



# The Confidence Cure

Your Breakthrough To Success, Abundance & Happiness

Quick Start Guide

by Dr. Asoka Selvarajah  
aksworld.com

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Welcome to *The Confidence Cure*!

There are three components to this product. Here they are:

- 1) The Confidence Cure Affirmations Program Audio.
- 2) The Confidence Cure Sleep Affirmations Program Audio.
- 3) The Confidence Cure Affirmations Sheet.

You should use all three consistently in order to experience the maximum benefits. The audio tracks can be burned to CD and used with a CD player, or else left in MP3 format and loaded onto your favorite MP3 device, e.g. iPod etc. The Confidence Cure Affirmations Sheet should be printed out for your daily use.

## How To Use Your System

Here is how to use each specific component of the system:

- 1) **The Confidence Cure Affirmations Program Audio.** This audio track consists of a music track embedded with positive subliminal messages. The messages are positive affirmations, carefully designed to assist you in re-programming your subconscious mind to achieve your desired goals. Your conscious mind cannot hear them, but your subconscious mind can. Moreover, since the conscious filter is screen out, these subliminal affirmations can pass direct into your subconscious mind, unchallenged, and be accepted.

You can play your subliminal affirmations audio as often during the day as you wish. You should *definitely* play it at least once a day for a consistent period of time. However, the more often you play it the better.

- 2) **The Confidence Cure Sleep Affirmations Program Audio.** This audio track consists of the exact same affirmations used on the music audio. However, there is no music in this track and you can hear every single affirmation this time.

The purpose of this audio program is for you to use it while you sleep at night. For this reason there is no music, nor is there any form of introduction at the start of the audio. This is because it is designed for you to *repeat* the entire track over and over again, while you sleep at night. Hence, if you decide to burn the track to CD, for example, you can then use the type of CD Walkman that allows you to repeat a single track indefinitely. This will ensure that it will play continually all night long, programming your subconscious mind for success.

You should set the volume at a level whereby you can hear it clearly, but it is not so loud as to prevent you from sleeping. Once you have set that level, you can then keep that volume setting on your player fixed, so that you do not have to adjust it again.

Actually, there is nothing to stop you playing this audio in the daytime too, in the background while you work or drive. If you keep the volume low so that you can work on other things, the affirmations will still drift into your subconscious.

- 3) **The Confidence Cure Affirmations Sheet.** This sheet contains all of the affirmations used in components 1 and 2 of this product, but this time in written form. Please print this sheet out. You should preferably print it out in high quality and then laminate the sheet, if possible. You will be using this sheet every single day for many days. Hence, it is good to make it as professional looking as possible.

You should aim to read these affirmations out aloud *at least* once a day (or more), preferably in the morning before you start your regular daily routine. Make sure that you place yourself in a positive and enthusiastic frame of mind first. In other words, aim to read the affirmations out with enthusiasm, positive energy and confidence.

Even if you don't believe the affirmations to be true for you (yet), that's okay. Read them out with confidence, belief and positivity anyway. You are creating a disparity between reality and your desired future in your mind (cognitive dissonance). The idea is that your subconscious mind will go to work to find ways to bridge that gap!

### **The 30-Day Rule**

Scientists have determined that it takes at least 30-days of uninterrupted repetition in order to establish a new habit or belief. If you miss a day, the next day is day 1 again.

Hence, in order to make this system really pay maximum dividends for you, make sure that you use the whole system consistently for at least 30 days in a row, and preferably even longer, until you start to really experience the results that you are seeking.

In practice, in order to get maximum benefit, this means that you (1) play your Sleep Affirmations Program Audio each night while you sleep, (2) listen to your Affirmations Program Audio during the day as many times as you wish, letting the subliminals behind the music penetrate into your deeper mind, (3) recite the affirmations out loud using your Affirmations Sheet.

As a bonus, you can also take any one affirmation from the sheet, and actually write it out multiple times, e.g. 10, 20, 50, times for several days. Then start with another affirmation and repeat. This can also help to imbed that affirmation ever deeper into your mind. This is a very effective technique for influencing the subconscious.

### **Regular Visualization**

In addition to all of the above, a key component to achieving your desired result is to actually daydream/fantasize that you have already achieved it. What would that look like to you exactly? Get a clear image of this in your mind, of how it would actually look to be living your dream.

In fact, go beyond just the visual sense and try to include as many senses as you can in the process. By doing this, and creating your desire reality today, you accelerate the entire process towards its achievement. Why? The reason is that you have given your subconscious mind a clear unambiguous goal to aim for. Once it has that, it can set to work to bring it into reality in ways that you cannot even imagine!

### **Summary**

This system *will* work for you provided that you work IT, i.e. regularly and consistently!

Remember to set yourself regular times in the day when you can listen to your affirmations subliminal music and read out from your affirmations sheet.

May I wish you every success in your desired future!

*Asoka Selvarajah*

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