DESCRIPTION OF THE S.C.W.L.® PROGRAMMES

[#1 - WEIGHT LOSS TECHNIQUE](http://dianahodgson.com/index.php/weight-loss)
Excessive weight is usually the result of a deeper, less obvious problem. Some problems causing weight gain are depression, anxiety, stress, tension and low self-esteem. When you use will power to cut calories and start exercising the results are usually dramatic and short lived. 95% of people who lose weight through will power will regain the weight lost and more. The reason: Not doing anything about the cause. The mental problems that cause excessive weight need to be handled first if reducing caloric intake and exercising are to be effective.

This programme is designed to instil new concepts in the subconscious - concepts regarding nutrition, exercise and eating habits, as well as new ideas regarding self-image, attitude and confidence to achieve success. These subliminal images, concepts and ideas help re-shape your ideas, thoughts and notions about food and how it affects your body for lasting, permanent weight management.

[#2 - STOP SMOKING](http://dianahodgson.com/index.php/habits)
The habit of smoking is an acquired pattern of action that is automatic and thus difficult to break. There must be a conscious desire to achieve anything before the subconscious will supply the information required for you to change or break a habit. Combining your desire to become a non-smoker with subconscious programming eliminates the desire to smoke and quitting is entirely achievable.

The programme’s content deals with health, appearance, confidence, thinking, energy, oxygen, blood, self-image, achievement and success. It is designed to make the behavioural transition as easy as possible, eliminate tortuous withdrawal symptoms and the desire to over-eat.

Perhaps in rare cases, due to the conscious/subconscious conflict , some people experience headaches or nausea. They tend to subside in a short time.Note: It helps to eliminate the use of black pepper and to reduce the amount of spicy foods you eat.
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[#3 - STRESS CONTROL](http://dianahodgson.com/index.php/health)
Stress consists of mental and physical tension, strain, burden and tenseness, etc. This programme, one of our first, is among our most effective. It deals with both mental and physical stress. Everyone has a tolerance for stress, some greater than others.

The script is one of the most elaborate. It takes the physical body completely through a relaxation technique plus mental relaxation. It creates an inner peace and tranquillity because it causes the release of all tension

This programme is one that will be a life-long benefit and should be used whenever you feel the need. The ability to manage stress can be a major factor in overall health.

[#4 - INCREASE YOUR MEMORY POWER](http://dianahodgson.com/index.php/learning-education)
Everything you experience in your life-time through your five senses is stored in your subconscious. The information is stored as images, pictures, concepts, processes, etc. All of the learned knowledge and experiences you are exposed to, even the thoughts you think, add to these images, pictures, concepts and ideas. The ability to recall this information is of major concern. Your memory of your knowledge and experiences is the groundwork for your future.

The memory programme works specifically at retaining and recalling this information simply, easily and effectively. It deals with remembering anything you choose.

[#5 - THE BEST IN YOU](http://dianahodgson.com/index.php/personal-growth)
What you think of yourself, how you accept who you are, your opinions about yourself, simply liking the person you are and being the best person you can be, is a pre-requisite to success in any aspect of your life. Healthy, happy living depends on the feelings and attitudes you have of yourself.

This programme is designed to create a feeling within that you are the best you can be in all regards. The importance of this programme is the fact that the subconscious believes everything you tell it. So, if you want to improve the way you feel about yourself it will give you the information you need.

It helps you to feel that you are unique, you have purpose, you are successful, you are free of quilt, you are useful, you have great potential, you love yourself, your opinions of yourself are good and that you always do your best and you are good to yourself. Essentially, the programme instils a great feeling of confidence in you and your abilities.

[#6 - SEX/LOVING RELATIONSHIPS](http://dianahodgson.com/index.php/love-sex)
Sex is one of our most dominant feelings. Sexual desire is normal and natural for most people.

Conditioning sometimes creates complexes about those feelings and people become inhibited in regard to sexual feelings and performance.

This is a therapy programme. It is designed to create or enhance the normal and natural feelings with sex. It will allow you to heighten sexual feelings to arouse sensual feelings. You will experience loving sensations and enjoy the total feeling. Loving and sharing brings pleasure. Making love is a natural, sensual experience and the feelings are enjoyable.

[#7 - OVERCOMING FEAR AND WORRY](http://dianahodgson.com/index.php/health)
This is a difficult problem because a controlled amount of fear is necessary in our life. Worry never really accomplished anything.

This programme deals with handling fears and eliminating worry. It attempts to put you in control of your fears and stop fear from controlling your life. It works at creating a strong-minded, confident person who can accomplish with confidence, rather than be ruled by fear.

[#8 - OVERCOMING DEPRESSION](http://dianahodgson.com/index.php/health)
In psychology, depression is an emotional condition, either normal or pathological, which is characterised by discouragement and a feeling of inadequacy. It is the feeling that literally stops all positive mental functioning. To be totally free of depression is a literal impossibility. To handle depression and overcome those feelings as quickly as possible and get back to positive, healthy thinking is of major importance.

This programme is designed to create happy, positive, successful thinking. It will help you to quickly overcome depressing situations. It will instil a positive belief within you about your ability to overcome depression and, because of that belief, anything is possible. You will begin to look for the good in all situations and that is essential to overcoming depression.

[#9 - HAPPINESS](http://dianahodgson.com/index.php/personal-growth)
Midwest Research’s approach to this programme is somewhat different. Happiness is viewed as the opposite to anger. Anger is your most health-hindering emotion, specifically suppressed anger, which in time plays havoc with your body’s natural immune defence system. One of the best things you can do for yourself is to create and maintain a positive, happy attitude about your life. You need to look for good in all situations and to eliminate the negatives from your life. Negatives accomplish nothing good, so why give them consideration? Life should be fun and you should enjoy it.

That’s what this programme on happiness is designed to create; a feeling that is positive and fun. Your life can be fun; simply smile and feel good; enjoy your life; be a happy person. Like people and people will like you. Look forward to each new day with a feeling of happiness. Be active; be happy and enjoy life – your health depends on it.

[#10 - BETTER HEALTH THROUGH POSITIVE THINKING](http://dianahodgson.com/index.php/health)
We have two dominant health-related programmes. This one and #64 Psycho-neuro-immunology. #64 deals with emotional balance, creating proper release by the brain of vital bodily fluids to keep the body’s natural immune defence system functioning normally. When this system operates normally the body fights off diseases and viruses and better health prevails.

This programme deals with attitudes and ideas regarding health. It transmits positive messages concerning healthy ways of eating nutritiously, exercising for your health, feeling good, being happy and enjoying life. It is designed to create a health consciousness within you. Much evidence today points to the fact that healthy thinking does contribute to healthy living. You will gain a positive health consciousness -- a very good support programme for #1 and #2.

[#11 - SUCCESS MOTIVATION](http://dianahodgson.com/index.php/the-mental-edge)
MOTIVATION - A feeling of desire that makes you do something.
SUCCESS - The result that was hoped for.
SUCCESS MOTIVATION - Achieving the result hoped for through an initial feeling or desire to do something.

This programme gives the subconscious attitudes of doing and achieving. It creates the motivation for success; responsibility for success lies within you. It creates the action that is needed and commands the achievement of your goals. It builds confidence in meeting challenges and turns problems into opportunities for improvement. Ultimately, your problems become your achievements.

It is designed to create the ability to plan your work and work those plans for success. You will do what needs to be done. You will believe in yourself and your ability to motivate yourself toward success in any direction you choose.

This programme with #14 will build a solid mental foundation for success.

[#12 - TOTAL CONCENTRATION](http://dianahodgson.com/index.php/the-mental-edge)
To concentrate is to centre and focus all of your thoughts or efforts. This programme is not keyed specifically in any area but directed towards a total mental ability to concentrate; to bring together all of your thoughts, efforts, experience and knowledge, whenever needed and on command to aid in any desired direction.

When you concentrate your mind brings together all available information. You can focus your total mind on any situation you so desire. When you concentrate you will pay attention to the situation. You will be a much stronger individual because of your increased ability to concentrate. You will focus all your energies on any particular thing you choose. Simply give orders and your subconscious will bring together all the information it has to help you.

This programme is now being used by some of the most famous names in professional sports. It is being used successfully by sixth grade students, accountants and college students. It is an excellent programme to be used with most other programmes and is highly recommended with success oriented and sports programmes.

[#13 - OVERCOMING SHYNESS](http://dianahodgson.com/index.php/personal-growth)
Shyness is an inhibiting problem. To be shy is to be easily frightened or timid; not to be at ease with other people, bashful, not having, lacking; to be cautious or unwilling; to keep away from, or to avoid, are all parts of the definition of shyness.

Shyness is just about the exact opposite of what much of SCWL is creating. Shyness keeps many potentially successful people from achieving their desires.

This programme creates the concepts in the subconscious that help to create the likeable person. You will become the person that likes being around other people, likes speaking in groups, likes being outgoing - one that makes friends easily. It will aid in producing a personable, funny personality. Basically, it creates a genuine interest in other people and simply combats shyness.

[#14 - GETTING IT DONE! - STOP PROCRASTINATION](http://dianahodgson.com/index.php/the-mental-edge)
In our original write-up on the programme we said "You won’t want to put off ordering this programme today". Those who have ordered are glad they did. Many were not prepared for what happened to them.

This is the most popular programme in the SCWL range. Our studies show that people achieve greater and quicker success when this programme is played three times a day for the first three days and then at least once a day thereafter.

It is our fastest working programme. Results are almost immediate with most people. It’s a "Do It Now" and "Get It Done" programme. When something needs to be done - You Do It!. You are successful when you do things and get them done. Your subconscious will bring you all you need to do whatever you think and believe in.

This programme is the number one recommendation to sceptics. When they play it in the evening before bedtime for one week the results will speak for themselves in terms of doing anything or accomplishing anything.

It is excellent with other programmes as it is an action programme, and action is always a requirement with a successful endeavour.

[#15 - DEVELOP YOUR CREATIVIITY](http://dianahodgson.com/index.php/personal-growth)
Everything in this world was once only an idea. Cars, planes, spaceships, lights, telephones, designer jeans and computers were all ideas before they ever became reality. The power of an idea, the power of creation lies within you. Don’t limit your thinking. Your potential is unlimited.

In 1905, the leaders in San Francisco closed the United Patent Office because it was believed that everything that could possibly be invented had already been invented. It re-opened two years later - a million dollar idea flows through your mind at least once in your lifetime.

This programme is designed to develop a conscious awareness to produce even more creative thoughts so you will not disregard those hunches, ideas and notions about things. It helps you to reap the unlimited potential of your mind and take advantage of your own creativity.

You are a naturally creative person. Your subconscious puts ideas together. You think of new and exciting ideas. You are creative and you get the most from your ideas. You believe in your own ideas and that is all you need to make them reality. Your creativity reaches into all areas of your life. You begin to direct your creativity and that becomes even more powerful. This programme is one everyone needs to own. It goes along with most other programmes and is one of our favourites because it works so well and so fast.

[#16 - THINK YOURSELF TO GREATER RICHES](http://dianahodgson.com/index.php/financial)
Riches are available in many forms. Money, amazingly enough, is not close to number one. Self-esteem is more important than money. Many people work for something other than money -- Red Cross, Salvation Army, Chamber of Commerce, Olympic athletes, the Jaycees, MADD, Muscular Dystrophy, etc.

Richness in life consists of many things. Your mind is your greatest asset. Its potential is unlimited. Use your mind to enhance your position in life. Think - Believe -Achieve. You can achieve anything you think of as long as you believe in yourself and your ideas. Your mind helps you to gain riches, helps you to attract good opportunities. Be positive, believe in yourself and take advantage of opportunities. You will have whatever you believe you will have.

With this programme you will find that you surround yourself with positive and successful energy. You will attract the good, the riches, because you have enhanced your belief system.

#17 - A PROGRAMME FOR SALESPEOPLE.... "I CAN AND I WILL".
Salespeople are in the number one profession in the world. A published survey once stated that 52 jobs are created for every product sold by salespeople. There are many things a salesperson needs to be: a self-starter, doer, organiser, intuitive, personable, knowledgeable about money, laws, business, taxes, etc.

How you utilise your time is most important. Many programmes can help in these areas but there is one where everyone can use help. Once you have your prospect or client, the job is to help them to buy the product.

This programme is designed to help you through the selling process - from gaining the interest of your prospect, to creating a desire and closing the sale. (attention - interest - desire - conviction - close).You will become better and better at what you do by developing your selling ability and building confidence in yourself about your ability.

#18 - IMPROVE YOUR ATHLETIC ABILITY
There was a time when the four-minute mile was just a dream. For decades a 100-goal season for the NHL was way out of reach. It seemed no one would ever hit 61 home runs or 716 in a lifetime.

Who would have dreamed that a 17 year old "kid" would win the Grand Slam at Wimbledon? Will anyone ever hit 100 home runs in a major league season? Probably! Will anyone ever run a 3.5 minute mile? Probably! Will anyone ever hit 400 again - since Ted William’s 406 -? Probably!

This programme is geared to improving your athletic ability at any level. In addition to conventional techniques it uses timing, breathing and concentration; as well as, exercise, performance and competition to release your ultimate potential. Athletic ability is not just physical, it is also mental. You will gain the mental edge in your sport when you use this programme.

[#19 - MUTUAL SEXUAL SATISFACTION](http://dianahodgson.com/index.php/love-sex)
One of the most basic human needs is that of sexual satisfaction. The sex drive is common to everyone. From times of taboo to times of social acceptance it still remains a very intimate, enjoyable experience. Yet, there are so many problems that have a sexual origin. It is human nature to want to share equally in the enjoyment which the sexual experience can bring.

This programme is designed to create the desire within you and your partner to stimulate and to satisfy; to experience sensations mutually and to experience the ecstasy of love together. It build on natural and normal feelings.

This is a therapeutic approach rather than a problem-solving programme for couples. We recommend #6 - Sex/Loving Relationships for use with this programme.

[#20 - IMPOTENCY](http://dianahodgson.com/index.php/love-sex)
The problem of impotence is primarily a mental problem and not just a physical problem. Too often the mind dwells on the "can’t do", rather than the desired outcome. Concern about performance can lead to impotence.

Sex is healthy, normal and natural. Everyone is, to some degree, concerned about sexual performance. The more natural your thinking about sex, the more normal your response will be. This programme is designed to stimulate responses, arousal and excitement. It builds confidence within and works at eliminating sexual worries and tensions.

We recommended #41 - Gaining Confidence with the Opposite Sex, for use with this programme.

[#21 - DEEP RELAXATION](http://dianahodgson.com/index.php/health)
To relax means to rest from work or effort; to loosen up or become less firm and tense. Quiet time during the day, hobbies, fishing, golf, meditation, are all methods to relax your mind. Relaxing, breathing, letting go of tension, gentle thoughts, being content, are all part of this technique.

Many people have reported that it is very effective when used at bedtime with hyperactive children.

Obviously, the programme is one to be used at the end of the day, rather than the beginning. Noticeable results tend to occur fairly rapidly.

[#22 - CONTROLLED SMOKING](http://dianahodgson.com/index.php/habits)
The more you smoke, the greater the risk. We are all aware of the harmful effects of smoking; yet, many people do not wish to quit.

For those who wish to reduce their dependency on smoking, we have developed a programme to lessen the urge to smoke. Cigarettes don’t always taste good. If you smoked only when they tasted good, what percentage of cigarettes would that eliminate from your habit. As a result of cutting down you will eventually notice a difference in the way you feel. It works when you desire it to. People have found that this programme is helpful in reducing the urge to smoke in meetings or in the presence of others who find it distasteful. #10 - Better Health through Positive Thinking, will assist greatly in making the decision to become a non-smokers. Then use #2 to support you in making the change.

Note: It helps when you eliminate the use of black pepper and to reduce the amount of spicy foods you eat.

[#23 - PERFECT REST TO MEET YOUR FULL POTENTIAL](http://dianahodgson.com/index.php/health)
Many people have difficulty falling asleep. Nothing is more frustrating than to be tired, go to bed and lie there awake. Your mind becomes active and it is impossible to sleep. Much of the problem is the thinking that is done in regard to "not being able to go to sleep".

This programme is designed to create an attitude about sleep. When you are tired, you can sleep. You need rest and it is enjoyable. It creates a need for regular sleep and sleep when you want to. Get a good night’s rest and be the best when you awake. Problems, tension, anxiety, all fade when you are ready to rest. People who suffer from insomnia will find this programme very helpful.

We recommend #3 and /or #21 for use with this programme.

[#24 - ALCOHOLISM -- ABSTINENCE FROM DRINKING](http://dianahodgson.com/index.php/habits)
Alcoholism is similar to weight problems in that it is almost never the problem but the end result of some other problem. The same kinds of problems that cause weight gain can also be attributed to alcoholism. Stress, depression, anxiety, frustration, unhappiness, low self-esteem and rejection are feelings often connected with this disease.

With alcoholism there can also be a chemical imbalance in the body, but there are still many possibilities to help in abstaining from drinking alcohol.

This programme keys in on enjoyment, feeling good, achievement, being happy and health, confidence and self-image; liking what you see in yourself and choosing not to drink alcohol. It works on freeing you of the dependence on alcohol. It was designed to create loving, generous, creative and useful feelings. It creates strength and patience. Your intention is to be free of your dependency on alcohol.

[#25 - CONTROLLED DRINKING](http://dianahodgson.com/index.php/habits)
If alcohol wasn’t enjoyable it wouldn’t be as big a business as it is. Many people enjoy drinking. They are not alcoholics; they are what is referred to as social drinkers. Today it is so commonplace for people to have a drink or two at lunch or stop for a drink after work or have a drink when they get home. If you feel a need to control the amount of drinking you do then this programme will work with you.

Much of the information in #24 is found in this programme. The real difference is the concept of limiting alcohol or simple not abusing alcohol. It helps to put you in control of the situation at all times.

Note: If you find yourself drinking alcohol every day then you would benefit from this programme.

[#26 - GET HIGH ON LIFE](http://dianahodgson.com/index.php/personal-growth)
This programme was originally designed for individuals who have problems with depressing drugs and alcohol. Although the script does not deal with drugs and alcohol too many people were assuming it was directed at drugs. When re-recording we altered the title to reflect the real meaning of the programme. We did not change the script. Life is meant to be enjoyed. Get High on It!

This programme is designed to create some new concepts about life and your purpose in life. Life is great and living is enjoyable. You feel good every day; do things to help yourself and look for the wonders life has to offer. Energy and confidence in your ability to handle ups and downs are results to look for.

[#27 - DEVELOP YOUR PSYCHIC ABILITIES](http://dianahodgson.com/index.php/inner-awareness)
Everyone possess a sixth sense or psychic ability, sometimes referred to as E.S.P. Although you all have a sixth sense, most people choose to ignore it or just don’t know how to go about developing it. When developed properly, your E.S.P. can be very helpful in your everyday life.

The programme is designed to help you to develop or become aware of your sixth sense; to trust your inner knowing and to use it to assist you in all aspects of your life. If you have already developed your E.S.P., this programme will work to enhance what you already have.

[#28 - AGORAPHOBIA](http://dianahodgson.com/index.php/health)
This is the fear that keeps people out of the mainstream of life. Being exposed to people or crowds in open or public places can cause panic or anxiety attacks. It places tremendous limitations on the activities of people. Seldom are they anywhere without a support person - a person they trust and count on when going anywhere in public.

This programme is designed to put the agoraphobic person back in control. Fears will dissolve and disappear. Self-image and confidence building affirmations, loving and forgiving thoughts, a clear and calm mind help create new attitudes for the agoraphobic to become an active, energetic, outgoing person once again, getting things done and accomplishing desires without any limitations.

Some examples of affirmations are: "you are a good, deserving person that people like" -- "you like people". You begin to see yourself as the person you want to be. Your reactions diminish and become normal responses because of your complete control.

[#29 - CLAUSTROPHOBIA](http://dianahodgson.com/index.php/health)
This is abnormal fear of being confined or being in an enclosed place -- fear that creates a reaction which can be so severe that it causes panic. It is a mental problem, since two people can be in the same place and one suffers from a feeling of claustrophobia and the other responds normally, A certain amount of fear is good, but it needs to be controlled.

This programme is designed to put you in control. You will choose to be comfortable, confident, and have faith in your ability to gain control over your fears about being enclosed.

[#30 - SELF- CONFIDENCE](http://dianahodgson.com/index.php/personal-growth)
The bible tells us that "......all things are possible to him that believeth". Andrew Carnegie told us, " anything the mind of man can conceive and believe, it can achieve". The word believe is a powerful one. Self-confidence is a belief in oneself. With belief in yourself, all things are possible and you can achieve anything you think of and believe in! These are universal laws. The mind you have to work with has unlimited potential.

The programme is designed to create concepts, ideas and images of confidence within your subconscious. You must like the person you are and have confidence in the fact that, you have belief in, and can achieve whatever goals you set for yourself.

It works on creating faith in your ability. Your faith in yourself generates an inner drive.

Optimism and enthusiasm will be yours. With confidence, belief in yourself, a strong positive attitude and a good self-image you can and you will accomplish whatever you intend.

[#31 - ELEVATE YOUR SELF- IMAGE](http://dianahodgson.com/index.php/personal-growth)
You have in your subconscious, your mind’s eye, a self-image, a picture of yourself in regard to every area of your life: spiritually, work or career, socially, financially, family, etc. How you see yourself determines how you react or respond to almost every situation in life. Your self-image is one of the greatest factors in determining your success or failure in any area of your life. You can be a success in one thing and a failure in another. The process of elevating your self-image in all regards can only bring success.

The programme puts affirmations into your subconscious which allow you to vividly imagine yourself as you desire to be. Your mind will open to creative images, to achieving and enjoying. Your personal desires will become a reality. Your mind’s eye picture will change as you choose.

[#32 - SETTING AND ACHIEVING POSITIVE GOALS](http://dianahodgson.com/index.php/the-mental-edge)
Setting goals is nothing new to any human being. Your entire life revolves around goal setting. A goal is a pre-planned end result. To drive your car to the grocers store is a conscious goal -- the conscious sets goals. To get you there your subconscious provides all the necessary information. The subconscious satisfies the goals of the conscious with information it has accumulated over your life-time. Your mind then is a success mechanism. It sets and satisfies goals.

If the goals are negative or the information you have accumulated is negative then the results will be negative. It cannot be anything else. Also the opposite is true -- positive begets positive. Whatever you spend your time thinking about, you are setting up as goals for the subconscious to act on.

The programme is designed to create positive goal-setting information for the subconscious to feed to the conscious. When you begin thinking about specific goals, short term and long term, they will be positive and you will seek positive achievement of your goals.

The information supplied will aid you in consciously setting and thinking only about positive goals It creates harmony between your conscious and subconscious to successfully satisfy your positive conscious goals. Obviously, this programme can be used with any other programme.
Along with #30 and #31, we strongly recommend that it be part of everyone’s library.

[#33 - THE UNLIMITED POWER OF POSITIVE THINKING](http://dianahodgson.com/index.php/personal-growth)
So much has been attributed to positive thinking and nothing has been attributed to negative thinking. The power of thought can keep you healthy or unhealthy, positive brings positive; negative brings negative. To always look for the good in any situation eliminates negativity from your life.

The programme keys in on programming positive thoughts and positive results, to attract positives in all phases of your life. Positives will be given power in your life and positive action will result in positive outcomes.

[#34 - SHARPEN LEARNING SKILLS](http://dianahodgson.com/index.php/learning-education)
Learning is 50% education and 50% experience. The learning skills are actually the ability to re-call education. With a mind system that can and does process 100 million messages per second, re-calling bits and pieces of appropriate information can be a challenge. Learning needs to be easy and fun.

This programme is designed to make learning easier; to assist you in processing information for easier re-call. Your subconscious is like a sponge soaking up information and the easier you can re-call your experiences and learned knowledge, the better you are going to be. The key is to sharpen the entire process of learning and re-calling information. You will be able to learn anything you desire to learn.

We highly recommend this programme for mature students.

[#35 - IMPROVING STUDY HABITS](http://dianahodgson.com/index.php/learning-education)
There seems to be little difference to most people between learning and study habits. Study habits is really the organisation that is used to allow for time to exercise your learning skills. The habit of study has a great deal to do with learning.
The programme on study habits is just what it implies. Learning to set aside time to study; having confidence in your ability to study; making study enjoyable; letting your mind work faster and easier so that the information studied will be re-called quickly and easily.

[#36 - PASSING EXAMS WITH FLYING COLOURS](http://dianahodgson.com/index.php/learning-education)
The entire system for finding out what you know is by using paper and pencil testing, or the exam. Unfortunately, it sometimes creates pressure on you when taking the exam and even though you know the information you draw mental blanks. When you have studied information, it is in your subconscious and recalling it, under exam pressure, can be difficult.

This programme is designed to make exams challenges that are enjoyable. It will create calm instead of pressure. Information re-call will be easier because you concentrate on the questions and questions always trigger answers. Information flows easily from your subconscious to your conscious.

It will create a feeling of confidence with you and exams become fun and easy. You will always do well because you will re-call the information you need.

Research has proven that, with this programme, grade point average will increase as well as time spent in study, while seemingly with little or no increase in self-appraisal. In other words, you experience an increase in your academic performance without realising it .

[#37 - MEDITATION](http://dianahodgson.com/index.php/inner-awareness)
Meditation is a technique to quiet your mind, sometimes to the point where you can see your thoughts. You have within you the power to reach Infinite Intelligence. Meditation, positive emotions or feelings will help you to tap your source of Infinite Intelligence.

Meditation is an important key to putting your life in proper perspective, or centring yourself. With meditation you can release universal vitality for health and prosperity, as well as relaxing and clearing your mind, which allows new thoughts and energy to come to you.

There are many different types of meditation techniques that can be used. This programme does not focus on any specific meditation technique. It is designed to enhance any technique you may already be using, or it can be used by those who have never meditated. There is a verbal introduction which explains the goal of the meditation exercise, and then it takes you through a breathing exercise that is designed to enhance your meditation period. It keys in on love, inner peace and understanding.

[#38 - GETTING YOUR LIFE TOGETHER WITH PERSONALRELATIONSHIPS -- AFTER DIVORCE](http://dianahodgson.com/index.php/relationships)
Divorce is almost always a traumatic experience; one that is seldom over quickly. Feelings of blame, guilt and worry about the future can be very frustrating.

This programme is designed to create feelings of self-worth. It brings happiness and purpose back into your life. It keys in on patience, a love for life, handling responsibilities and continued happiness. Being enthusiastic about your future is an absolute necessity.

[#39 - CALM YOUR NERVES -- THE SUBLIMINAL TRANQUILIZER](http://dianahodgson.com/index.php/health)
The nerves are fibres that connect the muscles, glands, organs etc., with the brain and the spinal cord. They carry signals to and from the brain in controlling the activity in the body. The ultimate lack of control of the nervous system may result in a total breakdown.

This programme attempts to deal with controlling this system; promoting calm and relaxation - not to be confused with #21 - Deep Relaxation, which is a technique for relaxation and recommended for use with this programme. Attitude and confidence in your ability to control your nerves are key points. It puts you in control of your bodily functions and promotes handling situations with ease and confidence.

[#40 - EXERCISING PATIENCE AND UNDERSTANDING](http://dianahodgson.com/index.php/personal-growth)
To learn and to know yourself and to be able to perceive the meaning of situations and conditions and to maintain a calm and enduring self at these times is the key point of this programme. One can find good in any situation if you look long enough. The second key point is the positive rejection of anger.

The programme aims at building confidence, creating a positive attitude within, in regard to seeking and finding happiness, through patience and understanding. It is aimed at rejecting anger, one of our worst emotions in terms of being a detriment to good health. Suppressed anger needs to be recognised and dealt with. #9 promotes happiness, the opposite of anger.

This programme is an excellent management tool for business. Managers tend to be so involved and pulled in so many different directions that they sometimes do not take the proper time to 'listen' to those below them.

[#41 - GAINING CONFIDENCE WITH THE OPPOSITE SEX](http://dianahodgson.com/index.php/relationships)
Meeting people can be a real challenge. Getting involved in meaningful relationships can be difficult. Simply communicating with members of the opposite sex can be a problem for some people.

This programme is designed to create within you a confidence about meeting people. Making choices you choose to make and desiring and finding new relationships. It will make meeting new friends exciting and you will find yourself in control of your actions. You will become more confident in your ability to meet and communicate with both men and women. Allowing yourself to creatively communicate with members of the opposite sex are changes to look for.

[#42 - FRIGIDITY](http://dianahodgson.com/index.php/love-sex)
Unresponsive, unloving, under-sexed, are all terms that describe frigidity. Psychologically, there may be many reasons why you do not allow yourself to feel the warmth and the sensuality of a loving experience. In most cases it is psychological and not physical.

This programme is designed to create an expectancy in regard to love. Learn to expect love and warmth; to experience sensuous feelings; to enjoy love; to experience orgasm and they will happen for you. Your attitude about making love will improve every day. Stimulation and excitement will be easier for you and you will look forward to the experience. The programme simply works at creating natural responses that most people experience.

[#43 - INCREASED VITALITY](http://dianahodgson.com/index.php/health)
Vitality is the power to keep on living and existing. If you were to list all of the priorities in your entire life, this one would rank at the top. The ideal goal is to live a long, happy and healthy life and to live it to your true and full potential.

This programme is designed to create a life consciousness. To live a long life with a high energy level; to be and to stay excited about life; to be enthusiastic and optimistic and to even feel younger as your energy helps you to get things done, are all behavioural changes to watch for. Think yourself to a long, happy, loving, healthy and successful life.
[#44 - GETTING INTO EXERCISE](http://dianahodgson.com/index.php/the-mental-edge)
The activity of exercise keeps the human machine fine-tuned. You maintain your car, lawn mower or any other equipment you own so why not do it for yourself? The most difficult part of exercise is getting started and forming the regular habit.

This programme is designed to create an exercise consciousness. You will increase your awareness of the importance of exercise and develop an exercise habit. You will be healthier, happier, feel better, control your weight and improve your general physical condition. It is recommended for use with any of the habit programmes - weight control, smoking, alcohol and nail-biting. We also recommend using it with the bowling, golf and tennis programmes.

#45 - BODY TONING THROUGH MENTAL IMAGERY
Developing your body is much more than simply exercising. Results take work! It is a relatively slow process and it takes consistent attention. People first imagine the way they want their body to look and then work vigorously for results. Mental Imagery and consistent conditioning are necessary.

This programme is designed to create that total mind and body relationship; mentally working to aid in the body’s development. You subconscious works on your self-image and will make it happen. You will improve every day and you will be your best at whatever you do. It is recommended for novices, as well as, superstars.

#46 - ACHIEVEMENT THROUGH PHYSICAL ENDURANCE
This programme is specifically designed for running. No matter what sport you are involved in, the power of the legs is usually a necessity. Cardiovascular strength is also important. Running actually develops endurance better that other forms of exercise.

Whether running is your goal or running is conditioning for another; whether you run for fun or exercise, this programme will develop physical endurance. Be fast, quick, and the best at what you do! Your running will improve as your strides become longer and quicker. Your body will develop as your breathing and endurance improves. Get more oxygen into your blood and brain for improved concentration and mental development.

[#47 - DEVELOPING A WINNER’S ATTITUDE](http://dianahodgson.com/index.php/the-mental-edge)
Look at any winner and you will find a common denominator. They prepare to win and they expect to win. Although winning is usually associated with athletic competition of all sorts, the world is full of winners in many other fields. To be a winner is as simple as making the conscious decision to do it; planning what is necessary and then working through your plan. It may take six months, it may take ten years. When you decide to do it with intention, you can.

This programme is designed to create that winning feeling, so when you decide to be a winner, it will automatically fall into place. The subconscious programming necessary to become a winner is to see yourself as already being there - to visualise yourself as number one. You are the best at what you do. You like it and you are proud of being number one. You know you have unlimited potential and it is only a matter of time. Your concentration will improve. Your attitude is always great. You attract positive forces to you and you will be a winner.

[#48 - REACHING THE TOP -- THINKING AND BEING THE BEST](http://dianahodgson.com/index.php/the-mental-edge)
Once you have used programme #47, and you feel you’re on your way to having a winning attitude, switch to #48. This is the ABSOLUTE programme to get you where you desire to be. You are the best at what you do and you are willing to do whatever is necessary to get to the top and stay there.

This programme is the cement holding everything together. Your desires, your intention and your inner drive merge to make you number one.

#49 - GOLF -- VISUALIZE YOUR GAME
In a study of free throw shooters in basketball; one group practised shooting with basketballs and the other group visualised making baskets -- over and over. In an actual shoot-out the visualisation group scored considerably higher that the physically practised group.

This programme is recommended for golfers who already have fundamental skills.

It is designed with visualisation techniques for golf. Play better by picturing in your mind the golf ball in flight and landing where you want it to. See the ball going into the hole. Visualise your game improving steadily even when you are not on the course. Learn to love the game; avoid frustration and gain confidence in your play. Watch the number of strokes come off your game.

#50 - GOLF -- PERFECT CONCENTRATION
The ability to concentrate is one of the most important aspects of anything you set out to do. When you concentrate your are consciously totally focusing on one thing, while your subconscious is busy satisfying your dominant conscious intention with all the information it can come up with, especially the past successful experiences. Through concentration and intention you give power to your thoughts. Every golfer has hit those shots that are perfect for them. If you did it once, you have what it takes to do it every time. Concentrate on your successful shots and putts; give power to your intention by concentrating only on your successful shots.

This programme is designed to create that ability to concentrate; to draw from your subconscious the information necessary to control your swing so that it becomes automatic and perfect. You will concentrate and block out all else except the shot you are making. Let your mind’s eye direct the actions of your body and your game will improve. You must never dwell on or think of failure. Concentrate totally on the shot you see yourself making.

#415 - GOLF -- MASTERING THE SHORT GAME
This programme was created for PGA touring professionals. It is designed by and for champions and can make a difference to your game, as well. Most matches, if not all, are won or lost in the short game or on the greens. The short game and putting are the great equalisers. Confidence and attitude, as well as, consistent tempo, set-ups, pre-shot pressure situations and more, are all part of this masterful programme.

#476 - GOLF -- FOCUSING ON THE TARGET
The masters all know that the most important part of golf is developing the ability to totally focus their consciousness on the target. When you do this you allow your subconscious to execute the shot that you have pictured. Everyone that plays the game has had those great shots; those perfect putts. Your subconscious knows how and what to do, but too often you simply misdirect the shot by allowing distractions; worry or fearful thoughts to take over, instead of only focusing on the target - the next shot.

This programme will help you to develop that ability. The ability to see the shot, feel the shot, and mentally direct the shot to your target. The perfect game for you is already in your subconscious. These programmes will help you put together what you have already done.

#526 - ACHIEVING THE ATHLETIC ZONE IN GOLF
Reach and maintain the ‘ZONE’……that wonderful place of perfection in your mind. From the first shot through to the final putt, you’ll achieve intense focus and concentration. Relaxation and breathing techniques are also addressed. Increase your confidence and visualise the perfect execution of every shot.

This programme was designed by Dr. Matt Mitchell, PGA Pros’ Pro.

#51 - TEN-PIN BOWLING -- THE APPROACH
There are only two primary functions in bowling. First, you stand on the alley holding the bowling ball, then normally take a few steps, and approach the bowling lane. The second function is to release the bowling ball onto the lane toward the ten pins at the other end. Therefore, when you practice bowling, you practice your approach and your release. Naturally, many variables come into play. The programme develops timing; a smooth co-ordinated approach; perfect arm swing in time with your footwork; consistency and mental visualisation based on past successful experiences. See yourself making the same approach every time.

This programme is a confidence builder, as your subconscious draws from all past successful bowling experience to steadily improve your average.

#52 - TEN-PIN BOWLING -- THE RELEASE
The approach in bowling is very important. Its intent is to get you and the ball to the lane in the same way every time. Why? So that you can release the ball on the alley the same way every time. Consistency is the key word in bowling. Concentration is of number one importance. The way you follow through after the release, shows how much your mind and body are in harmony.

The programme keys in on consistency through concentration, co-ordination, visualisation, timing and a consistent smooth arm swing making the release, with the proper lift, perfect every time. It allows your subconscious to programme your perfect release; visualising even the path of the ball. When your conscious and subconscious work in harmony you automatically become a better bowler.

#477 - TEN-PIN BOWING FOR HIGHER AVERAGE
Raising your bowling average is simply a matter of changing your minds eye picture of yourself. When you create a new or altered positive belief for yourself it will eventually reflect in your conscious behaviour.

This programme is designed to provide new pictures and concepts for your subconscious to work with. In time you’ll notice the subtle differences that raise your bowling average. Your attitude about your game will improve. You’ll gain more confidence in yourself and, as your mental capacity expands, your average will improve.

#478 - TEN-PIN BOWLING -- FOCUSING ON THE TARGET
It is human nature to always desire to improve. This is seen and felt by most people who participate in sports events such as bowling. To improve requires the development of the processes you already have in your mind. Your built in success mechanism is your conscious and your subconscious. When you train your conscious to concentrate or focus only on the target -- your mark, your line or the pocket -- and eliminate the chatter and distractions, you will allow your subconscious to execute the perfect approach release and follow through that it knows is perfect for you.

This programme is totally directed at focusing your consciousness on the target while bowling.
#53 - MULTI-LEVEL MARKETING (NETWORK MARKETING) – ‘RECRUITING’

#54 - MULTI-LEVEL MARKETING (NETWORK MARKETING) – ‘VISUALISING SUCCESS’

#55 - MULTI-LEVEL MARKETING (NETWORK MARKETING) – ‘CREATING RETAIL SALES’

#56 - MULTI-LEVEL MARKETING (NETWORK MARKETING) – ‘ACHIEVING POSITIVE GOALS’

Multi-Level Marketing - also known as Network Marketing - is one of the few frontiers remaining that offers you the opportunity to get into business without much outlay of capital. It is still a business and needs to be run as a business. It allows you the opportunity to build your own retail market of customers and to create your own sales force. The key advantage in building a sales force is the commissions received in a down-line structure which has literally been created by people you’ve recruited and people they’ve recruited and on and on. Too many people see "pie in the sky" visions. They forget that only in the dictionary does success come before work.

To be successful in Multi-Level Marketing - Network Marketing - and assuming that you represent a good quality product with need and demand by people, you must first visualise your success. You must desire and intend to have it and know that your actions will get it for you. Setting goals is a pre-requisite in any business. Write them down; map out your plan; work your plan - only substituting by priority when necessary. Keep your intention always on your success pattern and work systematically - then it will happen. You will achieve your goals. Once you are in business, do whatever is necessary to create a market for your product. You will need the ability to talk confidently and knowledgeably about your product, whether selling retail or recruiting others to do the same thing. Creating a down-line organisation is fun. It requires consistent effort. All of your experiences help you in training your people to build their down-lines which, in turn, builds your organisation. Motivation, enthusiasm, planning, optimism, action, training, leadership and dependability are all qualities you need and will acquire.

The programmes from Midwest Research are based on the fact that you can do; can have; or can become; anything you desire, as long as belief is within you. They are designed to create the necessary ideas, images and concepts within your subconscious to develop behavioural change and to move you to action. Belief in yourself is one of the greatest assets you can possess; these programmes generate that belief.

[#57 - EFFECTIVE SPEAKING](http://dianahodgson.com/index.php/the-mental-edge)
The human mind is so complex that understanding it remains the scientific challenge of all time. We all have one. The major means of communicating from one mind to another is speaking. The ability to speak effectively, whether to one person or hundreds, is important to all of us.

This programme is designed to create confidence about your speaking ability; for you to be calm and relaxed while speaking. To enjoy expressing your ideas makes speaking fun. Considering your audience and being a good listener are also important. You will make other people feel important as you convey ideas in an understandable manner. Realising the importance of effective communication develops your speaking ability day by day.

[#58 - DECISION MAKING FOR SUCCESS](http://dianahodgson.com/index.php/the-mental-edge)
We all make many decisions every day - from what to have for breakfast to deciding on what kind of car to buy. The process is simply making a judgement from the information available to us. Decision making is a habit.

This programme gives you information to help you to become a successful decision maker. Seeing yourself as a decision maker; filling your subconscious with positive information to make quick and accurate positive decisions are results to look for. Making good decisions is something to be proud of and you will make them confidently. Your attitude about your decision making ability will improve day by day.

[#59 - SPEED READING](http://dianahodgson.com/index.php/learning-education)
Speed reading is a skill. Skills can be learned and they improve with practice. Releasing tension is an important part of developing the skill of speed reading. When reading, most people read as you would read aloud, saying each word mentally to yourself. The skill in speed reading is a process of learning to let your eyes flow over words and phrases; then sentences; then paragraphs and eventually; entire pages. Remember, you are capable of processing 100 million messages every second. Your reading speed with retention and comprehension is literally unlimited.

This programme uses relaxation techniques; speed reading exercises and SCWL subliminal technology. The relaxation technique is designed to handle the release of tension, allowing you to read without tiring. The subliminal script is designed to increase your ability to retain and recall the information you have read by making everything you read indelibly impressed in your subconscious. Lasting and permanent retention of information makes for easy recall. The audible script leads you in the practice of increasing your skill in flowing over information.

[#60 - READING WITH RETENTION AND COMPREHENSION](http://dianahodgson.com/index.php/learning-education)
Everyone reads with one basic goal - understanding and retaining what they are reading. The real goal of reading is to be able to recall, from memory, what you have read whenever you need to.

This programme is designed to allow the total recall of anything you read, easily and quickly, whenever needed; to facilitate the flow of information from your subconscious to your conscious; to read faster and more effectively and to have easier recall of information. Comprehension of written material will improve.

As your memory retains more and more read information and your recall becomes easier and more rapid, studying and testing will also become easier.

[#61 - FEELING LOVE - GIVING LOVE](http://dianahodgson.com/index.php/relationships)
An emotion is any specific feeling - any of our various complex reactions and responses. Love is a strong affection for; or attachment, or devotion to a person, persons or things. Before you can give something away, you need to own or possess it. You need to know and feel love before you can show or give love. Love is like a seed - in the right environment it will grow. To give love is one of the greatest gifts you can give to yourself and others.

This programme on love is designed to help you to love yourself. You will learn to feel and accept love. You will become a loving and giving person. You will feel good about receiving and giving love. It will allow you to show your love easier and show it in all that you do. It will help you to become more patient and understanding. You will begin seeing yourself as a loving person and happiness will generate from within you. Love is like planting a seed -- what comes forth is what when in.

Note: This is a wonderful programme to play with the Weight Control.

[#62 - FAMILY DEVELOPMENT THROUGH LOVE, HARMONY AND RESPECT](http://dianahodgson.com/index.php/relationships)
The family unit is the basic unit development of the human race. Everyone has a mother and a father and most grow and live together. To live in harmony is the ideal aim. To live with love and respect is critical to family development and mostly the desire is there, but the ability is sometimes not. Perfect harmony is not an easy thing to accomplish when many personalities live together.

This programme is designed to bring about the feelings of family unity. Respect for each other; loving each other; respecting needs; giving, caring and sharing will be the results of playing this programme.

It is for the children: to respect their parents; to understand; to appreciate and accept the decisions made by their parents. It is for parents: to be proud of their children; to love their children and to understand their children’s decisions. It is for the entire family: expecting family growth; welcoming individual growth and sharing in that growth. You will laugh together; enjoy family entertainment; and exercise and be concerned for each others health. Being patient and sharing love experiences seems to work out in the process of life itself.

[#63 - PERSONAL POWER DYNAMICS](http://dianahodgson.com/index.php/the-mental-edge)
That dynamic personality is within each one of us. We all have a great mind. With it "all things are possible to him that believe." There is no real difference between us except in the way we develop our mind and how we choose to use it. Your mind has unlimited potential. You are responsible for what happens to you. As soon as you take the responsibility for your own situation, TOTALLY; only then can you take action to change whatever it about yourself that you need to change.

This programme was created to help you make those changes. Begin by seeing the dynamic person within you. You will begin to have dynamic goals and confidence to achieve them. Learn to be filled with faith in your ability to achieve; based on a strengthened belief system. Become dedicated to helping other people and know that "God is the supreme power in the Universe", and that "God is the ultimate power in your life". Know that "God is within you", and that "You are working God’s plan for you". Know "Your faith in God is part of your personal power dynamics", and that "You see God in your life".

The programme promotes drawing to you all that is necessary to make you even more dynamic. Peace and love are part of you. Mutual respect, patience and understanding are part of you. Everyone you come into contact with will benefit from your dedication and commitment. You will attract health, happiness and success. Your intention will be totally dedicated to your success because of your own personal power dynamics.

Note: Personal Power Dynamics is a programme which stands alone. We recommend that it be used to help with any other areas of your life which may need attention. This SCWL script contains six affirmations about God and we have quoted them in the above description.

[#64 - PSYCHO-NEURO-IMMUNOLOGY](http://dianahodgson.com/index.php/health)
This programme is based upon research work done at the Harvard School of Medicine, Beth Israel Hospital and Tufts School of Medicine. To summarise: personality, attitudes, helplessness, hopelessness and stress were the major causes of cancer.

The human body produces over thirty fluids, creating over two thousand combinations, some more powerful than morphine. They combat diseases and viruses and help the body to handle pressures. Emotional balance has a great deal to do with how the body releases these fluids. When your emotional structure is in balance, your body produces the correct amounts of fluids, and your natural immune defence system functions normally, fighting off invaders. Much has been written about the premise that negative thinking has so much to do with your health.

This programme is designed to help balance your emotional structure; thereby creating a normal release of bodily fluids, allowing your body’s natural immune defence system to function normally, fighting off invaders. When our body functions normally, we can literally fight off just about anything.

This programme is in NO way intended to replace medical care. It can, however, aid by being a beneficial influence to your health via the mind/body connection. The programme is recommended by many doctors. Note: In field applications, the results were so fantastic that we recommend its use for everyone.

[#65 - RELIEVING ANXIETY](http://dianahodgson.com/index.php/health)
Anxiety is a fear or dread with that lacks a specific cause. These feeling of uneasiness and apprehension can become intense. Severe anxiety attacks are often accompanied by physical symptoms.

This programme is designed to help with controlling the symptoms of anxiety. Bringing about a calm, relaxed person who controls excitement and pressure situations are key point of this programme. It promotes regular exercise; instils confidence in making decisions and builds positive attitudes about being a happy, healthy relaxed person who remains in control.

[#66 - TYPING - BEGINNING](http://dianahodgson.com/index.php/learning-education)
[#67 - TYPING - ADVANCED](http://dianahodgson.com/index.php/learning-education)
Typing is a life-time skill. Once learned and developed, it benefits you for a life-time. Once the basic keyboard is learned, these programmes will help you to increase speed; accuracy; control; eye/hand co-ordination’ rhythm and errorless typing. Your feelings about how you type will steadily improve. Attitudes and confidence in your own abilities will also improve.

In terms of ability, we recommend the beginning programme for people who type up to forty words per minute; the advanced programme for over forty words per minute. Playing both programmes would not be detrimental to anyone. It will allow some to advance much faster.

The advanced programme allows you to assume unlimited speed; typing as fast as speech is possible; eyes flowing over information and fingers moving as fast as the eye. Building rhythm, faster and faster with steadily improving accuracy are results to look for. It engages your creative processes, constantly improving your ability to type faster and faster without errors.

[#68 - NAIL BITING](http://dianahodgson.com/index.php/habits)
This habit is unbecoming. Anyone over the age of thirteen or fourteen who bites his/her nails would rather not; yet, if it has become a compelling habit, keeping one’s fingers out of the mouth is next to impossible. The self-image feelings that accompany this habit are also depressing.

The programme is primarily a self-image building programme. It works at freeing one of nervous habits; controlling nervous feelings and reinforcing calmness. Visualisation techniques are used with regard to the self-image factor relating to healthy and attractive finger nails. It puts you in total control.

Note: This is a popular programme for use by ‘the bride to be’.

#69 - ORGANIZING YOUR TIME
Time is the measured period during which an action, process or condition exists or continues. Organising time means to arrange time by systematic planning and united effort. Time is all you really have left and what you do with it is your decision. You can accomplish with time, or you can choose to do nothing with time. To physically organise your time in terms of planning and goal setting, you must mentally organise your time first. It needs to become a habit -- one that allows you the time to complete all the things you intend.

The book "Type A Personality and Your Heart" breaks down the utilisation of time into two major categories: The "Type A" personality and the "Type B" personality. Type "A" tends to work hard at getting all things done as fast as possible and yet accomplishes less and less: whereas Type "B" organises his/her efforts in time and accomplishes many, many thing in seemingly a slow-paced, organised manner. The basic premise of the book is that Type "B’s" live healthier and longer lives.

This programme could also have been titled, Organising Your Time and Your Life. It is designed to create a consciousness within about time. Everything in your life has its place and time. To have a good positive mental attitude about time will allow you all the time you need to accomplish all that you believe in. To manage time; work efficiently with time; plan your work and play; to accomplish all the things in your life that you intend and to be in total control of your time will actually slow you down and allow you the luxury of enjoying your achievements. You do not know what time is left. Make use of it. Make it your friend. Organise it!

[#70- ENTHUSIASM](http://dianahodgson.com/index.php/personal-growth)
Enthusiasm, even by definition, is Godlike. It is a strong excitement of feeling. William James said: "Nothing great was ever accomplished without enthusiasm". It is that total positive feeling about being alive and being glad of it. It’s a feeling that moves you to create and achieve; to establish a general excitement about yourself and your purpose in life. When you meet a person who is filled with enthusiasm, you remember them. Enthusiastic people are well liked because they are positive and happy. They smile; they are active and they enjoy life. It is great to be around enthusiastic people.

This programme is designed to instil a strong excitement within you. It will help you to become excited about life and allow you to radiate that excitement to others. It will put a smile on your fact.

Enthusiasm opens the mind to greatness.

[#71 - IMAGINATION -- THE TEACHER INSIDE YOU](http://dianahodgson.com/index.php/personal-growth)
Unfortunately, too many people associate the word imagination with children. Imagination is one of the most powerful forces with us today. Without it we would never have been on the moon; nor had the rocket that took men there. The computer would not be part of our life; nor the telephone, radio or television. We would be walking, possibly without shoes, had not the human mind taken advantage of imaginative thought. Nothing was ever created by mankind that was not first an imaginative thought. Imagination is the most general term and free from derogatory connotation. It may apply to the representation either of what is remembered; or of what has never been experienced in its entirety; or of what is actually non-existent. It is a creation of our thinking.

#72 - PERFECTING TENNIS
This programme is designed for the knowledgeable tennis player who knows the basics of tennis and now intends to perfect their game. As you use it you will co-ordinate your mind and body to make consistent, accurate shots every time; quicken your reflexes; develop a powerful and smooth stroke as you near perfection with your game. All the facets of the game that you need to work on are contained in this programme. Attitude boosters and encouragement to success are stressed throughout. You will develop your game beyond your own belief.

[#73 - APPETITE CONTROL](http://dianahodgson.com/index.php/weight-loss)
This programme is designed to reduce your appetite, your desire for food and your intake of food. It is a very fast acting programme, especially when you combine it with#14 - Stop Procrastination. It is not recommended for long periods of usage as it does not relate to proper eating habits. It will give you the immediate mental boost one experiences when they commence any diet and begin to notice the shedding of pounds and inches. Once you begin to notice improvement in this area, you need to switch over to either #1 or #530 - depending on the diet you have selected for your continued weight and inch shedding.

[#74 - MAINTAINING YOUR IDEAL WEIGHT](http://dianahodgson.com/index.php/weight-loss)
This programme keeps your conscious and subconscious in balance and harmony. You are in complete control of your appetite. You prefer to eat the correct amount of nutritional food for your body. The confidence you have in yourself and the attitude you have developed allows you to enjoy an attractive, healthy body that no longer indulges in over-eating.

This programme is recommended for use with either #1 or #530.

#75 - ENDURANCE RUNNING
This programme is directed totally at increasing a person’s stamina for running. Coordinating your breathing with each stride; increasing those strides and improving your speed will occur as you use this programme. Your running will improve, whether you are just beginning or you’ve been running for years.

[#76 - EFFECTIVE LISTENING](http://dianahodgson.com/index.php/the-mental-edge)
Listening is an ability we have that can be developed. The greater our ability to listen, the more effective we become in our communication.

This programme actually prepares you to communicate effectively by developing your ability to listen; understand; analyse and prepare to respond prior to speaking. All too often we are preparing what we intend to day rather than hearing what someone else is saying. You can become an effective communicator by becoming an effective listener.

#77 - REMEMBERING NAMES
How many times have you said: "I know his name....I just can’t think of it" or "I remember the face but I can’t remember the name". The reason is generally because when we meet someone or hear their name for the first time it was more important for us to hear our own name than to hear their name.

This programme will put you in control. Hearing and remembering names when you first hear them will become automatic It uses a known, successful process that works. Placing names and faces is impressive and people take notice when you remember their names. Become important by making everyone you meet feel important when you remember their name.

[#78 - SAFE DRIVING](http://dianahodgson.com/index.php/habits)
Developing an awareness toward safety while driving is a responsibility we each have. Obeying traffic laws; paying attention to traffic conditions, driving clear headed and alert while driving defensively and courteously are all part of driving safely. Every driver has a responsibility to every other driver to drive as safely as possible in every kind of driving situation.

This programme is designed to create an awareness toward safe driving; alert driving and defensive driving.

[#79 - SELF-DISCIPLINE](http://dianahodgson.com/index.php/the-mental-edge)
Take charge concepts are used in this programme. Become a person who has the discipline to follow through with your sound judgement; control your actions based on the sound decisions you make; become the master of your life by putting yourself in charge of what is best for you.

This programme could possible by the most powerful that we have ever developed. Get in control and take charge of your life by developing the self-discipline needed for your own success.

SPORTS

#350 - BASEBALL - ASSUME CONTROL -- PITCHING
It is necessary that pitchers assume control of both the game and the baseball in order to win.

This programme will improve your concentration and your command of every situation. Because you have the ability to relax and remain calm, you handle pressure with ease. You love baseball, you are in control and you are a winner. Produced for Steve Carlton with the help of his personal conditioning coach, this programme is a real pro. Made in 1982, it was also used by John Denny in 1983. Both pitchers won successive Cy Young Awards.

#353 - HIGH DIVING
As in all other sports, you must take control of every situation. Your mind and body works together to improve the confidence, control and belief in your ability to execute all high dives perfectly. Relaxing under pressure and becoming more enthusiastic are two additional benefits this programme will provide.

Produced for Rick Charles, a world high diving champion, months before his attempt to dive 172 feet into a small tub of very cold water, which he did on ABC’s Wide World of Sports.

#356 - ROLLER SKATING -- ATTITUDES & PERFORMANCE CHANGES
The script for this programme was written by Mr Owen L. Stitz, who was twice a United States roller skating champion. Dr Donna Capka, Ph.D, designed the protocol for a research project with the hypothesis that those subjects using the subliminal suggestion tape - Group A - would report greater improvement in self-concept, attitude and performance over time, as compared to Group B - using the conscious suggestion tape and Group C - using the white noise relaxation tape. In addition, it was expected that Group A would report less anxiety over time, than the other two groups. The results were positive.

#363 - BECOMING A FOOTBALL CHAMPION
This programme focuses on strength, speed, agility and catching the football. It was designed to help the player see existing and developing holes in the line and to acknowledge and respond to the importance of training and physical endurance. It combines self-confidence, self-image and affirmative statements relating to success as well as an inner drive which makes a player a champion.

#371 - BECOMING A BASKETBALL CHAMPION
A winning basketball team must have not only great individual players but players who work well together as a team.

This programme concentrates on both of these aspects. It builds confidence in your ability to control the ball accurately, whether passing, dribbling or shooting. As your concentration improves, you visualise all of your shots from the moment you receive or intercept the ball to shooting the ball through the hoop. You become a more positive and enthusiastic player who makes good quick decisions for your self and the team. The team members have confidence in each other and in their combined ability to control each game. Originally produced for the coach of a high school basketball team with a previous year’s record of 4 and 14. Their record reversed to 14 and 4 with basically the same players.

#381 - DARTS
The art of shooting darts accurately depends to a large degree on your ability to concentrate on the target and to block out all thoughts and distractions.

This programme will aid in your ability to accomplish this as well as improve your confidence and focus needed in aiming, shooting, relaxing and visualising each step of the shot. The programme was produced for a champion dart player.

#392 - SOFTBALL - ASSUME CONTROL -- PITCHING
This programme will provide you with messages which will improve your total control of both the situation and the softball. Each and every day your performance improves. Your concentration is intense and your actions are the result of your positive thinking and winning attitude.

#393 - BASEBALL/SOFTBALL -- FIELDING
Your ability to know in advance the action to take when the ball is hit, following the batted ball until it is in your glove, and positioning yourself to throw while catching are three of the areas this programme deals with. You become a defensive ball player who plays with confidence and accuracy.

#394 - BASEBALL/SOFTBALL -- HITTING
You are a natural hitter. Your timing and accuracy improves every day because your mind and body work in harmony to achieve this goal. You are a relaxed hitter with the skill, concentration and confidence to hit the ball in any situation.

The three programmes on softball were produced for Dr Russ Smiley who was the women’s softball coach at the University of Wisconsin.

#395 - TRAPSHOOTING SINGLES
This programme deals with winning in competitions, focusing on long runs, accuracy, concentration and remaining calm and relaxed. If you are a serious competitor, this programme is exactly what is needed to enhance the talents and mental edge you’ve mastered to date.

#402 - BASEBALL’S 400 HITTER
Created by Professor Pat Mueller of the University of Minnesota, this programme was originally designed for David Winfield. The main focus is hitting the ball. However, it also deals with throwing, running and concentration. Putting body and mind in harmony, along with good nutrition and health. As with most programmes, it also focuses on visualisation, self-confidence and attitude boosters.

#406 - TRAPSHOOTING DOUBLES
As with Trapshooting singles, this programme focuses on winning competitions. The main line of affirmations refers to first and second targets. The importance of keeping your head down on the gun from target to target is stressed as well as accuracy, concentration and remaining calm and relaxed. Further explained in #395.

#428 - SKEETSHOOTING
For serious Skeet-shooters, this programme deals with winning all types of competitions. Proper grip and mount are stressed along with accuracy under adverse conditions, strength, endurance and executing the perfect shot time after time. It hones concentration skills and provides the ability to relax after each shot.

#430 - OKINAWAN KARATE
This programme deals with proper leg stretching, warm-up exercises, developing multiple kicking ability, a proper side-fighting stance, speed of delivery. Visualising your side-fighting stance and delivery of kicks, maintaining control, round house and hook kicks and emphasises practice, concentration, balance and control.

#451 - EQUESTRIAN
This programme is designed to perfect your riding skills, create confidence and make you one with the horse. It deals with patience, form and control. Whether you participate in competitions or ride for your personal enjoyment, this programme will help improve your skills.

#491 - COMPETITIVE ROWING
The main focus of this programme is that of strength and endurance. It also deals with proper technique, timing and a winning attitude. Perfect your skills and become a dominating competitor with this programme.

#495 - COMPETITIVE SWIMMING
Competitive swimming requires a great deal of strength and stamina, making them this programme’s primary focus. It is also designed to encourage improved speed and timing as well as technique, proper breathing, training and strengthening the desire to win.

#496 - RUNNING -- ELITE
Note: This programme is designed for the elite athlete only. It concentrates on strength, endurance and speed and creates perfect harmony with body and mind. It is also designed to improve self-confidence and a winning attitude.

#499 - ACHIEVING YOUR FULL POTENTIAL IN ARCHERY
Improve your concentration, aim and overall form. Remain relaxed and confident in competitions. Maintain control and achieve perfect release. Accuracy, controlled breathing and complete confidence are just some of the benefits from this programme.

#515 - HOCKEY
This programme, originally designed for a NHL hockey player, addresses aggressive, intense hockey playing as well as affirmations to increase stamina, strength, concentration, performance and scoring.

#517 - SHOOTING BASKETBALL
This programme covers every kind of shot that can be made, concentrating on free throws, form, technique, concentration and visualisation. This extensive programme, targeted specifically towards shooting, will increase and perfect your overall performance.

# 504: COMPETITIVE CYCLING / COMPETITION
This is programme 2 of a 3-phase series on cycling. # 504. It is a programme for the serious athlete. We know that the mind often quits before the body has reached its true limits. The messages on this programme can help make your mind as strong as your body. Think like a winner and race to your full potential! A few of the affirmations are: "You have great strength and endurance", "Your legs are strong and quick", "You always race to win".

BIRTHING

[#414 - PRE-NATAL LABOUR AND DELIVERY](http://dianahodgson.com/index.php/pregnancy-and-childbirth)
This is a three-part programme concerned with pregnancy, labour and delivery with references made toward natural childbirth. During the pregnancy, it is directed toward maintaining a healthy body and improving the muscle strength you will need for labour and delivery. Pregnancies are a very challenging, intense, physical and emotional experience and you handle this experience calmly and with confidence. The birthing process is natural and easy. This is due to the care and exercise during the pregnancy and the breathing techniques you have learned. With the birth of your child, you become ecstatic, grateful and proud and develop a tenderness and attachment to your loving infant.

[#416 - ENLIGHTENED BIRTH AND NEW LIFE](http://dianahodgson.com/index.php/pregnancy-and-childbirth)
This programme prepares the mother for the spiritual act of bringing forth new life. With love, acceptance and awareness the new life is prepared for life on earth prior to being born. The birthing experience will be easier and a perfectly normal and healthy pregnancy, labour, delivery and lifetime are key points of the script. Childbirth, through proper preparation can be a totally painless, positive and loving family experience. Combined with deep relaxation, this programme has already produced the easiest delivery one hospital has ever seen. Written and produced by Dr. Cole, MD.

[#512 - PRE-NATAL CARE: MOTHER AND BABY](http://dianahodgson.com/index.php/pregnancy-and-childbirth)
This programme is a very loving programme between a mother and her unborn child. The affirmations are directed at the unborn child as well as the mother in regard to a healthy pregnancy and a strong, healthy delivery. The script is caring, loving and confident. Perfect, whole, healthy and strong is the general theme.

[#513 - LABOUR AND DELIVERY](http://dianahodgson.com/index.php/pregnancy-and-childbirth)
This programme is designed to help make the birth process as easy as possible. It is a preparation for the beautiful experience of birth, keeping the mother in complete control with relaxed confidence. It is intended to make the birth experience a pleasurable, safe, and natural happening.

SEX

[#401 - MASCULINITY](http://dianahodgson.com/index.php/love-sex)
This programme is designed to help men who may in some way be uncomfortable or perhaps lacking self-confidence and self-image in their male role. There are affirmations relating to mind and body working together to keep the male hormones in balance. Acceptance, enjoyment and desire to allow their male personalities to shine; accepting healthy, normal, male behaviour, comfort in the male body. Connecting body and mind for full masculinity, strengthening their male traits and etiquette as it relates to the opposite sex. Affirmations encourage personal growth, confidence and happiness.

[#423 - FEMININITY](http://dianahodgson.com/index.php/love-sex)
This programme is designed to help women who may in some way be uncomfortable or perhaps lacking self-confidence and self-image in their female role. There are affirmations relating to mind and body working together to keep the female hormones in balance. Acceptance, enjoyment and desire to allow their female personalities to shine, accepting healthy, normal, female behaviour, comfort in the female body. Connecting body and mind for full femininity, strengthening their female traits and etiquette as it relates to the opposite sex. Affirmations encourage personal growth, confidence and happiness.

#475 - HEALTH, LIFE AND SPIRITUAL ENRICHMENT
This is a programme of universal harmony designed to align yourself with all that is good and natural, getting in tune with inner peace, healing and universal knowledge. Open yourself to love, health and spiritual enrichment with this programme.

DEVELOPING TALENTS WITHIN

#397 - PERFECTING THE MUSICAL KEYBOARD
Maintain a precise rhythm, play notes smoothly and evenly with perfect control. Improve concentration and gain confidence in your ability as you perfect the musical keyboard. Key phrases address memorisation, creativity, co-ordination, calm enjoyment and happiness in your consistent improvements.

#409 - LUCID DREAMING
Did you ever wish you could control your dreams? To be aware and conscious during the dream state? This programme is designed to allow you these accomplishments as well as assist in the clarity of your dreams as you remember each detail.

#437 - ASTRAL PROJECTION
Astral projection is a concept…or a theory. Some people believe it is possible to travel space and distance using the power of the mind to project yourself to another place although your physical body remains in place. Has someone ever insisted that they saw you an even spoke to you in one place while you were absolutely positive you were somewhere else? Some would say you experienced astral projection. This programme is designed to develop, enhance and perfect this technique by those who have studied the theory.

#486 - CHIROPRACTOR’S SUCCESS
Countless chiropractic doctors create a total atmosphere of good health in their offices with this programme. Scripted by Dr Karl Parker, it will aid you in building your practice. As you play the programme the action steps essential to a successful practice will become automatic, benefiting both you and your patients.

#497A - TOTAL CONTROL: THE WILLPOWER PROGRAMME
This programme is designed to strengthen your willpower to follow through with your decisions. Gain control of your life and accomplish the things you’ve chosen to do. No matter what goal you set for yourself, you’ll have the willpower and desire to see it through.

#514 - RESPONDING TO HYPNOSIS
If you choose to undergo hypnosis, this programme will plant the seeds for a successful session. It is designed to help you relax and clear your mind of distractions so that you can enjoy and receive the most completely positive experience while maintaining full control of the session and experiences with your hypnotist.

HEALTH AND HEALING

#408B - PAIN RELIEF
This programme is designed to eradicate chronic pain while still recognising warning pain. The ability to relax and to loosen the muscles is imperative in helping to eliminate pain and many of the suggestions relate to this concept. There are also suggestions pertaining to the release of the correct amount of natural body fluids necessary for a healthy body. It was originally produced for the trainer of an NFL football team and produced dramatic results.

#425 - DRUGS
The use of street drugs and over-use of prescription drugs is in epidemic proportion today. This programme concerns itself with this area of abuse. It will provide you with the alternative of loving life and loving yourself. You are a unique individual and enjoy that concept to the fullest. You choose to be a strong, happy and healthy person, the person you desire to be without the need for harmful drugs. You will become more relaxed, confident, creative, and useful and will develop an inner contentment.

#426 - DENTAL RELAXATION
This programme is designed to help you relax and feel comfortable during your visit to the dentist. You realise and accept the importance of healthy teeth and gums. You not only take care of your mouth yourself in daily cleaning, but readily accept the competent assistance of the clinic’s staff.

Written and produced by a dentist who had a fear of the dentist. Dr Bob had an unbelievable positive experience and felt he owed this dental programme to his profession.

#450 - ALZHEIMERS
Scientists have known for a long time that the brain of the Alzheimers patient contains microscopic fibrous tangles and hardened deposits called plaques. Some researchers have shown that the tangles and plaques contain some of the same proteins, or portions of the proteins, that are contained in the cytoskeletal fibres in normal brain cells. The findings show that the cause of Alzheimers Disease may lie in the process controlling formation of the cytoskeletal structures.

This programme creates an attitude within your subconscious that you are a healthy individual. It deals with concepts, thoughts and ideas regarding a healthy memory, healthy brain and body tissue, normal behaviour, positive thinking and confidence. It also contains affirmations relating to the removal of those tangles and plaques and stimulating new growth. This programme will instil the belief in yourself that you have the ability to overcome this obstacle and achieve your desired goal.

In 1983, Lynn Stitz, President of Midwest Research of Michigan, Inc. produced an programme for his 62 year old mother, Winola, who was diagnosed as having Alzheimers. After approximately six months, Lynn met with Dr Betty Coven, Ph.D., who was then treating both chronic pain and Alzheimers patients in her practice. Dr Coven re-wrote both the Pain Blocking and the Alzheimer’s programmes and Mrs Stitz immediately began using the new Alzheimers programme. Her condition had not regressed but had improved in some areas show, as Dr Coven said, "a favourable trend", which opened the door to produce a third phase for the Alzheimers programme which is in use at this time. Dr Coven has supervised several research programmes relating to Alzheimers patients. She is very enthusiastic about the preliminary results of her findings to date.

Mrs Stitz passed away, at age 74, of natural degenerative causes, although the findings were that the Alzheimers disease had not progressed since her first playing of the programme some 12+ years prior. She was an enthusiastic, happy, and active participant with many other patients in research programmes conducted by the Alzheimers Disease and Related Disorders Association - ADRDA.

#502 - TOTAL DIET CONTROL -- THE WILLPOWER SUPPORT PROGRAMME
This programme is designed to strengthen your willpower to follow through with your decisions. Gain control of your life and accomplish the things you’ve chosen to do. No matter what goal you set for yourself, you’ll have the willpower and desire to see it through. Specific affirmations relate to acceptance, willingness and responsibility for taking personal control of one’s healthy and nutritious diet intake, understanding that the choices one makes will be those that are good, wise and healthful for oneself. There are many ‘success’ and ‘supportive’ affirmations contained in this programme.

[#530 - NEW WEIGHT LOSS](http://dianahodgson.com/index.php/weight-loss)
This SCWL programme was created for an International Corporation, with headquarters in San Francisco, that markets a weight loss supplement product. The findings of the double blind research project conducted proved that the group using the supplement with the SCWL Weight Loss Programme #530 lost 50% more weight than the group using the supplement alone. A fantastic result! This SCWL programme is excellent for use with any weight management programme.

#511 - I CAN SAY NO TO HARMFUL DRUGS
This programme deals with self-acceptance, confidence, feeling happy and secure. It contains affirmations to break free of dependency of harmful drugs and the willpower to say ‘no’. Specifically designed to help you manage the challenges and maintain control of your life. Begin to enjoy life, restore purpose, live a clean, healthy, happy life free from harmful drugs.

#529 - COCAINE ABUSE
This programme’s focus is on rejecting cocaine and crack. To stay clean, healthy and cocaine free, and on creating a mindset that will help you say ‘no’ to drugs, and feel good about yourself.

#352 - OVERCOMING PARALYSIS.
Supplying affirmations of belief in yourself and in your abilities is a vital part of this programme. You believe in, you see it and you command your body and mind to work together. You believe in the power of your mind and in your ability to restore muscle function and improve each and every day.

This programme was written with the help of several doctors. It was originally recorded for a stroke patient in a Mississippi State institution who acknowledged wonderful results with its use. Some time later it was offered to a number of others with paralysis difficulties unrelated to strokes and in all cases a noticeable improvement was detected

This programme is not intended to replace medical treatment of physical therapy; rather, it is intended to assist in the medical and physical treatment of stroke patients and/or individuals suffering with paralysis. It should be noted that frequent use of the programme is suggested for optimum results.

#410 - TOTAL HEALTH -- DEVELOPMENT AND SELF-CONFIDENCE
This programme has been used by infants, children and adults. It is concerned with a perfect, whole, healthy and strong body and uses statements directed to the growth in areas such as organs, muscles, bones, limbs and the respiratory, digestive and circulatory system.

[#463 - ATTRACTING THE IDEAL MATE (for women)](http://dianahodgson.com/index.php/relationships)
[#464 - ATTRACTING THE IDEAL MATE (for men)](http://dianahodgson.com/index.php/relationships)
There is a magnetism that exists between men and women. The energy that we are vibrates to others and we literally attract the opposite sex to us. Let this programme help you project the person you really are. Draw to you the compatible, ideal person.

[#405 - PROSPERITY CONSCIOUSNESS](http://dianahodgson.com/index.php/inner-awareness)
Prosperity is a state of mind. The SCWL Prosperity Consciousness programme will get your thought processes in the right positive direction with heavy emphasis on God being the Source of your supply (wealth, prosperity, abundance, etc.). Its intent is to help your pathway to your Creator so the wondrous supply He has for you will surely come.

[#523 - ATTRACTING MONEY](http://www.dianahodgson.com/index.php/financial)
This programme is designed to heighten acceptance of abundance being a natural state of the universe. It encourages prosperous thinking by taking you through steps outlined below such as, but not limited to: acknowledging money existing in abundance, allowing/welcoming money to come to you, validating your willingness to accept riches, confirming that you deserve these riches, recalling the enjoyment of having money and respecting money. You are encouraged to trust the universe to support your desires and goals.

An important point here is for you not to limit where or how the money will flow to you as positive, unlimited abundance is a right of every human being. When we place ourselves physically and mentally in alignment with our goals and desires, we will naturally attract people and opportunities who will respond supportively.

INSURANCE SUCCESS

#479 - MANAGING INSURANCE SALESPEOPLE
To manage, according to Webster, one must be able to direct, control or handle.This programme will inspire and motivate you to teach and train your sales agents in all aspects of successful insurance selling. Your ability to succeed in your profession along with your positive attitude will demonstrate to your agents that with the same attitude, dedication and insurance knowledge, they can also achieve the same financial prosperity.

#480 - RECRUITING NEW AGENTS
There are many methods used for recruiting new agents and you use all of these avenues in you search for well qualified agents. Because you are positive and confident in your attitude towards recruiting, you excel in recruiting and are always able to attract positive, competent individuals as new agents.

#481 - TOTAL INSURANCE SUCCESS
This programme addresses the attitudes and beliefs needed in successful insurance agents in the areas of product knowledge and sincere dedication to servicing all of your clients insurance needs. Become more self motivated and develop a positive attitude toward each and every challenge you meet. To be successful in the insurance business you must first create success in your mind. With this programme develop an attitude toward your own success in insurance that works. As your confidence builds and your self-image improves your success will follow.

#484 - SELLING INSURANCE
Selling insurance should probably have been labelled Helping People Buy Protection for Themselves and Their Families. Developing this attitude will keep you as busy as you can be on the telephone, with prospecting, referrals, setting appointments, and keeping your busy schedule planned and organised.

This programme can be a force behind you that allows you to become as dynamic as you choose to be.

#455 - TELEPHONE POWER
The salesperson’s greatest tool is the telephone. To develop a dedicated commitment to your profession is to commit to using the telephone on a regularly planned schedule. Developing skill is necessary but making consistent use of the telephone and making the extra call is the prerequisite to success.

This programme will develop a "must use" attitude in regard to the telephone. It is an action oriented programme demanding consistent use of the telephone. The script is designed for any situation which requires competent telephone communication skills.

**NEW SCWL® TITLES ON CD**.

# 369: FLEXIBILITY
The script of this SCWL® programme is generalized to handle flexibility of thinking and acceptance of change in all areas of one's personal as well as business life. This flexibility allows one to open new avenues of pleasure, accomplishments, understanding and experiences. Reading, comprehending, absorbing and recalling information – learned - read and experienced - easily is stressed in this programme as well as handling stressful circumstances successfully.

[# 372: THE CONDITIONING PROGRAMME](http://dianahodgson.com/index.php/self-hypnosis)
[# 373: THE ACCEPTANCE PROGRAMME](http://dianahodgson.com/index.php/self-hypnosis)
[# 374: THE COORDINATION PROGRAMME](http://dianahodgson.com/index.php/self-hypnosis)
[# 377: THE EXPANSION PROGRAMME](http://dianahodgson.com/index.php/self-hypnosis)
The script of this SCWL® programme was written by a Ph.D./Hypno-therapist and was combined with the SCWL® process. Therefore, the programme combines hypnotic suggestions with subliminal reinforcement. This programme deals with stretching the potential of one's mind to accept and utilize new and useful information. Due to the hypnotic scripting, this programme should only be used during relaxing periods and never while operating any machinery or vehicles. This programme may cause a deep relaxation state.

# 378: PROBLEM SOLVING
The script of this SCWL® programme was written by a Ph.D./Hypno-therapist and was combined with the SCWL® process. Therefore, the programme combines hypnotic suggestions with subliminal reinforcement. The end result is to solve problems in your life. Problem solving is experienced as a spontaneous, natural and joyful process which enables you to make fullest use of your creative potential. You clearly and confidently think and deal with problems which confront you. The programme does not specifically relate to the types of problems you are attempting to solve (mathematical, emotional, etc.); rather, it strengthens your ability to handle these problems by bringing together one's inner resources with which to solve these problems in a positive light. Due to the hypnotic scripting, this programme should only be used during relaxing periods and never while operating any machinery or vehicles. This programme may cause a deep relaxation state.

[# 379: LANGUAGE LEARNING](http://dianahodgson.com/index.php/learning-education)
The script of this SCWL® programme was written by a Ph.D./Hypno-therapist and was combined with the SCWL® process. Therefore, the programme combines hypnotic suggestions with subliminal reinforcement. The concept here is to take the user mentally back to the time of wonder and excitement at learning and utilizing one's native language; importance is stressed to recall and re-experience the mood, the feelings and the attitude. Once that is anchored, the ability to acquire and use foreign words and phrases no longer are foreign to the user, but rather a continuation of the language learning process, creating interest, fascination, appeal and heightening arousal of one's curiosity to capture and spontaneously utilize this language as you would your native language. Emphasis is placed on retaining and using the new language with naturalness of expression and proper grammatical sense. Due to the hypnotic scripting, this programme should only be used during relaxing periods and never while operating any machinery or vehicles. This programme may cause a deep relaxation state.

# 403: DESIRE AND PURPOSE
Everyone has experienced the fire of desire within them at some time in their life. Every person has a purpose or talent for something; finding that purpose with that fire of desire, connected with faith and belief, look out! Most who have accomplished this are called the lucky ones.

# 404: FAITH AND BELIEF
With faith in oneself and in God and total belief that all things are possible because you believe it so, you can accomplish absolutely anything you choose. The importance is belief. This programme works like a chain reaction. Your faith will give power to your thoughts and based on belief, your thoughts will bring you success.
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[# 405: PROSPERITY CONSCIOUSNESS](http://dianahodgson.com/index.php/financial)
Prosperity is a state of mind. The SCWL® Prosperity Consciousness programme will get your thought processes in the right positive direction with heavy emphasis on God being the Source of your supply - wealth, prosperity, abundance, etc. Its intent is to help your pathway to your Creator so the wondrous supply He has for you will surely come.
Here's more in-depth info on this one:
Key phrases to this SCWL® programme relate to God; having absolute trust in God and in all things good; having only positive thoughts and emotions; being in control of your attitudes about wealth and success; opening your life to accepting, receiving, deserving and believing you are worthy; giving yourself permission to succeed and obtain wealth; accepting and appreciating your true worth; forgiving yourself and others for the beliefs and memories you carry regarding wealth; realizing that as a child of God, it is your right to be rich, happy and successful and, as a child of God, to accept your inheritance of all rights, privileges and blessings of God's riches as God supplies your every need; being thankful for all your seen and unseen blessings: visualization phrases regarding success and wealth: setting, focusing and achieving positive goals and doing this with faith rather than with expectation; remember how you can limit!.

This programme not only addresses financial prosperity; it also encompasses health, happiness, fulfillment, and family bonding, to name a few areas. Through God, everything is miraculous, flowing and thrilling! It's changing that old, warped record in your mind that keeps you where you are and limits where you can go; only you can set limitations; God gave you dominion over your thoughts and decisions.

Many times, you will find that when people think and speak of money, they follows a negative thought pattern and relate to the lack of it - don't have, can't get, can't do, etc. - rather than the abundance -. What you think upon grows so it would be reasonable to assume these individuals would continue to attract lack rather than abundance because that's what they spend most of their time thinking about. This programme will help you make the shift from negative thought patterns to positive thought patterns.

Using SCWL® programmes makes it easy...you just play a new record… With belief, your new thought patterns give you the opportunity to select new information and help you decide where you will go and how you will grow.

# 408: PAIN RELIEF
This programme was designed to eradicate chronic pain while still recognizing warning pain. The ability to relax and to loosen the muscles is imperative in helping to eliminate pain and many of the suggestions relate to this concept. There are also suggestions pertaining to the release of the correct amount of natural body fluids necessary for a healthy body and mind. Originally produced for the trainer of a NFL Football team, this programme has produced dramatic results. One very positive research project is completed.

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