

## **NLP (Neuro Linguistic Programming) Subliminal Track Contents**

**(Sample):**

### **I SEE**

I see the shapes, colors, types of people, that are in the rooms and locations I am in, now that I am strong, confident, powerful...

I see how people will smile and be excited for me when I believe I am strong, confident, powerful, a miracle of life...

I see my big grin in the mirror as I look at myself with real love and happiness for what I've accomplished...

### **I HEAR**

I hear the things I will be saying to myself about how happy I am about my achievement, how excited I am about living my life in a new way, with new habits, new power...

I hear people saying how good I look, how happy I look, how wonderful it is to be around me...

I hear myself saying thank you, I'm happy, and I now really love myself with the same passion as when I love a lover...

### **I FEEL**

I feel how people will open their hearts, connect in loving ways with me, make me feel so good about myself, because they are proud of me and so happy for me, I feel their excited energy...

I feel the texture of the different clothes I'll be wearing then, of the things I'll be sitting on or walking on, I feel people's arms and bodies as they hug me to congratulate me...

I feel magical, connected to God, connected to Nature, connected to the Universe, One with Everything, really in tune, and at peace with myself, happy with myself...

### **I TASTE**

I taste how the things I am eating and drinking will be so much more fulfilling, taste better than ever before, when I've accomplished my goal...

### **I SMELL**

I smell the fragrances of the furniture I'll be sitting on, the odors in the places I'll be walking, the smells of the clothes I'll be wearing, the aroma of my own cologne, when I've achieved my goal...

I smell the fantastic aromas of the food I'll be eating, the vivid rich smells in the air where I am, when I've reached my goal...

I smell the pungent cologne and aromas of people and things in my new world, when I have changed the things I want to change, attracted the things I know I deserve, given myself permission to shine...