without mental discipline. Just record these commands, listen to them every night in the usual manner, and within a week or two you will begin to feel something magical and wonderful stirring within you. This is something you couldn't buy for a million pounds. People have travelled thousands of miles, left their homes, changed their lives to try and find the elusive secret of happiness that you are about to receive, and 'magically' without any effort on your part. Repeat these commands over and over again, and speak firmly, softly, positively, and slowly.

You find great joy and happiness within yourself.
You find everything you need within yourself.
You are rich in everything.
You have a deep inner feeling of joy and happiness.
You find great joy and strength within yourself.
You think and feel positive about everything.

This is a great cassette to play over and over again when you have

your 'down' periods. It will work better than a thousand pills. Listening to these commands on a permanent basis will make your 'down' periods become virtually non-existent. You will feel almost always 'up', and sometimes you will have to pinch yourself to make sure it's all *real* and not just a dream. Your life will be changed completely; people will feel more attracted to you; they will seek your company; and you will become a pillar of strength and comfort to them.

Commands for Slimming

Many people's idea of happiness is to be slim! Well, you can be both happy *and* slim. Being overweight is usually due to two principal factors: over-fondness of food, and lack of exercise. Sometimes another factor is at work: a sense of inferiority or a feeling of lack of love within the individual. We shall tackle all of these in the following commands:

You are of infinite value.
You are infinitely valuable.
You feel wonderfully happy, safe and secure.
People love you and want you.
You are warm and outgoing towards people.
You constantly imagine yourself as being slim.
You are slimmer with each passing day.
You are completely satisfied with small meals.
You positively *refuse* to eat in-between meals.
You walk as much as possible and thoroughly enjoy it.
You enjoy climbing stairs.

By telling your subconscious that you need less food it *will be so*. Your subconscious rules your stomach like it rules everything else. Don't expect to lose weight overnight. This will be a slow process. You will feel the effects of the commands relatively quickly, but the actual loss of weight will take longer. Persevere and you *will* gain the wonderfully new slimmer physique that you want so much.

Commands for Improved Memory

Say 'goodbye' forever to poor memory! These commands are excellent for use in conjunction with the commands for concentration. As usual speak slowly, hypnotically, and firmly.

You remember everything with perfect ease.
You remember facts, information, and events with complete ease.
You remember everything in great detail.
You can recall anything you wish with perfect ease.
You remember in clear detail everything you have read and learnt.

Commands to Increase Love with Your Partner

If your love partnership is faltering then the following commands will change everything. They will bring joy and happiness into your relationship in a manner which you never imagined possible. Because these commands focus your thoughts *on the other person*. Love is all about *giving*, and all love relationships falter because of the lack of this quality.

Speak slowly and firmly into the microphone the following:

Your love for _____ grows deeper and deeper.
You show her great consideration at all times.
You see things from her point of view.
You are supremely kind towards _____.
You show interest in everything that interests her.
You make her feel like the most important person in the world.
You do everything in your power to make _____ feel comfortable, happy and loved.

Commands to Help You Master a Foreign Language

These commands will make a powerful impact on your efforts to learn a foreign language. Speak slowly, firmly, but softly the following:

You love French (or whatever language it is you seek to master).
You love the French language.
You find French an intensely exciting and interesting language.
You love speaking French.
You are determined to master French.

You speak French whenever you can.
You love studying French.
You permanently remember every new French word that you learn.
You master every single detail of French grammar easily and without effort.
You automatically remember every single French word that you have learnt.
You love French.
You even speak with a French accent.
You pronounce French words exactly as the French do.
You think in French.
You love studying French.

5. *Commands for Money and Prosperity; Health and Beauty!*

Now we come to the part which to many of you will be the most interesting, that is using commands to *stimulate your subconscious into bringing you more money!* Making money depends upon two basic principles:

(1) To be in possession of a money 'mentality' – to constantly be *thinking* in terms of *money, profit, prosperity*. Money comes to those who *think* 'money' – *not* poverty! That is why in this world 'the rich get richer and the poor get poorer'. Poverty exists in this world because of *wrong thinking about money!* *Think* in terms of poverty and you'll *get* poverty!!

(2) To give a *service* for money. You have to *give* something to *get* something. In other words you have to *work* for money. So you must condition your subconscious to:

- (a) give you a money 'mentality'; and
- (b) give you the ideas and know-how in order to get more money.

The commands about to follow have been worth thousands of pounds to me, and could be worth as much, if not more, to you. They will certainly enable you to forever be attuned to prosperity and its goodness. As usual, speak slowly and firmly into the microphone.

You *think* money constantly.
You expect money.
You are prosperous, rich and free of financial worries.
You are growing richer and more prosperous every day.
Money is attracted to you.
Money is irresistibly drawn towards you.
You *think* riches, wealth, prosperity.
You are infinitely rich, happy and fortunate.
Money is your birthright.
You receive a constant flow of highly original and very practical ideas for making money.
Practical, workable ideas flow to you for making money.
New, exciting, practical ideas for making more money flow to you all the time.
You receive an endless flow of practical, workable ideas for making money.
You are growing richer, more prosperous every day.

The ideas you need will begin flowing to you after about ten days. Ten days is only *approximate* – ideas may come within seven days or take fourteen or more days. Ten days is just an average figure. The subconscious will tell you exactly how to make all the money you need in the form of ideas it will give you. It is up to you to act on them. Your subconscious will not do the actual physical work of making you more money – that is *your* part of the job. The subconscious merely provides the inspiration and ideas to get you going; and will lead you to where money is; but it is your job to get off your backside and do what is necessary to make the money.

Most of the ideas received will be worthwhile, useful ones. You may even get an idea that will make you a million if you are intelligent and hard working enough to follow it through. Your subconscious has been instructed to give you *practical* suggestions, not airy-fairy unrealistic, ‘get rich quick’ ideas. Don’t ever get yourself roped into ‘get rich quick schemes’, no matter how attractive they may appear. Each and every one of them is a con. I learnt that the hard way. If you are a businessman seeking to increase sales you can add the following commands to those just given:

You receive a constant flow of highly original and practical ideas for increasing business.

Great, highly original ideas for improving business flow to you endlessly.

Just repeat these over and over again along with the other commands.

Commands for Greater Wisdom

These are perhaps the most important commands in the whole book as their effects are *spiritual* rather than material. Most folk are not interested in wisdom, but for my more enlightened readers the following commands will greatly increase inner riches:

You are growing wiser and wiser every day.
You have deep inner wisdom and understanding of life's mysteries.
You have profound understanding of life and its mysteries.
You are infinitely wise and full of understanding.
You are attuned to the source of all things.
You are one with the Infinite.
You have wonderful powers of understanding.
You have profound understanding and inner wisdom.
You are profoundly rich in wisdom and understanding of life.

Commands for Beauty and Youthfulness (for Women)

These commands will be more avidly sought after than any amount of wisdom commands, I'll wager! Can you actually make yourself younger and more beautiful simply by telling the subconscious so? The answer is an unequivocal 'yes', but the outcome of such commands are not so immediately obvious. They will take a lot longer than the proverbial ten days. These commands have to be *long term*. You will not be young and beautiful in just a matter of weeks. However, these commands will work better than any amount of creams, exercises, lotions, etc. because they are absorbed by your subconscious which controls and monitors every cell in your body. Your subconscious is the 'boss', the 'managing director', of your entire physique and it is the 'person' you go to if you want something done about your body. The commands about to follow *will* give you perpetual youth and beauty, and you can help your subconscious a lot by taking care of yourself, e.g., keeping fit; being conscious of diet; maintaining a positive and serene outlook on life.

If you are 80 and falling apart then it is of course unrealistic to expect the following commands to do much for you. If you are 80 and in good shape they will help you. The commands are much more productive for younger folk, those in their 40's and 50's. The subconscious can do a much better job if you begin programming it earlier in life as you will be giving it a head start in accomplishing the goal you want from it. Speak slowly, firmly but softly into your microphone.

You are growing daily more young and beautiful.

You *feel* young and beautiful.

You have more and more zest, energy and vitality.

* You feel tremendously young, happy, and energetic.

You haven't a care in the world.

You feel wonderfully carefree, young, and happy.

You are becoming more and more truly beautiful every day.

You feel wonderfully sensuous, young and alive.

You feel terrific.

You feel marvellous.

You look stunningly beautiful and magnetic.

You are irresistibly magnetic, beautiful, sensuous, and young looking.

You radiate youthfulness.

You are deeply happy, carefree, and young looking.

You are excitingly beautiful and magnetic.

Don't think the 'stunningly beautiful' bit is overdoing things. I have given it for definite, strong psychological reasons. Beauty is often psychological rather than physical. By your subconscious believing yourself to be much more excitingly beautiful than you really are, you actually *do* become more beautiful. This will take a long time to materialise but stick with it and you will be more than amply rewarded for your patience. Although the physical effect of the commands just given will take a long time to manifest itself you will feel the psychological effect very quickly – well within a month of starting, and this in itself is an exciting feeling.

Commands to Make You More Handsome and Youthful (for Men)

Much the same applies here as for women. Your subconscious will

not make you handsome or youthful overnight: you need much patience before you see the result. You will experience a wonderful *psychological* effect, however, within weeks of beginning. These commands are well worth it just for this marvellous psychological effect – you really feel like a new person.

Speak slowly, firmly but softly, the following:

Each day you become more handsome, dynamic and youthful.
You feel wonderfully dynamic, youthful and healthy.
You are stunningly handsome and strong looking.
You feel and look dynamically handsome.
You look strikingly handsome and attractive.
You radiate a wonderfully strong magnetic personality.
You are dynamically good looking and happy.
You are growing younger every day.
You feel more and more energetic, youthful and virile.
You feel dynamic, healthy and happy.
You have terrific energy, drive and stamina.
You feel younger, you look younger, and you are younger.
Every day you grow younger.
You feel wonderfully young, virile and dynamic.
You feel terrific.
You feel tremendous energy surging within.
You feel wonderfully happy, strong and dynamic.
You look strikingly handsome, young and virile.
You are growing younger and more dynamic with every passing day.

Of course, such commands are of little avail to you if you continue to live in an unhealthy manner. Quit smoking; cut down or eliminate alcohol; eat more wholemeal foods; and take more exercise. Boozers, smokers, white bread/potato ‘fans’ are rarely young and handsome looking. If you need some help in these directions make up some commands and put them on another cassette.

Commands for Health and Vitality

I have found these commands *absolutely fantastic!* If you are dogged by poor health, forever afflicted with colds and other minor ailments, the commands for ‘health and vitality’ will work virtual ‘miracles’ for you! My own stamina and health improved

dramatically following the implementation of such commands. However, the subconscious cannot perform 'miracles' unless you learn to *work with it*. *Don't expect help from your subconscious if you persist in unhealthy habits*. Eat the right food, take vitamin supplements, get lots of exercise – if you are able to. Bad health is closely allied to *bad living habits*. Get lots of air, don't coop yourself up in over heated, under ventilated rooms. Learn to breathe deeply. If you live *cleanly* and give the following commands to your subconscious, your health will show a tremendous, 'miraculous' improvement.

Speak softly, slowly and firmly into the microphone:

Every day your health gets better and better.
You feel better and better every day.
Every day, in every way, you are feeling better and better.
You feel wonderfully healthy, fit, and vigorous.
You are deeply happy, relaxed, and serene.
You are wonderfully happy and optimistic in your approach to life.
You are perpetually bright, cheerful, and happy.
You feel wonderfully healthy, fit, and vigorous.
You feel terrific.
You love life.
You love living.
You are deeply happy.
You feel radiantly happy, joyful, and vigorous.
You feel wonderfully fit, vigorous, and healthy.
You have tremendous energy and vitality.
Your body surges with health and dynamic strength.
Every organ in your body is dynamically strong, healthy, and vigorous.
Your body surges with vitality and dynamic strength.
You feel and look tremendously well, fit, and happy.
Your body has an iron willed resistance against all colds and infections (repeat at least ten times).
Your body has dynamic strength and resistance against all infections.
You feel wonderfully fit, robust, and healthy.
You feel terrific.
You feel in terrific shape.
You have fantastic strength, vitality, and energy.

If you ever feel a cold or chill coming on, play this cassette *as often as you can*. This will build up your body's resistance. If you find yourself confined to bed with some such ailment then listen to the cassette *all day* if you can. Play it all the time. It doesn't matter if you can't keep relaxed and flat on your back for hours on end – just play the thing when you can. *Constant repetition is of utmost importance* if you find yourself stuck in bed with some kind of bug. No matter how bad you feel you will experience a remarkable improvement in just two days if you constantly listen to your cassette. You will also help your body a great deal if you take a lot of vitamin C in the form of *natural* orange and lemon drinks. Drink vitamin C *constantly* when smitten by a bad cold.

I have tried all sorts of methods for curing colds, but without success. The method that has really worked for me is cassette commands. Plenty of vitamin C and rest *help* but do not alone conquer the bug. Health commands do break colds, from my own experience, and even *prevent* them from occurring. Before I cottoned onto cassette commands I was forever plagued by colds and 'flu. Every winter I would notch up at least three colds with each one being a real 'stinker' and lasting for several weeks. The first winter I used cassette commands I got *no colds whatsoever* – the first time I could remember such a thing in my whole life. This was five years ago and since that time I doubt if I have had more than three colds, and all those were extremely short lived. And my overall energy, strength, and vitality have increased. I listen to these commands normally two or three nights a week as I feel they are essential for maintaining good health.

When I feel I am getting under the weather I listen to them *several times each night* and then I am back in top form in no time at all. If you can't sleep at nights because of a bad cold then this is an excellent opportunity for playing your cassette over and over again. It is really worth it because of the rapid, overnight improvement you will experience. Try and listen in a relaxed posture, on your back; but if you grow agitated you can turn to one side and still listen, that is providing, of course, the headphone will not feel too uncomfortable in that position. There are virtually no limits to what the subconscious can achieve for you in health matters. You can record cassettes for any special health problem that you have. Your condition is *bound* to improve as a result. Commands can even be given for serious conditions like cancer, leukaemia, etc. Of course I can't vouch for their efficacy in such cases as I have not

tried them. What has one got to lose in using such commands? The subconscious controls every minute particle in our body; and strong, positive commands given to it can but help the diseased body.

6. How to Instruct Your Subconscious to Influence External Conditions

This may, for some of you, be the most remarkable part of my book. One can understand how instructing the subconscious concerning personal improvement is a logical process; but to instruct the subconscious about matters *outside* of one's self seems, at first thought, crazy. In this chapter I am going to show you how to command your subconscious to *bring you luck* and *safeguard you from harm*. I cannot vouch for the efficacy of such commands as I have only just begun experimenting with them myself.

As the subconscious is in direct contact with the 'Infinite', and therefore also in contact with intelligences outside of itself, why not give it instructions to influence external forces? It may seem crazy, but then so does the mountain of evidence relating to the power of Mind to influence people, events, circumstances, etc.

My own experimentation in this area has proved encouraging, and I would be most interested to hear about readers' own experiments. The possibilities must be limitless for the uses of Mind via the method described in this book.

First I will give the commands for attracting good luck and fortune, something we all seek! In the usual way speak slowly and firmly into your microphone the following:

You are in perfect harmony with everything.
Good luck and fortune are being constantly attracted to you.
Things happen for you exactly the way you want them to.
Good fortune constantly comes your way.
You are deeply positive in your attitude to life.
You see the bright side of every situation, no matter how bleak it may seem.

You attract good luck constantly.
You are constantly lucky.
Luck is on your side – good fortune flows to you constantly.
You are eternally optimistic and expectant of good things.
You are wonderfully happy.
You think positively.
You feel positive, and good fortune comes your way constantly.

Note how I have stressed positive thinking again. There is a very close connection between positivity and luck. If your mind is positive it is attracting healthy, good vibrations from without. Misfortune tends to gravitate towards miserable folk whilst good luck tends to favour positive individuals. Positive thinking by will power alone is a tiresome business, but through cassette commands it becomes easy and automatic. You will never have to force yourself to ‘think’ positively again – now you will find that your thoughts will be positive without any effort on your part whatsoever.

I think that about the best book I have read on the subject of luck is A.Z. Carr’s ‘How to Attract Good Luck’. This book is a veritable goldmine of wisdom and practical advice. It demonstrates the link between the mind being *attuned* to luck and the actual physical appearance of luck. And, even more important, Carr shows how to avoid what *appears* to be good luck as ‘luck’ can sometimes be a very mixed blessing. Carr was personal adviser to several American presidents so his approach is more pragmatic and realistic than is generally the case with metaphysical writers. ‘How to Attract Good Luck’, for those interested in purchasing a copy, is available at £5 (\$12.95 U.S.A., including air mail) from Romar Books, 14 Tower Estate, Dymchurch, Kent TN29 0TN (England).

It will take around a month or so to feel the benefits of these ‘luck’ commands. The feeling you will get will seem both strange and pleasant. You will *feel* lucky, and you will feel ‘guided’ to fortunate things.

I shall now give you commands for *personal safety*. Speak slowly, firmly but softly the following:

You are in the infinite care of God and the Universe.
You are totally safe, secure, and happy.
Nothing whatsoever can hurt or harm you.
You are surrounded by a huge circle of protection night and day.

You are always totally safe and secure.
God is with you constantly, protecting and guiding you.
You are utterly safe, secure and happy.
You are wonderfully safe and secure.

These commands will put you directly in the care of Infinite Protection and will greatly increase the feeling of security within you. This feeling will, in a mysterious way, 'guide' and keep you out of the way of harm and injury. Protective commands are particularly useful for anyone living in fearful conditions or in areas of civil unrest. Listen to these commands as often as you can and you will feel and get real invisible protection. It will seem uncanny, strange, and sometimes miraculous; all of which is indicative that you are being looked after by a Force even greater than your subconscious.

The protection commands will yield even better fruits if used in conjunction with the good luck commands.

Not only can you receive good luck and invisible protection through cassette commands, but you can also *influence the thoughts of other people with this method*. This is something with which I am in an experimental stage so I cannot vouch for the total efficacy of the matter – although *I see no reason why total efficacy cannot be achieved*.

It is a well known metaphysical fact that all subconscious minds are *linked together*, the implications of which are obvious. In order to influence the subconscious of another you merely give your own subconscious the necessary instructions in strong, compelling terms. Of course, such a possibility is open to abuse, and if any reader chooses to inflict harm on another by such means he must also be prepared for any unpleasantness that may backfire from his subconscious as a result.

For anyone who feels that they may be under psychic attack from another person the following commands will prove most helpful:

You are infinitely strong and powerful.
You are invincible.
You are mighty and strong.
You are strong minded and possess great will power.
Your will power becomes stronger and stronger every day.
You have tremendous will power and strength of character.
You have complete control of your emotions.

You have total control of yourself.
You have enormous powers of self-control.
You are mighty and invincible.
Nothing can touch or harm you.
You are in the care of the Infinite.
You are totally safe, secure and protected.
Nothing can touch you.

I have emphasised personal strength and will power as it is my observation that individuals most vulnerable to psychic influence are generally those of a weak nature. One has little to fear from psychic attack if he is of the strong-willed type. If you are of the weak and vacillating type then you need to build your protection from *within*. A strong fortress can withstand a siege. A country that is strong has little to fear from outside attack, and the same applies to individual people. Use the commands I have given you and your inner strength will grow rapidly; you will become a very difficult target for those of evil intention.

You have been given the secret to a lifetime of *no-effort personal achievement* so you have no excuse not to begin your new life *right now*. I suggest that you read the book again, study it, and make sure that you *thoroughly understand* everything. The 'method' you have just learned is simplicity itself. Follow the instructions carefully and all will go according to plan for you. Don't fear that it may not work for you because *it isn't up to you to make it work*. The subconscious will do everything. You only have to play your cassette every night in a state of relaxation to hasten the results you desire. It is so easy that it seems unbelievable, almost ludicrous. It works *in spite of yourself*. That is the marvellous thing about it all. It ALWAYS works – *it cannot, and never, fails*.

Let's go over again the essentials of this method:

- (1) RECORD WHEN YOU ARE ALONE. Don't let anyone know what you are doing.
- (2) *Have your commands written out beforehand so that you can speak without interruption.*
- (3) You can make up your commands for any purpose you wish. Your commands should always be *strong, positive and compelling* like those you who have read in this book.
- (4) You speak slowly, firmly but softly into the microphone.

Don't worry about the quality of your voice. You are not training to be a BBC announcer. No one else is going to be listening to you. This is material for your subconscious only, and your subconscious *knows and understands* your voice perfectly. This is not to say that you should mumble or speak badly. *Do* speak firmly and *clearly*.

(5) Repeat each command over and over again before going on to the next one. Place special emphasis on commands which you feel are especially important.

(6) Play your cassette at least once a night or at some other time when you can be comfortable and undisturbed. Use an earphone or headphone. Be relaxed when you listen. It is not necessary for you to consciously listen to the commands – let your mind dwell on whatever it pleases. Keep the volume of sound low – high enough to be audible but low enough to be relaxing and undisturbing.

(7) *Carry on with your usual behaviour*. Do not behave in any way differently. Do not *look* for results; the results will come looking for *you*. Remember that your subconscious does *all* the work – you have *nothing to do* but simply await the remarkable changes that will occur within you, *without your knowing it*.

(8) You will notice things happen a week or two after you begin. Once they happen, and your wish has been fulfilled, *do not stop listening to the cassette*. If you stop listening you will revert to your former self very quickly. The subconscious has to be *commanded all the time*. You can quit after a few months if you wish as by that time the change within you will be virtually permanent.

(9) You can record different cassettes for different needs. Once your first cassette has worked for you you can then record another for a new objective whilst still carrying on with the first cassette, although you no longer need to play the latter as much.

7. *Commands for Various Purposes*

To Become a Good Student

You love studying and reading.

You love studying more than anything else.

You are deeply interested in every aspect of _____
(name of subject you are studying).
Your whole mind and being is absorbed in your study.
You concentrate totally and completely on the subject in hand.

To Pass Examination Papers

You are convinced you will pass your exam(s).
You will be supremely relaxed before your exam.
You will be relaxed and in control during your exam.
You have great self-control.
You will pass your exam.
You will know the correct answer to every question.
You have complete control of your thoughts.

To Pass a Driving Test

You are convinced you will pass your driving test.
You will have complete presence of mind during your driving test.
You will be supremely confident during your driving test.
You will be in *complete control* during your driving test.
You will do everything perfectly during the driving test.

To Strengthen Your Heart (or Other Organs)

Your heart has great life and power.
Your heart is strong, robust, and healthy.
Your heart performs all its functions perfectly and efficiently.
Your heart is marvellously strong and robust.

Use same commands for any other organ you wish to strengthen, e.g. kidneys, liver, etc., simply by substituting the appropriate organ instead of 'heart'.

To Combat Stage Fright

You are filled with peace and calm before going on stage.
You are completely calm and serene before going on stage.
You are completely self-composed before going on stage.

To Awaken Psychic Powers

You are deeply psychic and intuitive.
You see events before they happen.
You have the power to heal and see into the future.
You have great psychic power.

To Improve Your Human Qualities

You are always calm and patient.
You radiate immense warmth and kindness towards people.
You are infinitely kind and considerate towards people.
You are always warm, friendly and considerate.

To Bring Back a Lover or Spouse

Joe (or whatever is the name of the person) feels a burning urge to come back.
Joe feels no choice but to come back to you.
Joe receives your thoughts that he must come back.

To Become a More Relaxed Person

You find great peace within yourself.
You find everything you need within yourself.
You are of infinite value.
You are of immense value.

You are always relaxed and at ease.
You have patience for everything.
You take your time in everything.
You feel wonderfully peaceful and relaxed.
You find great joy and happiness within yourself.
You are happy, relaxed, and carefree.

For Bodybuilding Weight Lifters

You are stronger and more powerful every day.
You have terrific muscular strength and power.
You are strong-willed and powerful.
You put your whole heart and soul into every rep (or use the

word 'lift' instead of 'rep' if your prefer).
You concentrate totally and completely on every rep.
You feel your muscles bulging and growing bigger.

For Speed in Running

You run faster than ever before.
You run with fantastic speed and endurance.
You are a born winner.
You are invincible.
You out-run everyone.

For Endurance in Running

You are invincible.
You have incredible powers of endurance, concentration and determination.
You exceed all your limits.
Your legs are mighty, strong and unstoppable.

For the Advanced Bodybuilding Weight Lifter

You are unstoppable in your workouts.
You attack every rep with the fiercest determination.
You have total mastery of every rep.
You are a supreme master of iron.
Your muscles are like volcanoes – erupting with power, energy and fire.
You have total, utter mastery of every ounce of your body.
You are mighty, invincible and unstoppable.
You push yourself through the pain barrier with ease.
You have total mastery of pain.

In order to create commands for your own specific sport choose phrases which convey the idea of being 'better', 'stronger', 'winning', or whatever is appropriate to the sport in question.

8. *Nine Years Later: Some Thoughts and Observations*

After reading the opening chapters of this book some of you may have wondered, ‘What is all the fuss about? – using tapes for self-help is old hat. I heard about this years before this book was written. Who’s this fellow Cullinan kidding with his “great discovery?”’ In a way you are right: in fact tape-recordings for self-improvement was the subject of books by Melvin Powers and Wing Anderson, and maybe others, as long ago as the 1940s – some 30 years before my ‘amazing discovery’!

But we can go back much further than the 1940s – back by *three thousand years* no less – to the days of Ancient Egypt. In those days, so I am informed, persons well versed in matters of the mind, would instruct servants to *whisper certain phrases into their ears when they had retired to bed!* These phrases consisted of instructions for assimilation by the subconscious mind!

Truly, to paraphrase wise Solomon, there is nothing new under the sun!

However, none of this minimises the importance of my book which made public information never made available before its publication in 1980. Simply stated, it revealed for the first time how readers could influence their subconscious mind *by themselves* through the use of *their own personally recorded tapes*.

Previously, all information on the subject declared that people *had to purchase professionally-made recordings by practising psychologists*; and these recordings were required to be used with time switches and pillow speakers; and also required the purchaser’s complete familiarity with hypnotic relaxation techniques. In fact the person’s role in all this was *passive*; he did not initiate his own instructions or prepare his own recordings: everything was in the hands of the psychologist who invariably would also be the supplier of not only the tapes but the ‘special equipment’ required for their use.

But what of the almost universal availability of hypnosis’ self-help cassettes during the 1970s and 80s? Well, at the time of my own discovery I had no knowledge of such tapes; but even so these tapes presented a *different* approach to my method: they worked, and still do, through *hypnosis*, and were/are recordings made by professional hypnotists.

Then there are sleep-learning tapes – also prepared by professionals – which were/are to be played during the early stages of sleep, with the aid of time switches and pillow speakers.

However, it is obvious even to the most casual observer, that these various systems, including my own, agree on the same principle: the use of tape recordings containing spoken messages for absorption by the subconscious mind.

I have explained why my system was new and different, but before I expand on this let me make it clear that I am not opposed to the hypnosis' and sleep-learning techniques to which I have referred. There is a wealth of scientific data testifying to the efficiency of these techniques. My main criticism of them is that they are relatively inefficient, and they, of course, require the purchase of ready-made recordings and other equipment which are not necessary with my method. Let me illustrate these inefficiencies. The sleep-learning process is used for absorbing information about certain subjects. For example you are studying Tudor England and you want to absorb as much information as possible about this period. The tape you will have purchased with information on this subject will contain a voice reading short statements of fact. The tape may be of 90 minutes' duration, and may contain something like 40 or 50 statements, repeated several times. After about two weeks most of the information in these statements can be consciously recalled by the student: the tape will have achieved its purpose. But I have found, using my method, that if I made a recording of my own saying 'You will remember every single fact concerning Tudor England' I will *automatically be able to recall almost everything I have read and learnt on the subject*. What I am saying is that it is not necessary to tell the subconscious you will remember this particular fact or those particular data, and so on: it is only necessary to say that you will recall everything *that you will need to recall*. Once instructed that you need to remember everything relevant to Tudor England, or the history of cricket, or the life and music of Frank J. Guida, or what have you, the subconscious will *automatically serve you* on your chosen subject! You don't have to tell it that the emperor Trojan died in Asia Minor in A.D. 117, or that Marcus Aurelius decreed that no senator should be subjected to capital punishment during his reign: it is *enough* to merely say 'You will recall everything you learn about the Roman Emperors'.

Similarly why take up 90 minutes' cassette time reciting endless French conjugations when two or three commands along the lines

of 'You will recall every single conjugation . . .' will suffice. Such commands repeated continuously would take up only about 20 minutes to serve their purpose; so if you are using a 90 minutes' tape you have *another 70 minutes available for recording commands for other objectives.*

It is enough to instruct the subconscious mind to do something and it will do it. It is not necessary to waste time telling it *what* to do. If you call a plumber to fix a leaking pipe you don't tell him *what* to do; you just tell him to fix and that's it.

Likewise hypnosis' tapes are also inefficient as they dwell too long on relaxing the listener. In the time since this book was first published there have been some new observations on the subject of relaxation. Martin Brooks, in his very instructive *Master Keys For Mental Subconscious Influence* (Finbarr, 1984), seemed to actually contradict my own comments when he wrote:

You *do not need* to be relaxed bodily or mentally for commands to 'get through' to your subconscious, though try to find at least one period during the day when you can relax **TOTALLY** and play your tape . . . I have used this tape programming method for quite some time and have had very good results, but – and this is important – **MOST OF THE TIME I NEVER BOTHERED ABOUT RELAXING!** Only a little while ago I bottled 40 pints of home-brewed beer **WHILE PLAYING MY CASSETTE!** (Emphases are Mr. Brooks').

What is more, Mr. Brooks even played a tape during the writing of his book!

Why I have said that relaxation is important to making the method work is that during relaxation the conscious mind is in abeyance. Our conscious mind is the single greatest obstacle to helping ourselves on a subconscious level. It disbelieves the commands given to the subconscious and tries to subvert them. But Mr. Brooks has made the crucial observation that *for so long as the conscious mind is distracted*, i.e., its attention is elsewhere, not focussed on the commands, then good results are assured.

This of course is good news for busy people who find it difficult to find time to set aside for relaxation. Such people can have the tape playing whilst driving their car or whilst having a meal. Headphones are not essential, it is enough to have the tape playing in the background.

Another, and I must say excellent, way of distracting the

conscious mind has been suggested by reader Sheila Philip who wrote to me:

In his follow-up to your first book on the subject, Mr. Martin Brooks speaks of the effectiveness of occupying the conscious mind while listening to the tapes. I too have found this to be the case, but have tackled the problem of 'sidling past' the conscious mind in a rather different way.

It seemed to me that the value of the taped messages would be enhanced, and that they would be more readily acceptable if they could be presented in association with something already familiar, and well-loved and entertaining.

With this in mind I now make my own tapes in the following manner.

The messages to be programmed into the subconscious are recorded against a background of favourite music. When playing them back, the secret, which is really very simple, is to *concentrate on the music*. This allows the all-important information to be what Mr. Brooks describes as 'merely heard' and thus be much more readily accepted.

The actual mechanics of preparing the tapes present no problem, whatever recording equipment is available.

Even without a stereo outfit or music centre, quite satisfactory results may be obtained by talking into a cassette recorder against a background of record or radio music. A little experimenting will soon lead to the correct balance.

Miss Philip's suggestion is very similar to the type of recording developed by another reader, John White. Mr. White, a musician, creates his own deeply relaxing music with the aid of synthesizers; and makes this music the dominant feature of his recordings with the commands spoken only occasionally rather than continuously. The pleasing music relaxes the conscious mind's defences so that the commands can 'slip through' without hindrance. In this sense the conscious mind can be likened to the sentry who guards a door behind which is the all-powerful subconscious mind. The music can be likened to a friend of the sentry who comes with a tempting, intoxicating drink – perhaps one of Mr. Brooks' home-made brews! – which is accepted; the sentry is thus relaxed and distracted whilst the friend's accomplice (the recorded message) slips through the unbolted door.

But there is a sharp distinction between the techniques advocated by Martin Brooks and myself and the music-dominated recordings

of John White. The 'Brooks'/Cullinan approach' advocates a *bombardment* of commands to the subconscious – as many as 300 commands on a 30-minute recording – and even if the conscious mind puts up a stubborn resistance it cannot resist *all* 300 statements! *Something* has *got* to get through! However all this is perhaps academic: it could also be argued that if only a *few* commands get through following a 'bombardment' then how is this better than the softer, subtler approach employed by John White? This is a valid and interesting point.

Common sense dictates that if the bombardment of commands triggers undue resistance from the conscious mind then Mr. White's approach should be considered. You could make a recording following Sheila Philip's suggestion: repeating many commands against a background of favourite music; or make music the main feature of your recording with spoken commands appearing only intermittently, as advocated by Mr. White. Miss Philip's idea makes for a comfortable compromise between my approach and Mr. White's; but the latter should always find consideration.

A word of caution about recording 'favourite music' in the background. Again common sense decrees that music which *relaxes* is preferable to music which stimulates. Music *without singers* is preferable (no matter what the music) as the voice of a singer – not to mention the song's lyrics – may transmit negative impressions which could cancel the effects of your commands.

9. Why You Can Succeed In Spite of Yourself

Even if you think you cannot make a good recording; even if you are unhappy about the playback; or if your voice sounds uneven, distorted, or too high or too low – you can *still receive definite, tangible and positive results*. THIS IS THE ONLY SELF-HELP METHOD WHICH TRULY WORKS IN SPITE OF YOURSELF.

You cannot let this method down – *because it won't let you*.

There can be little doubt that the better your recording, the better the way you speak; the more specific and positive your commands – then the better will be the results. Yet when I first tried it in 1974 I had absolutely no idea of what a 'good recording' was

supposed to be. My recordings must have left a lot to be desired: poor balance, extraneous noises, and my general clumsiness. *But I got results.*

In order for this method to fail in materializing the results desired *you have got to go out of your way to bungle it!*

However, I must turn again to Martin Brooks who wrote something that I consider to be of great interest.

I was using a tape for a certain problem area in my life (let's face it, we all have them!). I didn't get the results I wanted and I became disillusioned. Then quite 'out of the blue' it came into my consciousness that the real problem was, what I really needed! *MY SUBCONSCIOUS HAD ACTUALLY TOLD ME I WAS PROGRAMMING IT WITH THE WRONG COMMANDS!* It was a definite sign from my subconscious mind. The feeling is unmistakable when it happens. So don't despair if you cannot get to the root of your problem.

One can make commands for *anything*. I have said that people fail to recognize opportunity. Then they should *MAKE A TAPE TO HELP THEMSELVES TO RECOGNISE OPPORTUNITY!* If you have problems with the system *MAKE A TAPE TO BRING YOU THE SOLUTIONS YOU NEED.* Your subconscious can do *anything* for you.

There is an important lesson here. If there are no results it may be because we have given our subconscious the wrong instructions. The method will work in spite of yourself if you give it the right commands for the right purpose. If you lack self-confidence you use commands to make yourself confident and you *will* become so – in spite of yourself. I say 'in spite of yourself' because you know that there is nothing in the world you can do to make yourself consciously more confident: in this matter you are your own worst enemy. The 'miracle' of this method is that it bypasses your worst enemy – yourself – and works directly on the hidden part of your consciousness which *can* help you.

But it is easy to know you are giving the right commands for the right purpose in the case of self-confidence. If one lacks confidence one *knows* it: it is not something merely imagined and the nature of the problem is very obvious. (Lack of self-confidence is always associated with a feeling of worthlessness; and this is why in the commands that I give for self-confidence I mention the need for 'feeling valuable').

Still there are some problems which are less easy to pinpoint. Poor concentration is a problem which plagues many people. Now, is it because one's mind just keeps flitting from one thing to another – and *nothing more*? If that is the case then the commands in this book will help you very quickly. However, poor concentration is often the result of an emotional problem; and for as long as that problem remains the poor concentration will remain. What you really need is a cassette to deal with that first and *then* the concentration.

Remember Martin Brooks' words: even if you are unsure and confused as what to do: simply tell your subconscious to help you through a tape. Even the very act of asking for help in this manner is therapeutic and acts as a kind of prayer. Your subconscious will not fail you – you will receive help or a revelation, (and sometimes in an unexpected manner!).

10. One Word Can Work 'Miracles'!

We have seen how commands can be modified or adapted to any situation: you can create any type of command you wish so long as the message is positive and specific; that whilst relaxation when hearing the playback is recommended it is not essential; that, if you wish, you can add background music to your recordings; or make music the dominant feature of your recordings with your spoken commands heard only intermittently. No self-help method could be simpler or more flexible. Yet it can be even simpler. I turn again to Mr. Brooks:

Also it is a good idea to record just *ONE MASTER COMMAND* which deals with what you want, if you can find one. You could even use a master WORD as opposed to repetitions of many different commands aimed at the same problem or want. The master Word or Command will be repeated many more times than is usually the case when one uses a number of commands. Constant repetition of the *SAME* commands can be very powerful. Using *various* commands the value of repetition is lost a little with each change of command. It isn't the constant repetition of a *THEME* that counts but rather the *constant repetition of the SAME SOUND*, or wordings. This can only be achieved by using one word or one command.

This revelation is a God-send for those who feel embarrassed by the way they speak, and who believe their utterances of the commands to be uneven and ineffective. *Only one word need be spoken over and over again.* And there is the added benefit of this: your recording can as a result be much shorter, saving both time and money. But the number of times you would play your tape remains the same. One cardinal, unchanging rule is that **THE MORE TIMES YOU PLAY THE TAPE THE QUICKER AND MORE EFFECTIVE THE RESULTS.** Never forget this.

Here are a few examples of single word commands. For self-confidence, 'Confidence'. For improved memory, 'Remember'. To pass an exam or test, 'Pass'. Choose whatever word appeals to you for your particular aim. And please ensure that you speak the word *clearly, slowly and positively.* It is important that there is no doubt whatever as to the sound of the word and its meaning to the subconscious.

I will give you an example of why clear pronunciation is so important. A lady I know tried the one-word technique to deal with her poor concentration. She used the word 'Concentrate' and played the tape for about an hour every day. After a month she complained to me that not only had the tape failed to help her, but her concentration was in fact very much *worse!* I asked if I may hear the tape, and upon hearing same one thing struck me immediately: 'concentrate' was spoken quickly and incoherently, and actually seemed to sound like 'constipate'! I found myself in a momentary quandary as to what I should say, but felt I should be direct: there really was no other way she could discover what was wrong! I said, 'I know this may sound impertinent, but, believe me, what I am going to ask you may have a direct bearing on why you have had no success with this tape'. There was a second's embarrassment after I posed my question; and then she replied, 'Well, as it happens my bowels have hardly moved at all for the past three weeks. And laxatives are not helping either. I am most concerned because I don't usually have this problem. So what has this to do with my tape?' I explained that it was my belief that her subconscious had taken the command to mean 'constipate', and it was significant that her bowels should have ceased regular movement after about a week of playing her tape because if the command was received as 'concentrate' it would have taken about a week to see an improvement in her concentration. Moreover the laxatives could not help because the bowels were daily being

reminded by the subconscious – which controls every organ in the body – to ‘constipate’. Small wonder, therefore, that her ability to concentrate should be so much poorer as few people can concentrate well when their bowels are blocked!

What we have here is a clear example of the tape method working *extremely well*: she had unwittingly programmed ‘constipation’ into her subconscious and received the appropriate result!

As the subject of constipation has been raised – if inadvertently! – what single word command could be used to alleviate this problem? I think a good word is ‘Release’. But stop and reflect before you go to record a tape for this problem. Constipation is encountered by almost all of us at one time or another, and is frequently the result of the body’s biological clock being disturbed. It can also be caused by too much rich food. The problem lasts only a few days and can usually be relieved by laxatives. It seems hardly worth the bother of making a tape. However, *long term* constipation is quite a different matter altogether. There are some people who suffer continuously with this difficulty and whose lives are, not surprisingly, made a misery because of it. Laxatives do not help these poor people. So can the tape method help? Indeed it can – but on condition that the commands *address the problem causing the constipation rather than the constipation itself*.

The word ‘release’ may do the trick, and, if so, well and good. But if it doesn’t then clearly the sufferer should attend to the cause(s) of his problem. I am convinced that chronic constipation is the physical manifestation of a reluctance to let go of some deeply rooted emotional experience from the past; a desire to ‘hold in’ something which – like the body’s waste – is of no further value; but yet to ‘let it go’ risks emotional annihilation – an unbearable vacuum.

It may help when recording a single word to *picture in your mind at the same time the outcome that you seek*. This way the subconscious will readily identify the word with what you need. It is enough to picture the outcome in your mind only when you record – there is no need to do this when you hear the playback.

Here is something which is important to those for whom English is an acquired language: *Record the commands in your native language* – your subconscious will respond better if you do.

11. A Few More Tips, And Also: Can The Method Be Used Without Tapes?

Do not be intimidated by tape recorders and microphones. They are extremely simple to use. You may need to spend a little time getting used to handling a microphone; but if you remember not to hold the microphone too closely (a distance of 9" is about right), and not move the microphone when speaking you will be okay.

It can seem laborious repeating the same thing over and over again on a long tape. Try and get 46-minute long tapes (23 minutes each side); or even better, the 15 minute tapes sold in shops which sell computer equipment. Avoid cheap, inferior tapes. I record my tapes on one machine and listen to them on another, the latter being a small 4" x 4" personal stereo. These little machines can only *play tapes*: they have no recording facility. Their primary advantage is that they (usually) have an 'auto-reverse' mechanism which automatically reverses the tape for you when it reaches the end of one side.

With a short duration tape and a auto-reverse personal stereo you spare yourself recording endless repetitions of commands without losing any of the benefits which endless repetition brings.

Personal stereos can only be listened to through headphones, unlike standard tape recorders where the sound comes from the machine's speakers. The majority of people using this book's method listen, like myself, to their tapes through headphones. There is, however, nothing to stop you from hearing the tape through a standard tape recorder's speakers, if you wish.

Your tape should not be louder than, say, about 3 on a dial of 0 to 10; in other words, pretty low. You could even go as low as 1 which is almost inaudible to the conscious mind – but your subconscious will still hear everything. This is yet another way of bypassing the objections of your conscious mind – if it cannot hear what is being said it cannot object! Playing a tape this low achieves the same effect as *subliminal programming*.

Operation of the tape method is so simple that it can be summed up in a couple of sentences: choose your commands, and repeat them many times on tape. Then play back your recording – without consciously listening to it – as often as you can and wait for the results to materialize, automatically and effortlessly! It *cannot possibly fail* because it works on the principle that *whatever the subconscious is told to do IT WILL DO*. There is not a psychologist

in the world who will say otherwise. The subconscious *cannot refuse* no more than a falling object can stop itself from hitting the ground. Occasionally the subconscious will produce a result which was unexpected or bizarre, or even negative – but this is on account of *faulty programming*. Press the wrong key on a computer and you will get the wrong data.

I appreciate that perhaps some of you may not have the privacy to make your own recordings. Or some of you may want specific guidance on how to solve a certain problem. Earlier I mentioned John E. White. Mr. White, for a modest fee, can provide you with a complete personal and confidential service concerning all aspects of the method, including the recording of tapes specifically for your needs. His own literature on the subject, together with a demonstration tape, is available from him by mail at £2 post paid (overseas £3). Write directly to:

John E. White, B.A.
Mind Master Tapes
104 Church Road
Wick, Bristol BS15 5DD
(England)

Mr. White has advised me that readers in North America can send \$5, but in dollar bills only as he does not have a \$ checking account.

Finally – can commands be issued to the subconscious *without the use of a tape recorder?* Here is what a gentleman in Birmingham wrote to me in 1982:

I want to report to you on my experiences with your book, WITHOUT WILL POWER OR EFFORT. Yes, it does work, but it also works without the use of any recorder.

I simply read your words quietly in my mind once every day or night plus my own words and it has worked wonders within three weeks. Even within a few days you feel changes taking place.

I could never stand up for myself, and I was useless at playing SNOOKER. The men at the club won't play with me and leave me sitting on my own, but since then I've befriended two Irishmen so have friends now. Since saying "YOU ARE TOUGH AND AGGRESSIVE" that's exactly what I am becoming, especially today when a tough man tried to force me off the snooker table because he was keen to come on. I stood my ground against him, something I once wouldn't have done.

As for SNOOKER I simply say quite a few things like “TODAY YOU ARE GOING TO WIN AT SNOOKER”, “YOU ALWAYS WIN SNOOKER GAMES”, “YOU KNOW HOW TO POT SNOOKER BALLS”, etc. And from a useless idiot with a cue, today I played like a semi-champion and won two games. One man said, “YOU’RE TOO GOOD FOR ME”. Another said “YOU ARE IMPROVING”.

I hope you will point out in any future books that your method can be used in many different ways and still works, silently, loudly or with a recorder. And I don’t use constant repetition. I only say it once a day and it works superbly. All of a sudden for some unknown reason I started to play skilled snooker.

Thank you for your book. It can help anyone no matter what their problem or hang-up may be.

The most striking feature of this letter is the writer’s comment about repetition, which he says is hardly required at all! This virtually cancels everything I have written about repetition! However, another reader, Robina Peartree, who herself has published on the subject, wrote in *Chart Methods For Use in Conjunction With The Cassette Method* (1984):

As a visual aid to repeating our sentences, and digging deeper into our subconscious minds by repetition – these little charts help one to concentrate on repeating a sentence a set number of times. It is so easy to feel you’ve said it a sufficient number of times, whereas in fact, it may not be so at all. It has been proved that repeating a “command” 35 times digs far deeper into the subconscious than, say, 10 times.

This helpful method is so useful when it is not possible to play a cassette, on which are our selected sentences, and when travelling, has been found invaluable to silently do our mental “homework” – concentrating on the chart in hand, moving a thumb along the squares as one repeats each time.

I took a post card and sewed on to it 35 beads (or buttons), 7 rows of 5 beads per row. This card I keep in my overcoat pocket, and waiting for a bus or train I can silently say my sentence over and over, touching each bead as I repeat it, and no-one knows or sees what I am doing.

Miss Peartree also adds this amazing testimonial:

A year ago a friend was very ill, they feared he’d die or he could end up with serious brain damage. Being so anxious as I was I was

determined to leave no stone unturned to help to "heal" my friend, and inspiration came to me about the above methods. I would walk up the road saying over and over "God is healing John now". For weeks I did this every time I went out (as well as other times in the house, of course). I used the button method to help me. After six weeks, John was allowed to go home looking fit and well.

The reason I began using tapes in the first place is that I got headaches from reciting things to myself (auto-suggestion). With the snooker player and Miss Peartree we seem to have come full circle, although the latter does stress that there is no substitute for the efficacy of the tape method. I am sure she is right.