



Using Sleep Learning Lessons

Whether you purchase pre-recorded tapes prepared especially for sleep learning or tape your own recordings depends, of course, on personal preference. As we said earlier, the latter has the decided advantage of allowing you to hear your own voice and to address yourself by name, proven techniques that enhance sleep learning. On the other hand, using a pre-recorded tape for learning a foreign language has the advantage of the correct pronunciation and accent of an instructor who is probably native to that language.

In this chapter, we will provide some examples of the type of material you should include if you decide to prepare your own lessons. These guidelines are for when you are recording your lessons.

To Learn a Foreign Language

The growing demand from both the private and public sectors for multi-lingual people has caused many colleges to reinstitute language requirements that had been abandoned during the 1960s. Language courses are also being embraced by high school students in increasing numbers. As travel and communications between different countries become increasingly easier, the requirement to converse in more than one language continues to expand.

International commerce leaves us no alternative except "learn to communicate or take your business elsewhere."

Sleep learning has been used successfully for years to teach languages. Many people feel it is the most obvious application of this teaching method. Here are a few tips that may help you when making your own foreign language lesson recordings.

The best way to learn a foreign language while you sleep is to combine a pre-recorded lesson with some supportive material of your own. This blending of both techniques will help you learn faster and help you to learn to speak the new language more like a native.

Recorded lessons have become a boon to learning the conversational use of a foreign language. There are at least a half dozen manufacturers who sell foreign language lessons on long-playing records and cassette tapes. An advantage in using these recordings as the basis for your sleep learning lessons, instead of written lessons you can record yourself, is that the instructor on the recording will use the correct pronunciation and inflection, which becomes part of the lesson.

Once you have decided which language you want to learn, obtain a copy of the appropriate language record. The most economical approach is to use your local library. If your library has the facilities, play the record to screen it for scratches or background noises, such as a hum, that will interfere with your lessons. If the library does not have available the language you want to learn, you can purchase excellent language learning cassette tapes at most bookstores. Considering the heavy use library records get, purchasing a new tape is probably a good investment. Using an endless loop tape, which you have presumably acquired, you can now prepare your first sleep learning lesson. Divide the pre-recorded lesson into mini-lessons of a maximum of ten minutes in length.

If you accepted my earlier recommendation, your endless loop tape is twelve to fifteen minutes long. This means you will have two to five minutes of free time between each lesson. Put this time to good use.

The previous chapter contains instructions on how to use your own voice and name when preparing your lessons. Since we are using pre-recorded material for the heart of your sleep learning lesson, the only time you can use your own voice and mention your own name is during the extra two to five minutes available on the endless loop tape.

Begin recording your lesson with a conditioning message that instructs you to pay attention to the lesson and to memorize it. Use the guidelines listed in the previous chapter to record a phrase similar to the following:

"Joe (use your name), you will listen carefully to the material you hear during this lesson. You will not awaken during the lesson. You will hear everything and memorize everything you hear while you remain asleep.

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Remember, you will not awaken, but you will remember everything in the lesson."

If time allows, repeat this instruction once or twice again.

Now, record the lesson itself. Most manufacturers of modern stereo equipment put a jack outlet for external speakers or recording devices at the rear of the phonograph or tape player. If your instrument has such an outlet, plug your tape recorder into it, set the volume at a moderate level, and start playing the pre-recorded lesson. When the material for your lesson is about to begin, press "record" on your tape recorder. When the material for the lesson ends, press the "stop" button, disconnect the recorder from the player, and press me 'play" button. Since this is an endless loop tape, there is no need to rewind it.

First, and most importantly, you will hear your own voice giving the instructions covered above. This should be followed by the lesson. Listen closely to the sound level to be sure it closely approximates the level of your own instructions. If it does not match, be sure to adjust the volume on the player and record the lesson again. Be careful not to record over your instructions. Also, listen closely for background noises that may interfere with your lesson or sleep. When you find the correct sound level, mark the volume control dial on the recorder so you will not have to search for it each time you record a lesson.

If your record player doesn't have a jack outlet through which you can record, you will have to hold the tape recorder microphone close to the stereo speaker to record your lesson. This is a less desirable way to record, since the sensitive microphone can pick up extraneous sounds. Some of this will be unavoidable, but if you turn off any clocks in me room, and other devices that produce even barely audible sounds, you can keep outside noises to a minimum. Even the hum of a refrigerator could cause interference.

You are now ready to begin your first sleep learning lesson. Carefully follow the instructions in the previous chapter for timing your lessons and the use of a conditioning tape.

When you are ready to record your next lesson, try not to record over the instructional message already on me tape. You can use this message for all your lessons, unless you feel a need or desire to change the wording as you progress. Thorough planning and careful preparation will contribute to your success at learning while you sleep.

To Break Bad Habits

The **Oxford American Dictionary** describes a habit as "a settled way of behaving, something done frequently and almost without thinking; something that is hard to give up...." Although it is possible to have good habits, our main concern is with those habits that have a negative influence on our lives. Some of these become so fixed in our daily activities that they become too powerful for our conscious mind to control or change.

Some examples are fingernail biting, smoking, overeating, quick temper, and being unable to awaken on time.

If you have the desire and a strong motivation to overcome a bad habit, sleep learning will help, because it reaches into your subconscious where such habits normally find protection from external pressure on them. Achieving success in overcoming bad or destructive habits will depend on convincing yourself that you can and will stop the habit. This can be accomplished only through positive affirmations. Constant repetition of vital statements gives you the strength needed to break me habit that is harming your appearance, character, or personality.

When using sleep learning to conquer bad habits, deal with only one habit at a time. When you have mastered one, move on to the next. When preparing sleep learning messages aimed at stopping bad habits, your voice must be confident and reflect obvious control. You must point out the destructive aspect of the habit and stress me benefits of stopping. You may find the following is an example of a successful statement that you are free to use:

Nail Biting

"My fingernails taste terribly bitter. My hands look ugly after I've bitten my nails. I will stop biting my nails. Gradually, day by day, I will become aware of now much better my hands look now that I've stopped biting my nails."

For Weight Reduction

Obesity, a critical condition that is often the precursor of heart disease or other serious medical problems, has created a tremendous industry that realizes hundreds of millions of dollars in profits annually. Thousands of books have been published, giving advice and diet plans for shedding pounds. Medical doctors and quacks pump out millions of "special" pills each year. Drugstore and supermarket shelves are weighted down with dozens of non-prescription drugs in the form of pills, powders, liquids, candies, and even tea for dieters. They're all aimed atone thing: weight reduction. With the limited exception of those individuals diagnosed with certain glandular problems, overeating is the cause of obesity.

We may tell ourselves that we are overweight because we do not eat the "right foods," or because we do not have

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time for "balanced meals," or because we do not "get enough exercise." While it is true that we should eat nutritious foods, the real problem is what we eat and the quantity of food eaten. If we are not getting enough exercise to keep the pounds off, obviously we must reduce our intake. If we are not eating balanced meals, we are probably operating on a feast to famine schedule or continuously stuffing ourselves with junk food that is high in calories and low in nutrition.

The problem most people have with overeating goes deeper, though, and many times we treat the symptoms instead of the cause of obesity. Leslie M. LeCron, a clinical psychologist, identified this cause when he wrote:

"In the development of obesity, the earliest cause for overeating goes back to infancy. When an infant is uncomfortable, it usually is hungry. Feeding brings comfort and the baby feels good again. Eating is then subconsciously associated with feeling good. The conditioning of the child is like Pavlov's dog. With the dog, the bell was associated with food. The infant associates food with feeling better."

How many times have we heard me expression, 'Have something to eat, you'll feel better'? Unfortunately, we are so conditioned to feel better with food that we eat and do feel better. This reinforces the conditioning.

Sometimes the world around us seems to plot at increasing our problem. On television, in magazines and newspapers, and on billboards, sexy young (read slim) men and women are used to sell everything from bikinis to cars to fattening junk foods. On some level, we know most of these people struggle through life depriving themselves because their careers depend on their figures, and that beautiful slender girl really does not eat that candy bar she is holding to her lips. She is doing that just to convince us it is possible to eat candy and be slim. If she ate it, she would probably upset her caloric allowance and have to miss a meal or two. The advertisement upsets us, because if we eat that candy we gain weight. Why can't we eat it and be slim like her? This makes us feel bad, and what do we do to feel good? That's right, we eat.

There are, of course, other factors that contribute to our general weight problem. One may be our parents. If they were overweight during our childhood, we will have tended to adopt their eating habits, using them as role models. "If mom and dad are overweight, it's okay for me to be overweight." This belief is not necessarily something we are conscious of, but it is a message buried deep in our subconscious.

Let us take a look at the things we do to contribute to being overweight, and how sleep learning can help us deal with the subconscious causes that produce them.

1. We eat too much. We were told as children that it was important that **we** eat everything on our plates to grow big and strong,
2. We eat too fast. Even people who are not rushing off someplace appear to be in a hurry to finish their meal. This seems to be a uniquely American phenomenon. Europeans, who tend to be less burdened with weight problems, are generally slower eaters, sometimes taking several hours to get through one meal, while Americans almost always seem to be trying to set a record on how fast we can eat. If we slow down, the food will have more time to be digested, and our bodies will signal us to stop before we eat more. When we eat fast, the signal to stop reaches us after additional food has already been eaten and is on its way into our stomachs. The result is a feeling of being stuffed.
3. We eat to feel better (or worse). This is probably the most psychologically damaging reason for overeating. The satisfaction we get from eating is short-lived and eventually results in our feeling bad about overeating or the overweight condition it creates. (Some people eat to punish themselves. They want to make themselves look unattractive, because they believe themselves to be inferior or unworthy, and should look that way.) Then there is the depression cycle. We are de-pressed about something, so we eat to feel better. Then we get depressed over having eaten so much, because it is contributing to our weight problem. This new depression eventually leads us to eat again and start the cycle over.

Since so much of the problem of being overweight seems to originate in our subconscious, it is logical that the subconscious must be treated as a cause, not a symptom of our eating habits. Through sleep learning, we can retrain our subconscious to send us different messages about food and its intake.

Naturally, sleep learning is not a complete substitute for developing your own willpower. This is not easy for most overweight people, since they probably would not be overweight if they had strong willpower. Let's be clear about one thing. Sending sleep learning messages to your subconscious aimed at weight reduction will help you to eat less and shed those extra pounds, but it is not going to work without some effort on your part. As you begin to see results from the nocturnal messages, you will begin to gain more confidence in your ability to control your own life, and build up your willpower.

When preparing your sleep messages, make a list of those things that bother you about being overweight. Is it your general appearance to others? Your own self-image? The difficulty you have in finding stylish clothing that fits? Your inability to keep up physically with your friends? Whatever the reason, and perhaps it is all these and more, that is where you want to concentrate your sleep learning messages.

Divide each sleep learning lesson into two sections. The first should discuss your goal, and the second how you will

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attain it. For example:

"When I lose thirty pounds, I will look so much better. Everyone will see how attractive I really am, and I will be more popular among the people I respect. To lose those thirty pounds, I will stop eating between meals, and eat less food at each meal. At home I will use smaller plates so the smaller portions will appear larger. When I finish a meal, I will be satisfied and not look for something to pick at afterwards."

Change the message each week. Be sure you always emphasize the positive results you will get from losing weight, and the steps you will take to lose the weight. As you begin to see the results of your efforts, you will build more confidence in your willpower and, consequently, will gain increased control over your eating habits.

When you have reached your desired weight, change your sleep learning messages to emphasize what you must do to maintain that weight. Continue the sleep learning messages until you feel confident in your own ability to control your weight.

To Stop Smoking

Cigarette smoking is akin to overeating in that it is a habit that has an impact on your health and wellbeing. And, like overeating, it is a habit many people find almost impossible to break. It is possible to break the cigarette habit, and sleep learning can help you do it.

First, examine the reasons you smoke. The obvious ones are: it helps relieve tension, it gives you something to do with your hands, it's a social activity you share with others, it provides oral gratification. You already know some of the reasons you should quit: it's expensive, it's unhealthy, it's dirty, etc. Obviously these are not reason enough for today's smokers to quit, or they would be former smokers.

Most smokers realize they should quit, but their problem arises when they fail to translate that realization into a genuine desire to stop smoking. There is abundant information available from anti-smoking organizations on how to give up cigarettes, such as chewing gum instead of smoking. Avail yourself of this advice, then bolster your efforts with the aid of sleep learning. Many smokers fail in their attempts to quit because they program themselves for failure. They acknowledge beforehand that it is difficult to give up cigarettes and that they probably do not have the willpower to do it. This is where sleep learning can help.

Besides stating the benefits of being a non-smoker, your nocturnal messages should also contribute to improving your willpower. Keep telling yourself that you are strong and can give up smoking. Get angry with your condition as a smoker and tell your subconscious that you are giving up smoking.

Here are some suggestions you will want to include in your sleep learning messages:

"Smoking is dirty, expensive, and harmful. I am going to give up smoking on (name a day). I will no longer have the urge to smoke.

"I'm no longer going to be a slave to cigarettes. Smoking will not rule my life anymore."

As you begin to see results, you can shift the emphasis of your messages. Tell your subconscious how good you feel after not smoking: "I no longer smoke and I don't need to smoke."

To Build Self-Confidence

Part of what we did in the earlier examples was to use sleep learning to build self-esteem. Many people lack disbelief in their ability to act in their own best interests. Such people generally suffer from a low level of self-worth. A lack of self-confidence is usually indicative of this personality type.

Sleep learning can help build a better self-image through subliminal messages aimed at improving self-esteem. These can be simple basic messages, such as, "I can do that job," or, "I'm just as competent as anyone else."

You can begin building self-confidence by first convincing yourself of your ability and worth. The types of messages you use will depend on the particular problems you face. It might be best to start off with some generalized statements, such as:

"Tomorrow is a new day. I will start by showing the people I come in contact with how confident and self-assured I am, by being decisive and choosing what's best for me.

"I'm as good or better than most people. I am capable of doing as well as anyone else and even better."

Remember that self-confidence is a state of mind that is at least partially based on our own experiences. If those

experiences have taught us to accept the inevitability of defeat, then we are programmed for defeat and are almost insuring it. The confident person already has one foot in the door of success. Sleep learning can help you hone that confidence by showing your subconscious the real value of your abilities.

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to open the Immortal Eyes of Man
inwards into the World of Thought;
into Eternity Ever expanding
in the Bosom of God,
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