

Contents

#



Welcome to the **Self-help Subliminals** Help Manual.

The following Help Topics are available:

[Welcome to Self-help Subliminals](#)

[How to use Self-help Subliminals](#)

[How to install Self-help Subliminals on your computer](#)

[How to un-install Self-help Subliminals](#)

[How to order Self-help Subliminals](#)

We accept Credit Cards across a SECURE SERVER on the Internet. We also accept US Checks, UK cheques, DM Eurocheques. You can even order by a TOLL FREE number in the US. Please point your web browser to: <http://www.infinn.com/suborderform.htm> Or contact us for any other options: [Infinite Innovations Ltd](#)

Please read the:

[Copyright Notice, Terms & Conditions and Disclaimers](#)

Self-help Subliminals, the Self-help Subliminals logo and the Infinite Innovations logo are trademarks of [Infinite Innovations Ltd.](#), UK

[Acknowledgments](#)

For Help on Help, Press F1

P.S. Can you work out what the Self-help Subliminals logo says?

Welcome to Self-help Subliminals

Welcome to **Self-help Subliminals™**, the program that enables you to display your own subliminal messages and use them to change your life.

You can use this program to display your own subliminal messages and pictures. You are in control of the messages which are displayed and how the messages are displayed.

Subliminal messages are messages which are displayed for such a short period of time that your mind does not consciously register what it sees. Instead your mind registers it sub-consciously. This means that your conscious mind cannot form arguments against the ideas and so you are more susceptible to the subliminal idea.

While there is much controversy about using subliminal advertising and other subliminal uses, **Self-help Subliminals** lets you decide what subliminal messages to give to yourself. The messages and ideas which you want to put into your sub-conscious are controlled by you and you alone.

If you want to make use of subliminal messages and you use a computer then this program is for you.

How can you benefit from subliminal messages?

Subliminal messages can help you change your mind for the better. You can use them to help you remove bad ways of thinking and increase good ways of thinking. Examples of this are by using subliminal messages to:

- increase confidence
- improve self-esteem
- stop smoking
- lose weight
- reduce stress
- revise for exams
- reduce addictions
- enhance sports performance
- improve memory skills
- become happier

What can Self-help Subliminals do for you?

Self-help Subliminals is here to help you. It flashes your messages onto your screen to help you take these ideas on board. You decide what messages to display. You can display written messages or pictures. You can even step through a whole passage of text which you want to revise. Or you can subliminally display a list of things to do.

In this way you can use **Self-help Subliminals** to revise information, remember facts and read whole books subliminally.

Self-help Subliminals helps you to help yourself by providing the capability to display your own subliminal messages.

To find out how to use **Self-help Subliminals**, [Click here](#)

Did you know that you can purchase **Self-help Subliminals** by credit and debit card, and you also get a reduction in price if you download it from the Internet because we do not have to send any disks to you.

Do you want to benefit by using Self-help Subliminals at your home computer?

If you are using Self-help Subliminals at work and you want to use Self-help Subliminals at home (eg to help your children with their exams, or you work a lot at home) then you can purchase a single user licence for yourself. [Click here to discover how you can order Self-help Subliminals.](#)

Help your children while they are computing:

If your children use a computer a lot, why not let them learn at the same time by purchasing a single user licence for your home computer? [Click here to discover how you can order Self-help Subliminals.](#)

How many people do you know who could benefit from using Self-help Subliminals?

If you find Self-help Subliminals useful, why not spread the word and help your friends and colleagues who use computers.

Further reading

If you want to more than just use subliminal messages and want to learn about subliminal messages in depth, why not try reading the following:

Subliminal Learning - an eclectic approach. By Eldon Taylor, published by RK Book.

Change your mind. By Teri Mahaney, published by Supertraining Press.

[Click here to return to the Contents page](#)

How to install Self-help Subliminals on your computer

The likelihood is that you have already installed Self-help Subliminals on your computer or you would not be reading this Helpfile. However there are times where this is not the case.

From floppy disk #1 (or the directory) containing the Self-help Subliminals files, run the **SETUP.EXE** file (by double-clicking on the file in File Manager (in Windows 3.x) or in Windows Explorer (in Windows 95)) to install the Self-help Subliminals program and helpfile.

From the floppy disk (or directory) containing the Self-help Subliminals files, read the **README.TXT** file on disk #1 for the any updated installation procedure by double-clicking on the file in File Manager (in Windows 3.x) or in Windows Explorer (in Windows 95).

Your Self-help Subliminals program should now be ready to run.

If you experience any difficulties at this stage, please read the file called ReadMe.txt in the installation directory (or on installation disk #1) for further help. If this does not solve the difficulties please ring our [technical help line](#).

Files Installed:

Please contact [Infinite Innovations Ltd](#) for a list of the files.

How to un-install Self-help Subliminals:

[Click here to learn how to un-install Self-help Subliminals.](#)

Using Self-help Subliminals on a network:

Self-help Subliminals does not normally work on a network because each person uses different settings and messages (It will only work on a network if each person has their own section on the network which they can read and write to or if everyone wants to use exactly the same messages).

[Click here to return to the Contents page](#)

How to use Self-help Subliminals

The following instructions will enable you to make **Self-help Subliminals** give you subliminal messages after set periods of time. After a certain period of time (e.g. every 20 seconds), **Self-help Subliminals** will flash up on your screen and reveal the messages subliminally. You can change the messages which **Self-help Subliminals** shows by selecting the **Change Messages** section of the **Settings** menu and you can change the settings which Self-help Subliminals uses by selecting the **Change Settings** section of the **Settings** menu.

You have two choices in order to run **Self-help Subliminals**:

- Run the **Self-help Subliminals** icon which will display the subliminal messages and also let you change all of the settings and messages.
- Run the **Self-help Subliminals Mini** icon which displays the messages in the background but does not let you change the settings or messages. This version takes up less memory than the full version. To stop the **Self-help Subliminals Mini** program running, start up the main **Self-help Subliminals** program and press **Exit**.

The rest of this page refers to running the full **Self-help Subliminals** program. You are first shown a screen which controls the displaying of subliminal messages.

Starting the subliminal messages

When the Self-help Subliminals screen appears, you will be shown a button called **Start**. Pressing this button will start the subliminal mechanism, and the main screen will be hidden. (Please note that you may occasionally have to wait a short while and press this button again if the message generator is busy when you press this button.)

Stopping the subliminal messages

If you want to stop the messages being displayed then pressing the button marked **Stop** will stop the subliminal mechanism. (P.S. You may need to flip over to the program by keeping the **ALT** key pressed while pressing the **TAB** key until the Self-help Subliminals icon is shown.)

Pausing the subliminal messages for a fixed time

Pressing the button marked **Pause** will stop the subliminal mechanism for a fixed number of minutes (as set in the Settings section). This means that for that number of minutes the subliminal messages will not be displayed and then the subliminal messages will start appearing again. Note that this only starts after the next appearance of a subliminal. Press the **Restart** button to restart before the end of this time.

You might potentially use this button in the rare occasion when **Self-help Subliminals** does not work at the same time as another program.

Changing the settings by using the Change Settings section:

When you select the **Change Settings** section you are shown a screen where you can change:

- the time between subliminal messages
- the duration of each message (note that the actual duration is dependent on the refresh rate of your computer screen)
- where on the screen the messages are displayed
- whether the subliminals messages are started immediately on starting the program (so you do not have to press a button to make them start)
- the colour of the text in the message
- the background colour of the message

- the time that the subliminal message program will stop for when **Pause** is used. These settings will only be used after the next message displayed.

If you want to change between **Self-help Subliminals** starting every time Windows is opened and it only running when you run the icon manually, then you can change this by pressing the **Auto Start** button and selecting Yes or No. (This creates or removes an icon in your StartUp group.)

Alternatively if you want to run **Self-help Subliminals Mini** every time Windows is opened (because it uses less computer power), use the **Auto Start Mini** button and select Yes or No. (This creates or removes an icon in your StartUp group.)

Recommended settings are displaying short messages for 40 ms (milliseconds) every 20 seconds.

Using the Change Messages section:

This section shows you a screen which allows you to change which messages are displayed. [Click here to find out how to change the messages which are displayed.](#)

If you are unsure about what messages to use please look at the examples given in the initial installation. Self-help Subliminals does not show a fully comprehensive or definitive list of messages which will work for everyone. The messages you write down for yourself are likely to be the most suitable for you, but you should use positive affirmations and should not use negative affirmations.

These settings will only be used after the next message is displayed.

Changing the password to change a demonstration version into a fully working version:

To change a demonstration version into a fully working version you will need a password from Infinite Innovations Ltd. Without it the program will only run for 14 days. You can enter the password by selecting the **Change Password** option from the **Change Settings** menu.

[Click here to learn how to enter a password](#)

Finding more information using the About option:

Selecting this option from the menu will give you more information about:

1. Contacting Infinite Innovations Ltd.
2. Additional details on who to contact regarding your copy of Self-help Subliminals (if applicable).
3. A personalised message from your contact person (if applicable).

[Click here to return to the Contents page](#)

Copyright Notice, Terms & Conditions and Disclaimers

Self-help Subliminals™
Copyright (C) 1997 Infinite Innovations Ltd., UK
All Rights Reserved

This product is not public domain or free software. If you have not already purchased this product, you have the right to evaluate it for a period of 14 days from the date you initially install it. If you find that it suits your needs and you wish to continue to use it after the 14 day period you are required to purchase a fully licensed copy from Infinite Innovations Ltd or one of its registered agents.

Terms and Conditions

You should carefully read the following terms and conditions before using this software. Unless you have a different licence agreement signed by Infinite Innovations Ltd your use of this software indicates your acceptance of these terms and conditions and the disclaimer.

Infinite Innovations Ltd is the owner of the Self-help Subliminals computer program. The Self-help Subliminals software remains the property of Infinite Innovations Ltd. This does not imply that Infinite Innovations Ltd owns the media on which the programs are recorded. Infinite Innovations Ltd owns the copyright and all other intellectual property rights in the program.

One legal copy of Self-help Subliminals, purchased from Infinite Innovations Ltd or its registered distributors, may either be used by a single person who uses the software personally on one or more computers, or installed on a single workstation used by multiple people, but not both.

You may access the legal copy of Self-help Subliminals through a network, provided that you have obtained individual licences for the software covering all workstations that will access the software through the network. For instance, if 5 different workstations will access Self-help Subliminals on the network, each workstation must have its own Self-help Subliminals licence, regardless of whether they use Self-help Subliminals at different times or concurrently.

Unless you have a written document from Infinite Innovations Ltd expressing the number of licences purchased, you only have a licence for one user within any company or organisation. No company may place the Self-help Subliminals files on a multi-user computer network or on more than one independent computer owned by the company unless the correct number of licences have been purchased directly from Infinite Innovations Ltd. No copy of Self-help Subliminals which has been obtained without charge may be used or accessed by more than one computer within any company or organisation.

You are not permitted to distribute, copy, resell or modify any part of the Self-help Subliminals program, printed material or electronic documents without the express written permission of Infinite Innovations Ltd.

You may only make one backup copy of the Self-help Subliminals program which may not be used concurrently with the original program.

For a single user licence we will provide you with free advice and help for a period of 1 month from the date of registration to help you with the diagnosis and resolution of any technical problems which you may have in connection with the use of the program. This

service is available by contacting us by electronic mail at **Support@infinn.com** or by post at **Innovation House, 71 Sheldon Road, Sheffield, S7 1GU, UK.**

For a multi-user licence we will provide you with free advice and help for a period of 1 year from the date of registration to help you with the diagnosis and resolution of any technical problems which you may have in connection with the use of the program. This service is available by contacting us by electronic mail at **Support@infinn.com** or by phone on **0114 2967546** (calls at normal national rate in the UK).

Governing Law

This agreement shall be construed, interpreted and governed by the laws of England.

Limitations of Warranty & Liability

THIS SOFTWARE AND THE ACCOMPANYING FILES ARE SOLD "AS IS" AND WITHOUT WARRANTIES AS TO PERFORMANCE OF MERCHANTABILITY OR ANY OTHER WARRANTIES WHETHER EXPRESSED OR IMPLIED.

You acknowledge that the Self-help Subliminals program has not been prepared to meet every computer environment. You accept, therefore, that it is your responsibility to have ensured that the program does perform satisfactorily in your computer environment.

Infinite Innovations Ltd does not warrantee that any message or phrase described is suitable or beneficial for any person or persons. They are for guidance only and professional instruction should be sought as to which phrases should be used.

In particular, there is no warranty for the removal, suppression, improvement, gain, reduction or elimination of any physical or mental condition by the use of Self-help Subliminals. Because of the diversity of hardware, software and conditions under which the software may be used, Infinite Innovations Ltd cannot make any warranties, either expressed or implied, with respect to Self-help Subliminals, its quality, performance, merchantability or fitness for any particular use. In no event will Infinite Innovations Ltd be liable for direct, indirect, incidental or consequential damage resulting from any defect in Self-help Subliminals even if Infinite Innovations Ltd has been advised of the possibility of such damages. You are advised to fully test the product within your environment. In all events liability is limited to the original purchase price of the software. Note that the actual duration of each subliminal message is dependent on the refresh rate of your computer screen.

Warning: If you suffer from epilepsy or similar condition, then you should not use this program. This program can cause flash of light to appear on your screen.

You may use the evaluation version of this software for a period of up to 14 days, after which you may not use it again without purchasing a licence. If you find yourself with an illegal copy, you should purchase a licence immediately to avoid breaking international copyright laws and to avoid risking a large fine.

N.B. Windows is the trademark of the Microsoft Corporation.

[Click here to return to the Contents page](#)

A list of the Files Installed

This is a complete list of the files which are installed in order to use Self-help Subliminals.

Application directory:

SUBLIMIN.EXE	Self-help Subliminals executable file
SUBLIMIN.HLP	Self-help Subliminals Help file
SUBLMSG.EXE	Self-help Subliminals executable file
DATA.TXT	Lists of messages and categories to be displayed

Windows System Directory:

COMDLG16.OCX
COMPOBJ.DLL
CTL3DV2.DLL
MHGLBX.VBX
MHRUN500.DLL
OC25.DLL
OLE2.DLL
OLE2.REG
OLE2CONV.DLL
OLE2DISP.DLL
OLE2NLS.DLL
OLE2PROX.DLL
SCP.DLL
SETUP1.EXE
STDOLE.TLB
STKIT416.DLL
STORAGE.DLL
TYPELIB.DLL
VAEN21.OLB
VB40016.DLL
VSHARE.386

On running the application, Self-help Subliminals produces an INI file called **SUBLIMIN.INI**. This has the sections which records the users preferences.

[Click here to return to the Contents page](#)

Un-installing Self-help Subliminals

If you need to un-install Self-help Subliminals (eg at the end of your evaluation period) then this is how you do it:

Note: If you are un-installing because you are upgrading to a newer version and you want to keep your current messages for re-use, then they are stored in the file **DATA.TXT** so keep a copy of this file and place it into the new installation directory after installation. This will allow you to keep all of your current subliminal messages and links to files.

In Windows 3.x:

Delete the Self-help Subliminals program group and icons by selecting them and pressing the delete button.

If you have set Self-help Subliminals to run automatically when you enter Windows, then you should delete the icon in your StartUp group in Program Manager.

Find and delete the directory where the Self-help Subliminals files were installed, using File Manager (eg **C:\SUBLIMIN**). N.B. You will have to exit this help file before being able to do this, because this help file is in this directory.

(For full details on doing this, please refer to your Windows manual.)

In Windows 95:

If you have setup Self-help Subliminals to run automatically when you enter Windows, then you may need to delete the icon in your StartUp group in Windows Explorer (e.g. **C:\Windows\Start Menu\Programs\StartUp\Self-help Subliminals**).

You should then delete the Self-help Subliminals program group (e.g. **C:\Windows\Start Menu\Programs\Self-help Subliminals**).

Find and delete the directory where the Self-help Subliminals files were installed (e.g. **C:\SUBLIMIN**), using Windows Explorer. N.B. You will have to exit this help file before being able to do this, because this help file is in this directory.

(For full details on doing this, please refer to your Windows manual.)

[Click here to return to the Contents page](#)

Purchasing a licence for Self-help Subliminals

We accept all major credit cards and debit cards. The cost is £19.95 UK pounds sterling or \$32 US dollars.

ONLINE REGISTRATION via a SECURE SERVER

The quickest method to register is by **ONLINE REGISTRATION via a SECURE SERVER with a credit card**. This program can be purchased and the password received on the Internet at **RegSoft.com**. Registration at RegSoft.com also eliminates shipping and handling costs.

Please register at: http://www.regsoft.com/cgi-bin/reg_it_offsite.pl?9516

Ordering by Telephone in the US

You can also purchase and register your software via a US TOLL-FREE Voice Order Line at **1-877-REGSOFT (1-877-734-7638)**,

Ordering by Fax in the US or by US Check

Alternatively you can order by fax on **770-497-9234** or mail a check to:
RegSoft.com 6595-G Roswell Road, Suite 732, Atlanta, GA 30328, USA.

Please use the order form at the bottom of this message or go to:

http://www.regsoft.com/cgi-bin/reg_it_offsite.pl?9516

Your email address and the Product ID of "9516" is REQUIRED for both Voice and Fax orders.

All Other Ordering options:

There are many options available to you which allow you to purchase Self-help Subliminals. Please point your web browser to: <http://www.infinn.com/suborderform.html>

Or please contact us for any other options: [Infinite Innovations Ltd](#)

***** Order form for Self-help Subliminals for faxing or mailing *****

Product ID: 9516

Name:

Company (if applicable):

Type of business (if applicable):

Position (if applicable):

First line of Address:

City/Town:

County/State:

Post/Zip code:

Country:

Day Phone:

Evening Phone:

E-mail (compulsory):

Paying by credit/debit card:

Please charge £32 US Dollars or £19.95 UK pounds sterling to my credit/debit card for a

single licence of Self-help Subliminals.(Please mark if applicable.)

VISA [], Mastercard [], JCB [], Switch [], Solo [], Delta [], Electron []
(Please mark as appropriate.)

Card Number:

Expiry Date:

Valid from Date:

Card Holders Name:

Name of Bank:

Card Type:

Card Issue Number (if applicable):

**** You MUST include the identity code so that we can send you
the password by email or by post. ****

The Identity code is shown when you select the Settings menu then
the Enter Password menu.

IDENTITY CODE:

I accept the terms of the licence agreement as displayed in the
electronic Self-help Subliminals help manual.

Signed:

Date:

Please fill in this additional information to help us improve Self-help Subliminals:

How did you hear about Self-help Subliminals?

Please give names and addresses/emails of anyone else you think may be
interested in using Self-help Subliminals :

Comments and Suggestions about Self-help Subliminals:

***** End of Order form *****

[Click here to return to the Contents page](#)

Infinite Innovations Ltd

Post: **Innovation House, 71 Sheldon Road, Sheffield, S7 1GU, UK.**
E-mail: **subliminal@infinn.com**
Website: **<http://www.infinn.com>**
Phone/Fax: **0114 2967546** (calls at normal national rate in the UK).
Internatoinal Phone/Fax: **+44 114 2967546**

Change password

(For demonstration and internet versions only)

When you purchase **Self-help Subliminals** you will be given a password which will allow the program to continue to work. To enter this password, select this option. When you select the **Change Password** option from the **Settings** menu, you will be given a unique Identity Code which will determine what password will work. You **MUST** tell Infinite Innovations Ltd what this code is when you purchase Self-help Subliminals so that we can give you the correct password for your computer.

Note that we can give you a temporary password which will allow you to use **Self-help Subliminals** for a short period of time while your payment is in the post.

To obtain the password, please complete the [order form](#) and send a cheque to [Infinite Innovations Ltd](#).

How do I display Subliminal Messages?

This section of the help file tells you how to set which subliminal messages are displayed.

To add and change these messages then you must go to the special screen dedicated to doing this. You can find this by selecting the **Change Messages** option from the **Settings** menu on the main screen.

You can display simple text or pictures. You can even work through a whole passage of text which you want to revise. Or you can subliminally display a current list of things to do, even if you update it every day!

You will then be shown a list of categories. Each category has a set of messages relating to it and these are shown below. Using your mouse, highlight different categories and look at how the list of messages under each category changes.

How to choose which categories and messages are used:

Only the categories with a tick next to them will be used, and only the messages with ticks in those categories will be displayed. You can change which categories and messages are displayed by double-clicking them (or by selecting them and pressing the SPACE key).

How to delete a category and/or message:

It is best not to delete a category or message but to unselect it. But if you want to permanently delete a message, then you should highlight it and either press the appropriate **Delete** button or press the **Delete** key.

How to add a new category:

To add a new category press the **Add new category** button and type in the name of the category. Note that the name of the category is not displayed as a subliminal message.

How to add a new message:

To add a new category press the **Add new message** button. You will then be given the choice of entering a simple text message, using a picture file or using a text file.

- If you just want to use a simple message, select that button and type in the name of the message.
- If you want a picture to be displayed subliminally then press that button and select the picture file to be displayed.
- If you want the program to work through a long text file and display paragraphs of it in rotation (eg for revision or to display your to-do-list), then select that button and select the file to use. This is a valuable feature and to learn more about it, [click here](#).

When you are finished adding messages to the selected category, press the **OK** button.

If you are unsure about what messages to use please look at the examples given in the initial installation. Self-help Subliminals does not show a fully comprehensive or definitive list of messages which will work for everyone. The messages you write down for yourself are likely to be the most suitable for you, but you should use positive affirmations and should not use negative affirmations.

An example of a positive affirmation is **I like myself** whereas a negative affirmation is **I do not hate myself**. It is important to use positive affirmations because the focus is on a positive idea instead of a negative idea. Negative affirmations focus your mind on something negative and are poor ways of improving your mind.

How to get a print out of all the messages you have chosen to display:

If you want to print out the messages which you have chosen to display, just press the **Print** button and these will be printed out on your default printer.

[Click here to return to the previous page](#)

Displaying the contents of a text file subliminally

You can use this feature to work through a whole passage of text which you want to revise. Or you can subliminally display a list of things to do.

By selecting to display a text file, **Self-help Subliminals** will take the file and it will step through the file and display one paragraph at a time subliminally. This means that you could for example have all of your revision notes in a file and subliminally display them one at a time. Alternatively you could have a file which contains all of the things you need to do that day and they could be displayed subliminally throughout the day to remind you what you need to do.

You could display anything at all in the file such as: information to learn; long and complex explanations; or peoples telephone numbers.

All that **Self-help Subliminals** needs is a standard text file with the information included:

How do you create the text file in the right format?

1. You can either create a text file using **Microsoft Notepad** (in the Accessories group) and after typing in the message, save the file with the standard extension of **.TXT** eg: **LEARN.TXT**

2. Or you can convert a standard word processing file into a text file: In your word processor (eg Microsoft Word, WordPerfect, etc.) select **File, Save As** from the menu. In the **Save File as Type** section choose **Text only** (or **Text**) and make sure that the file name has an ending of **.TXT**

In both cases please remember where you are save the file so that you can retrieve it later (alternatively you could save it to the standard Self-help Subliminal directory).

In both cases, the paragraphs should not have more than one blank line between paragraphs and the paragraphs should not be too long or they will fill up your screen.

[Click here to return to the previous page](#)

Acknowledgments

Thanks go to David Mayor of Welwyn Garden City who suggested the production of this program, provided valuable information on using subliminal messages and tested the prototypes.

