



SUBLIMINAL AWAKENING

5 STEPS TO BREAKING PERFORMANCE BARRIERS

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Foreword

Subliminal is defined as a stimulus or mental process that is perceived by or affecting someone's mind without being aware of it.

Every day, we are constantly bombarded by noise and negativity. It's easy to get overwhelmed with worry and dread. Even though we feel that we are strong enough to handle, subtly these negative events bring subliminal messages into our mind and it is hard to erase.

Do you still remember that when you were still young, you are able to live free, happy and creative? When you grow older, you start to have doubts on yourself. You have more things to handle. You are often in the analysis paralysis and it feels difficult to improve your current situation both at work and at home.

In order to break the barriers of performance, we first have to be congruent with ourselves in mind, soul and body. We must live in complete wholeness where our mind is not in a constant battle of what decisions to make. In life, we may have many blocks that we are unconscious of, that are limiting our true potential.

Here are 5 steps to breaking the performance barriers in your life that can be implemented right now! This book is full of action steps. If you are planning to read this book and not do anything about it, I suggest that you do not start.

Do take a look at the **Bonus Section** for your free subliminal MP3 to tune up your mind for performance as well.

Step 1: Being Clear of What You Want

When something is important enough, you do it even if the odds aren't in your favor. – Elon Musk

Determine what you really want

What do you really desire? What are your fantasies? What do you long for so badly that you can't quit thinking of it, even if you believe it is unimaginable? Let yourself dream. Cultivate your richest desires, regardless how impractical or unimaginable they appear. It's absolutely all right to wish the unimaginable. It's not all right to make-believe that your wants don't matter.

Never deny that you wish what you wish for. When you refuse your wants, you aren't in alignment with reality, affection, and subliminal awakening. You distance yourself from reality by lying to yourself. If you wish to develop your subliminal awakening, you have to accept your wants as they come, regardless how unusual they might appear.

Do not follow blindly

Most individuals are out of touch with their real wants. They let other people choose what they ought to desire, or they settle for what they believe they may get. They buy into the socially disciplined bunk that the aim of life is to work on a meaningless career for tens of years, spend themselves into debt, get distracted

with asinine entertainment, marry, have kids, retire broke, and then softly die. Therefore, they live despairing lives, forever weak and distressed.

Don't buckle under to the illusion of fake desire. Only real desire musters up real subliminal awakening. In order to handle subliminal awakening effectively, you have to accept total responsibility for your life and be willing to make choices under all conditions. This includes challenging, and high-risk situations.

100% responsible for the choices you make

There's no rule that states you have to be correct. The only rule is that regardless what occurs, you're responsible. Since you can't break away from entire responsibility, you may as well consciously take part in the deciding process, so you can have at any rate some say in deciding the final result.

When you face crucial junctures in life, exercise your subliminal awakening to choose consciously. Offer an authoritative yes or no. Don't buckle under to silent approval. To line up with subliminal awakening, you have to make true choices.

Life is perpetually asking: What do you desire? You've the freedom to answer that question any way you'd like. Lining up with reality and affection will help you assess the possibilities, but there are no mandatory correct or incorrect answers. There's only your freedom to pick. Will you reply with silence, or will you exercise your subliminal awakening of conscious choice?

Do not let old conditioning hold you back

You have to come out of the haze of social conditioning that states your life must obey a set of formulas dictated by other people. There's no such duty. Your only true constraints are your choices and their results. You're a free and independent person. How you choose to utilize that freedom is up to you.

The judgements or unnecessary limitations you are holding back can be seen in your daily dialogue with yourself and others. What do you say, feel and believe that keeps you in prison of your own mind. Old conditioning does not let you assess a situation for what it is. Old conditioning takes the role of keeping your responses the same. When you no longer want it, you can feel imprisoned by it. Release of old conditioning let present feelings tell you whether something is actually for you or not.

Unleash your inner desire

The next step in evolving your subliminal awakening is to accept all of the reality you were meant to have on Earth. If your needs are being denied by someone else and it is not your own limits on yourself doing this, then change your approach to fulfilling your needs; find another place and/or another way in which to fulfill them.

Don't question your feelings here; allow them to show you what to do. Be proud and genuine of whom you actually are. Be congruent in both the mind, soul and body.

Things to do:

#1: Spend 30mins in solitude, with complete silence, and ask yourself what are the things that gives you sense of accomplishment? List down as many things as you can.

#2: Identify one goal you have and list out top 3 possible constraints and challenges you might face in achieving this goal. What can you do to overcome these constraints and challenges?



Step 2: Harness the power of positive words

Success isn't about perfection; it is about progression.

Everything you say produces an effect

Speaking comes to most people as naturally as breathing. On many occasions our words are uttered without conscious thought; in fact, we rarely stop and think about what we are saying. Thousands of words pour out of our mouths each day as our thoughts, opinions, judgements and beliefs are freely expressed. Often, however, we are oblivious to the positive or negative effect these words have on ourselves and the people around us. This affects our ability to perform.

Words have tremendous power. Words give out energy and a message that creates a reaction in others. Everything you say produces an effect in the world. Whatever you say to someone else will produce some kind of effect in that person. We are constantly creating something, either positive or negative, with our words.

Reaction to our words often returns to us in a multiplied form. For example, if I speak words of judgement to a person, they will judge me back, probably with more intensity as their judgement has the pain or anger caused by my words attached to it. Words of kindness and acceptance will generate a warm and appreciative reaction in a person. That person's response to the words will be stronger because it will have the emotion created by the words attached to it. The power of words has a ripple effect in our life and those around us.

A scientific approach

Recently I came across the work of Dr. Emoto, and his studies on water crystals. He took samples of water, froze them and took photographs of the water crystals. He then wrote words on vials of water taken from the same source. The crystals formed in the vials that had positive words, such as love and gratitude, were beautiful. However the crystals in the vials with negative words such as hate and evil were very different, and the water didn't even form crystals in some instances. Experiments were done using words from different languages, and also by the scientists having no knowledge of what the words meant. The results were similar.

Although I find the concepts of quantum physics difficult to grasp, the findings of this study on water crystals has had a profound impact on me. The human body is known to be composed of up to ninety percent water. If words had such a significant impact on water crystals, then what is the impact of positive and negative words to our bodies?

Power of words

An important key to success in life is to understand the power of words. A word is a thought eternalized. Our thoughts do have a great effect on us even though they are internal. What we think affects the way we live our life, it affects our emotions, our attitudes and our behavior. A thought spoken, however, has even more power. It can never be taken back. Our words have even more power than our thoughts because they not only affect ourselves, but the people and the world around us.

Take control of your words and thoughts

Successful people take control of their words, rather than letting their words control them. They are more conscious of their thoughts and words and the power they unleash. Successful people understand that they need to speak positively rather than negatively in order to see success.

Successful people are characterized by the words that they speak. They know the importance of speaking words that will build self-esteem and confidence, build relationships and possibilities. They speak words of affirmation, encouragement, love, acceptance and appreciation.

To see greater performance, the words that we speak need to be in alignment with what we want to see being produced in our life – our vision and our dreams. Your words can determine your destiny, by speaking into existence what we want to achieve in our lives.

Things to do:

#1: To start, you have to be more aware of the thoughts that you keep having. Today for just 5 minutes, listen carefully to the words you speak. Do you speak without thinking first? Do you speak mostly positive or negative words?

#2: Learn to say positive things. Don't just say, "I appreciate your effort," but say things like: "I really appreciate the effort to put into helping me with my work. I'm so thankful to have you as my friend!" When you are more specific, you will generate more positive results. Say something positive to 3 friends today!



Step 3: Exercising Triage and Learn to Say No

Change is inevitable. Growth is optional.

Categorize your tasks

Triage may help you build up your way of taking command by centering your attention on the most important actions. In that case, you split up your undertakings, plans, and activities into 3 groups:

1. Undertakings that will fail to have an important impact, whether you accomplish them or not.
2. Undertakings that will succeed in any case, whether you accomplish them or not.
3. Undertakings that will have a substantial impact only when you finish them in a timely fashion.

Say no to unimportant things

If you center your attention on the beginning group, you're simply spinning your wheels while more significant undertakings stay undone. If you center your attention on the 2nd group, you are blowing your energy for no meaningful payoff. However, if you attend to the 3rd group, you will put your time and energy on the most beneficial possible use. In order to center on the most substantial actions, you have to take away your attention from the first 2 groups.

Exercising triage is exceedingly challenging as it calls for repeatedly stating no to what you might instinctively sense are great choices. It is the time-management equal of stating no to injured individuals calling for assistance. However if you fail to get the hang of the art of triage, a lot of worthwhile undertakings will expire needlessly.

This procedure is a challenge of awareness. It's simple to lose sight of the large picture when you are staring at an undertaking hollering for your attention. However, you nevertheless have to come up with the awareness to ask yourself: Is this the most significant matter for me to be executing right now?

Keep reviewing your goals

Build a list of your group-three undertakings and activities, and keep it with in grasp at all times. Perhaps it's a list of your central goals, but it could likewise be a list of the things in life you wish to attend to, like your wellness, relationships, and spiritual applications.

Look back at that list on a daily basis to keep reviewing its presence in your brain. This will help you arrive at the hard triage choices when the need springs up. It's simpler to say no to groups 1 and 2 when you are able to view the whole battleground.

Things to do:

#1: In every action and events you have to go through, separate them into 3 categories. Next, discipline yourself to start immediately in the morning completing the tasks in Category 3, and persist until your 100% done. Don't waste time on tasks that are unnecessary.



Step 4: Accept and Ignore our Internal Voice

When you change the way you look at things, the things you look at will change

We are not our internal voice

We all have a voice inside us. It is the voice in your head that is constantly talking about everything and anything. You could consider it thinking, but it is really a conversation that you are having with yourself. Our internal voice runs so constantly that we mostly don't notice it. It has the quality of being like air to the bird or water to the fish – always present and never noticed.

Our internal voice is always asking and answering questions, such as: Is this true? Is this false? Is this right? Is this wrong? Is this good? Is this bad? What's the problem? What is the answer? What's the question? What is the solution?

Conversation with your internal voice

In fact, if you take a moment right now and look at some of the commentary that you have been having with yourself about what you're reading, you'll hear your internal voice in action. The way this book occurs to you has a lot to do with the conversations you are bringing to it. This internal voice – the voice in your head that we're inviting you to listen to at this very moment – is talking to you so constantly that you can't turn it off even when you try.

In particular, think about your performance challenge, and notice what your internal voice has to say. For most people, it's something like Maybe I'm not trying hard enough? Or I'm just plain unlucky? Will this book help? Probably not, but it would be nice if it did.

Reprogram your thinking

Most of the time, the inner voice repeats old thoughts. Only rarely does it say anything new. And yet, it takes up a lot of our awareness. Notice that your inner voice probably won't produce any novel solutions to your performance challenge. You are NOT that voice.

A lot of times this voice creates illusions in your life that you feel that are real. However, in reality, it is just a story that is fabricated in your mind. A good example is your voice telling you that I'm sleepy. To be honest, that is actually a story of itself. What do I mean? There is no physically form for sleepiness. All is happening to you is that your shoulders are slightly aching and that you are having a slight strain around your eyes. This is the physical form and the reality of what is happening. Sleepiness is just a fabrication of your mind trying to make sense of what it happening, but it may not be true.

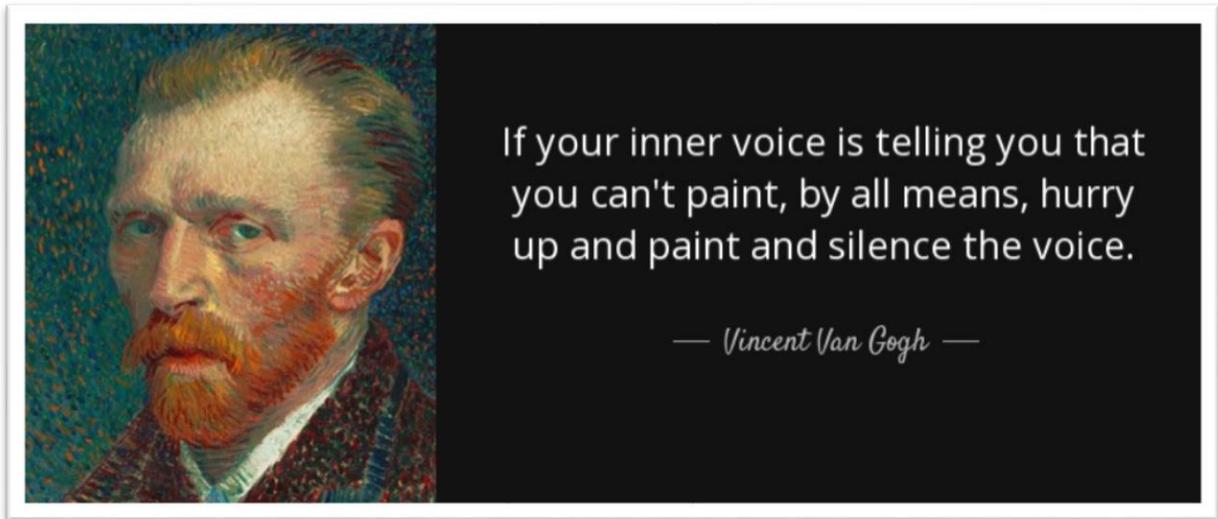
Another example could be at work. Do you recall a time when your boss gives you a mountain of work and you are just in a paralysis on what to start? Your inner voice starts to say "Why do I have so many things to do?" or "How can I finish it in time?" These are actually all DISTRACTIONS.

What you should do is take a deep breathe, acknowledge what the inner voice is saying and be in the present. Look around you. All it is a stack of papers. Take the first one and start cracking!

Once you realize that the inner voice is not you, performance will definitely increase. You are no longer caged by the voice of your own creation. You can start being more in the present and be more clear of what needs to be done.

Things to do:

- #1. Acknowledge what the inner voice is say. Appreciate it and then ignore it. Do not be distracted by it and allow it to tell you what you can and cannot do.
- #2. Project forward 3 to 5 years and imagine that your life was ideal in every way. What would you want to accomplish in those 3 to 5 years?
- #3. Take the first step by working on the task you have identified in the previous chapter. Action is the best way to overcome challenges!



Step 5: Removing Mental Clutter

Clutter isn't just in your home, attic, garage or office. Clutter is also in your mind, and distracts you from the amazing things you are meant to do – Katrina Mayer

Free up the mental space

Stray thoughts, fears, worries, and details to remember: they all add up to mental clutter. What could you accomplish if all that mental space were freed up? Are you focused and present, or are you mentally running through your to-do list, thinking about email replies, and debating where to go to lunch while also catching up on online reading?

All those thoughts may be getting in the way of your focused work and progress. This is what we call mental clutter.

We wake up in the morning and check our phones, letting email and news and texts swirl around in our brains before we even brush our teeth. Then the pings start. Someone's talking to you on Facebook. You want to thank those people for sharing your message on Twitter. You have a bunch of Instagram likes. The car needs an oil change, the kids need haircuts, and the dog needs to have his teeth cleaned at the vet. Did you schedule any of that yet? Do you have a grocery list? What's for dinner, anyway?

And oh hey, remember that blog comment from yesterday? What did that guy really mean? Should you have replied? Maybe you should have ignored it. Maybe you should go back and delete your comment. Or his comment. Or both? Or neither, it's probably fine.

And then there's that project at work—will it be finished on time? Will it work? Will it be as good as that other one? Will your audience get it?

Focus on the present moment

We're rehashing the past, we're worrying about the future, and we're letting administrative details overrun our important ideas. We let digital distractions in, and we try to do everything at once. It isn't working.

All that stuff takes up so much space that there's hardly room left over for the work you're meant to do, whether that's designing a killer app, or writing the great American novel, or dreaming up a business that the world needs yesterday. Mental clutter pulls us out of the present moment, out of the projects we're working on and the people we're working with.

What if all that mental space was freed up? What if we decided to become more aware of our distractions? What if we started filtering those distractions, and emptying some of the mess out, too? What if we set out to conquer that mental clutter? What could we do with that mental space, instead?

Break the mental barrier

Here's what we would do: We would have more clarity, and more focus. We'd be able to be more productive and more efficient, and we'd have more bandwidth for creative breakthroughs. We'd be less stressed and less prone to forget details. We might sleep better, without the chatter keeping us awake. We could focus on the important work, instead of being distracted by the details.

It might not be easy, but no matter which approach you take to clearing out the mental clutter, the results are worth it. Imagine a world where everyone was less distracted, happier, more focused and more productive.

At Work

Multitasking might be the biggest culprit when it comes to leaving clutter in our minds. When we switch between tasks, we have to keep all the details in mind rather than focusing on one thing at a time. Single tasking, on the other hand, is more enjoyable. It creates focus and increases patience, which in the end helps you get more done. Period.

Or maybe, for you, it's digital distractions that are creating mental clutter. Tools that interrupt our attention keep you from focusing deeply on your work and goals. If this sounds like you, and to me it sounds like most of us, it might be time for some new digital routines.

The opposite of mental clutter is presence. Creating systems and prioritizing helps you let go of the to-do lists so you can be present and productive.

Coming up with simple strategies like this can help you clear mental space without becoming overwhelmed by the task itself.

At Home

Believe it or not, physical clutter affects your brain, too. If your home is a mess, clearing your space can be the first step to clearing your mind. Take effort to clean up your room and you start to realize a burden lifting from your brain.

We can take a step further, though, and clean out mental clutter just like we clear our physical clutter. When it comes to creating a happy home life, a thorough mind dump is an essential skill to practice, even if it could use a more appealing name. Don't mix work with home, leave it where it should belong.

Just like no two objects can exist in the same space in your home, no two thoughts can occupy the same space in your mind. Consider which thoughts you dwell on and how these thoughts might be impacting you and those around you.

Conclusion

For you to embark on your subliminal awakening, your thoughts, voice, environment all plays a part in your breakthrough. You need to allow space for your mind to manifest and achieve high performance.

The awakening will start once you implement these 5 steps. Incorporate these steps into your daily life. Every time when you face a problem or a roadblock, think about these 5 steps again.

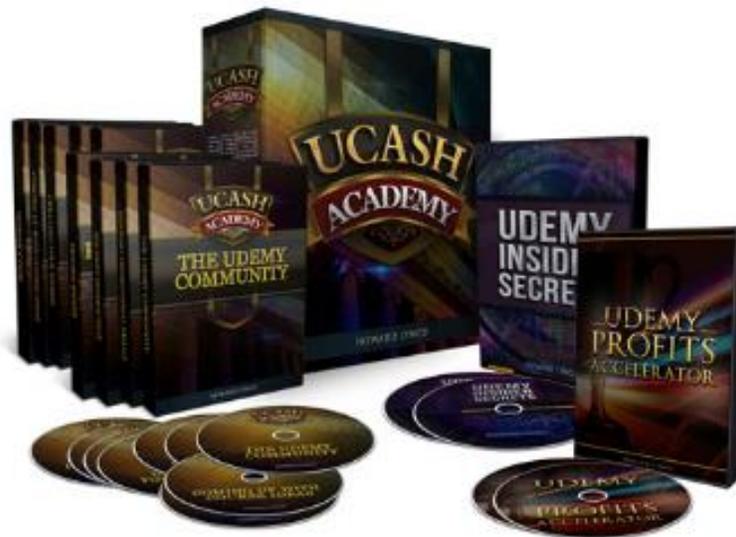
I suggest you to write these 5 steps and bring them around wherever you go as a constant reminder. Take out and reflect on the 5 steps once every week to remind yourself daily. The act of taking out the 5 steps from the bag is an important action! Don't just remember it from your head. There is power in reading it in front of you.

The world is full of distractions and most of our minds are tarnish by the toxins that fill our mind subconsciously. It is our duty to preserve the integrity of our mind and brain. Use these 5 steps to break your mind free using the subliminal awakening forces and start achieving high performance today!

I have also added a link to **free subliminal MP3** in the **Bonus Section** to help you prepare you mind mentally for your powerful awakening. Enjoy!

Bonus Resources

#1 Recommended Complete Guide on making passive money through creating lifestyle courses



[CLICK FOR IMMEDIATE ACCESS](#)

Free Subliminal Visualization Videos

OUR SUBLIMINAL VISUALIZATION VIDEOS FEATURE 5 POWERFUL MIND PROGRAMMING TECHNOLOGIES:

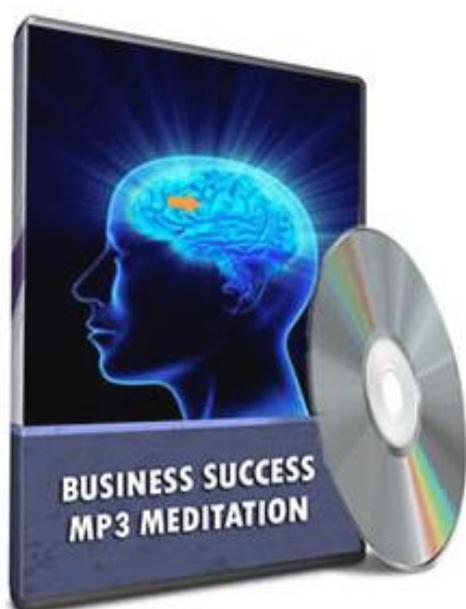
1. HIGH DEFINITION THEMED VIDEO (NOT STILL IMAGES LIKE "THOSE OTHER GUYS")
2. SUBLIMINAL MESSAGING
3. POWERFUL AFFIRMATIONS
4. BINAURAL BEATS (BRAINWAVE ENTRAINMENT)
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